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| 1 August 2022 |

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In this issue highlights include the upcoming Cycle to Work Day, a new Highway Code campaign, a free walking festival, how you can get walking at work, and some recommendations as to where you can hire bicycles to explore our beautiful county.   |  | | --- | | **woman cycles to workBikes are for business too!**  It's Cycle To Work Day on Thursday (4 August).  With the price of filling up an average car with petrol currently hitting nearly £100, there is no better time to ditch the motor in favour of free transport on local journeys.  Cycling burns calories not cash and you [could save more than £3,000](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL2N5Y2xlc2NoZW1lLmNvLnVrLyJ9.K9hu4i46dSabAXjRny2ZzmNzFnWxDt4qyZwkwexsqqo/s/842519158/br/141848970486-l) every year.  Switching to walking or cycling will also reduce local congestion and air pollution as well as improving your fitness, strength, cardiovascular health and general wellbeing.  For instance, swapping a two mile commute to work, five times per week, from a petrol car to a bicycle, could save 71kg of CO2 per year polluting the atmosphere (the equivalent of 3 trees absorption) and burn more than 900 calories per week.  Need a bike? The [Cycle To Work](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL3d3dy53ZXN0c3Vzc2V4Lmdvdi51ay9yb2Fkcy1hbmQtdHJhdmVsL3RyYXZlbC1hbmQtcHVibGljLXRyYW5zcG9ydC90cmF2ZWx3aXNlLXN1c3RhaW5hYmxlLXRyYW5zcG9ydC9jeWNsZS10by13b3JrLXNjaGVtZS8ifQ.RenjUehozxD8VVEWiNAbk5UrEgazDsRGumOhqCBt0G4/s/842519158/br/141848970486-l) Scheme allows you to use part of your annual salary in exchange for hiring a bike (or electric bike) and equipment. You can save between 26 to 48% on new cycles and equipment if your business or employer signs up to a Scheme. Ask your employer for more details. |  |  |  | | --- | --- | | |  | | --- | | [**Cycle to Work Day 2022**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL3d3dy5jeWNsZXNjaGVtZS5jby51ay9jeWNsZXRvd29ya2RheSJ9.gSGKbWPBASVNhqA_cvy-l7s5VUcSYM4-fOaIevanEXk/s/842519158/br/141848970486-l) | |  |  | | --- | | **Think campaign highway code changesImproving road safety for walkers and cyclists**  We are backing the latest THINK! road safety campaign called ‘Travel like you know them’ during August.  It aims to embed the eight new Highway Code changes that came into force in January this year and boost understanding and uptake of the new guidance.  It’s good news for people walking, cycling and horse riding and will help make travel safer for all road users. |  |  |  | | --- | --- | | |  | | --- | | [**What are the Highway Code changes?**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ292ZXJubWVudC9uZXdzL3RoZS1oaWdod2F5LWNvZGUtOC1jaGFuZ2VzLXlvdS1uZWVkLXRvLWtub3ctZnJvbS0yOS1qYW51YXJ5LTIwMjIifQ.XpHug1_FKKxYCEiYRHNtUwN4-wRu-3i7rrvI32tqV9c/s/842519158/br/141848970486-l) | |  |  | | --- | | **Living Streets staff at ShorehamWalking Works**  We are working with Living Streets, the UK charity for everyday walking, to deliver walking initiatives in primary and secondary schools and workplaces.  In August the charity will be running ‘Walking Works’, its programme to create a walking culture in the workplace, in some parts of the county.  The programme involves taking staff on lunchtime led walks, creating workplace walking maps and training staff to become workplace walk champions. Staff will also be invited to make walking pledges and take part in weekly challenges.  To find out more, contact  [Robert.Laslett@livingstreets.org.uk](mailto:Robert.Laslett@livingstreets.org.uk) or click the button below. |  |  |  | | --- | --- | | |  | | --- | | [**Walking in workplaces**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL3d3dy5saXZpbmdzdHJlZXRzLm9yZy51ay93b3JrcGxhY2VzIn0.FuMvcbKHAnJjltDlmmobGgyaWn7rAo_gxaYY8280aYI/s/842519158/br/141848970486-l) | |  |  | | --- | | **family cyclingTry our Cycle Journey Planner**  Use our Cycle Journey Planner on the link below to get turn-by-turn directions and maps.  Find the fastest, quietest or most balanced route, journey times, distances and how many calories you'll burn.  You can also see an elevation profile showing how flat (or hilly) routes are. |  |  |  | | --- | --- | | |  | | --- | | [**West Sussex Cycle Journey Planner**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL3d3dy53ZXN0c3Vzc2V4Lmdvdi51ay9sZWlzdXJlLXJlY3JlYXRpb24tYW5kLWNvbW11bml0eS93YWxraW5nLWhvcnNlLXJpZGluZy1hbmQtY3ljbGluZy9jeWNsZS1qb3VybmV5LXBsYW5uZXIvIn0.cHCFAeVJDgqZgMS-tdquGfHvdifPuh9U04vY1jRfmQk/s/842519158/br/141848970486-l) | |  |  | | --- | | **free walking festivalFree walking festival**  The High Weald Walking Festival will take place from Saturday 10 to Sunday 18 September.  Walkers will experience the spectacular High Weald landscape in all its autumnal glory with an exciting programme of guided and self-guided walks, completely free of charge.  There will be something for every age and ability, with plenty of family-friendly walks. |  |  |  | | --- | --- | | |  | | --- | | [**High Weald Walking Festival**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL3d3dy5oaWdod2VhbGR3YWxrcy5vcmcvIn0.YLCfOkamCTVyG96nQAx3Jum-I5ESj9L_1RyPyuV7Lto/s/842519158/br/141848970486-l) | |  |  | | --- | | **the south downs wayThe South Downs Way is 50!**  It’s one of Britain’s most iconic routes, taking in awe-inspiring views of coast and countryside.  To celebrate The South Downs Way’s 50th birthday in July, a special commemorative plaque was produced for the 66 parishes along the 100-mile route.  The South Downs Way is a hilltop route running along the chalk ridge of the South Downs. At 100 miles, it runs from Winchester in Hampshire through West Sussex to Eastbourne in East Sussex, taking in chalky peaks, ancient forest and magical river valleys. |  |  |  | | --- | --- | | |  | | --- | | [**The South Downs Way**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDcsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL3d3dy5uYXRpb25hbHRyYWlsLmNvLnVrL2VuX0dCL3RyYWlscy9zb3V0aC1kb3ducy13YXkvIn0.kNVRcY9nU1BNVw5IbsEgmKIe2pZMKOTUAFq6I4RE2es/s/842519158/br/141848970486-l) | |   **More news**   * Work has started on the [£4.7m Western Gateway and Station](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDgsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL3d3dy53ZXN0c3Vzc2V4Lmdvdi51ay9uZXdzL3dvcmstc3RhcnRzLXNvb24tb24tNDdtaWxsaW9uLWJ1cmdlc3MtaGlsbC1zY2hlbWUvIn0.ZmBzkiKUujkqJ6ePb17mphUkSH0i_rrqM1bzCCIXCEE/s/842519158/br/141848970486-l) Improvements Scheme in Burgess Hill. Offering direct links to cycling and walking routes, the scheme aims to support the local economy and improve options for active and sustainable travel in the area. * Take a look at our [Your Voice engagement hub](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDksInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL3lvdXJ2b2ljZS53ZXN0c3Vzc2V4Lmdvdi51ay8ifQ.b3XnEq5dOSUPgNRvVrAJvqzfOLQsw9I1n3Dc84O_niY/s/842519158/br/141848970486-l)where you can have your say, share your ideas, discuss important topics, and provide feedback on policy, planning and contribute to the future of West Sussex. There are currently several live surveys which include cycling and walking improvement schemes. * [Buchan Country Park](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL3d3dy53ZXN0c3Vzc2V4Lmdvdi51ay9sZWlzdXJlLXJlY3JlYXRpb24tYW5kLWNvbW11bml0eS9wbGFjZXMtdG8tdmlzaXQtYW5kLWV4cGxvcmUvYnVjaGFuLWNvdW50cnktcGFyay8ifQ.3kMKhcorkTULwKjg2ALz4P2QVAwcyY5_wDCbIBgLjJw/s/842519158/br/141848970486-l) just outside Crawley is set in 170 acres of beautiful countryside and is an excellent place for walking, watching wildlife or enjoying a picnic. It also has a number of sculptures dotted around the park which families can have fun trying to find. It's also just won a Green Flag Award for the twelfth year in a row from Keep Britain Tidy. * Not got a bike? No problem, you can still enjoy cycling in West Sussex by hiring one. Also ideal if you haven’t been cycling for a while and want to ease back into the saddle without committing to buying a bike. Check out [Hassocks Community Cycle Hire](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL3d3dy5leHBlcmllbmNld2VzdHN1c3NleC5jb20vaGFzc29ja3MtY29tbXVuaXR5LWN5Y2xlLWhpcmUvIn0.JySDC-ZgaD9mqDP-m3-WttG5v6v-4au1GShd_PEWRXE/s/842519158/br/141848970486-l) and [Southwater Cycles](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL3d3dy5leHBlcmllbmNld2VzdHN1c3NleC5jb20vaGlyZS1hLWJpa2UvIn0.skbhySRF-fy8_uIGj5t-vO0EfhFjtHBU6kSPr_Smbf0/s/842519158/br/141848970486-l) on [Experience West Sussex.](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL3d3dy5leHBlcmllbmNld2VzdHN1c3NleC5jb20vIn0.KF0WvXxnlmhNBMdiBWCUFqqWSp85azvHe4yRjtiiSls/s/842519158/br/141848970486-l) * The bicentenary of the death of Horsham-born poet and political thinker Percy Bysshe Shelley was commemorated by the [opening of a new cycle path on the Warnham Park Estate.](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL3d3dy5ob3JzaGFtLmdvdi51ay9uZXdzLzIwMjIvMDcvbmV3LWN5Y2xlLXBhdGgtZGVjbGFyZWQtb3Blbi10by1jb21tZW1vcmF0ZS1zaGVsbGV5P3V0bV9tZWRpdW09ZW1haWwmdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSJ9.Fe4thp6QvYPEpAefZWq341G04pToD4xpUGc0hXfN95o/s/842519158/br/141848970486-l)   **Other links and how to contact us**  Check out our [Travel and public transport webpages](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL3d3dy53ZXN0c3Vzc2V4Lmdvdi51ay9yb2Fkcy1hbmQtdHJhdmVsL3RyYXZlbC1hbmQtcHVibGljLXRyYW5zcG9ydC8ifQ.0EV0zVmF03x-IWy4hAWB-brNWi1KIY3ifFL4mdQVcoc/s/842519158/br/141848970486-l).  Find lots of inspiration for [walking, horse riding and cycling in West Sussex here.](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTcsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL3d3dy53ZXN0c3Vzc2V4Lmdvdi51ay9sZWlzdXJlLXJlY3JlYXRpb24tYW5kLWNvbW11bml0eS93YWxraW5nLWhvcnNlLXJpZGluZy1hbmQtY3ljbGluZy8ifQ.P0pWZLZ61AR9q_L2qjRZZzmf8SB1JlYpEwppulZdEUY/s/842519158/br/141848970486-l)  Please share this eNewsletter with friends and family who you think would be interested. [They can sign up here.](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTgsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL3B1YmxpYy5nb3ZkZWxpdmVyeS5jb20vYWNjb3VudHMvVUtXU0NDL3N1YnNjcmliZXIvbmV3In0.E5RfVNCDs1w-HvwpQIojW8Ar_aAu2rypwjXsPR3hKG0/s/842519158/br/141848970486-l)  We also produce other eNewsletters on different topics including Highways, Transport and Planning, Environment and Climate Change, and West Sussex Recycles. [Find the full list here.](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTksInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL3B1YmxpYy5nb3ZkZWxpdmVyeS5jb20vYWNjb3VudHMvVUtXU0NDL3N1YnNjcmliZXIvbmV3In0.UNw8pxp024lohAr1_YAKG9HTGP55yR01JzGyCOC0JN8/s/842519158/br/141848970486-l)  Get in touch and let us know what you’d like to us to feature in future editions: [WalkingandCycling@westsussex.gov.uk](mailto:WalkingandCycling@westsussex.gov.uk)  Did you receive this eNewsletter from a friend? [Sign up here.](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL3B1YmxpYy5nb3ZkZWxpdmVyeS5jb20vYWNjb3VudHMvVUtXU0NDL3N1YnNjcmliZXIvbmV3In0.YdNgWiDhkB74pBkLDa8pK0eHNI3SHj7efv69Qy-RtEg/s/842519158/br/141848970486-l) | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Your Mind Matters footer March 2022](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA4MDEuNjE1NzU1MTEiLCJ1cmwiOiJodHRwczovL2JpdC5seS8zdEJlUDE5In0.ekNjTATqEL5yQqlaT_Ul2q3oo-JReVgFI_hJ7ss9y6I/s/842519158/br/141848970486-l) | | | |  | |