

# Lift the lockdown lows...

...join  
**Active  
October**

Log your  
journeys,  
win fab  
prizes!

Turn off that engine, get cycling, walking or simply take the bus. Whether commuting or working from home, you can join the travelwest challenge 'Active October', running from 1 to **31 October 2020** at: [travelwest.getmeactive.org.uk](https://travelwest.getmeactive.org.uk)

travelwest 

 **sustrans**

JOIN THE MOVEMENT