



Get active

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Transport Scotland aims to get more people making active travel choices for their everyday journey, to improve health and the environment. That is why we have in recent years invested in training, infrastructure and road safety campaigns for the benefit of cyclists through organisations [Cycling Scotland](#), [Sustrans](#) and Local Authorities across Scotland.

Last September we [announced another £20 million of funding](#) over the next two years for investment in active travel. This funding will also help to deliver our commitment to the shared vision as reiterated in our [Action Plan for Scotland 2013](#), that by 2020 10% of everyday journeys will be by bike.

It goes without saying that [cycling and walking](#) benefits the individual with not just physical benefits but also benefits for mental health, the environment and keeping people's transport costs down. Transport Scotland is committed to making it easier for more people and children to incorporate active travel choices into their everyday routines.

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