

Live Active

Active Transportation

Active transportation is any form of human-powered transportation. Walking, cycling, wheeling, in-line skating, and skateboarding are all forms of active transportation. It can also involve combining modes such as walking/cycling with public transit.

Benefits of Active Transportation

The benefits of Active Transportation are numerous and important to each of us, our community and the environment. Encouraging Active Transportation promotes personal health and recreation, helps manage congestion, reduces emissions and supports municipal objectives for efficient land use.

Contact Information

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