

How walkable is your neighbourhood?

There are many ways you can help create a **healthier and more active community**.

Simple steps like walking more or encouraging others to get outside can make neighbourhoods more vibrant and connected.

Our friends at [The Heart Foundation](#) have created an interactive map to help people explore walkable destinations in their neighbourhood and beyond.

By placing a pin anywhere on the map, you can see which places are within a 5, 10, 15 or 20-minute walk, including streets with lighting.

The results will show you a variety of options within walking distance, such as playgrounds, public transport, supermarkets, libraries, doctors, parks, cafes and more.

Check out the [interactive map](#) in the walkable neighbourhoods link below.

Newsletter images - click on the thumbnail to download the image.

