

# The Gift of Active Travel



Step into the season of giving - every pledge is a present waiting to be unwrapped! Roll or stroll your way through festive journeys that are healthy, fun, and kind to the planet. How many can you open?



## Follow the #WinterModeshiftSTARS

Join in and make winter journey pledge – tag a friend and follow along and become part of Team Modeshift



## Frosty Footprint Finds

Become a winter detective on your journey! Look out for footprints in the snow, frost, or mud – can you tell which creature or traveller passed by?



## Cycle Selfie

While out on a winter cycle or completing a cycle challenge, capture the moment to share your winter wheeling adventure.



## Celebrate Trees the lungs of the earth!

How many evergreen and deciduous trees can you see?



## Ticket to Ride

Hop aboard the Polar Express or glide through on the Snowflake Shuttle – whether it's a bus, tram, or train, enjoy the magic of travelling the sustainable way!



## Shine like a STAR

Add tinsel to your trainers, wow to your wellies, or bling to your wheels - and light up your journey! With glitter, reflectors, or festive sparkle, make sure you're seen and safe this season.



## Penguin Parade

Waddle, shuffle, or slide like a penguin on your journey today! Can you move like a winter animal while staying active? Or follow their social nature – ditch the solo drive and try car sharing or park and stride to walk with others instead.



## Sleigh Bell Sing-Along

Sing a song as you travel along - join in with some Modeshift favourites or make up your own active travel lyrics and share them with us!



## Jingle All the Way

Ring out with festive cheer! It's time to chime those cycle and scooter bells or wear something that jingles to make sure you spread the joy and are safe on your journey.



## Merry Berry Winter

See what wild fruits you can spot - berries, hips, haws, or even mistletoe! Keep your eyes peeled, how many can you discover? (but remember: these festive finds are for the birds, don't pick or eat any!)



## Jack Frost Trail

Any signs of Jack Frost at work? Ice flowers, icicles, sleet or even snow - real or make-believe, his wintry magic might be closer than you think!



## Deck the Halls

Take in the festive sights – how many decorated houses, sparkling lights, or seasonal displays can you spot along your route? Slow down, look around, and enjoy the magic in your neighbourhood.



## Wrap Up

Don't let the cold or wet weather stop you- wrap up warm and strut your stuff in your coziest winter gear! Whether it's a festive jumper, a colourful scarf, or your fluffiest hat, show off your seasonal style.



**Remember:** not everyone has what they need this winter. If you can, donate warm clothes to help others stay safe and snug too.



## Arctic Adventure

Map out a brand-new route, give it a frosty new name and put it to the test to see where your new snowy adventure takes you today!



## Celebrate in style

Share a photo montage of your Modeshift Winter STARS journey with us – your seasonal snaps might just inspire others to join the fun!

**There's snow stopping us!**

Join in with as many activities as you like, and in any order, and share with us what you see, feel, smell, hear and do to be active, on your Modeshift STARS winter journey!