



What is Park and Stride?

Park and Stride means leaving the car about 10 minutes walk from the school gate, and making the last leg of the journey to school on foot. For parents or grandparents doing the walk to and from the car, that's 15-20 minutes towards the recommended 30 minutes of physical exercise we should all be doing every day. Galway City Council is working in partnership with An Taisce Green-Schools, schools in the city and local businesses to seek your support for this scheme.

Why Park and Stride?

Regular physical activity is important from an early age to promote good physical and mental health – the school journey is a great time to start the habit, even if your family needs to travel to school by car. It's not just the kids who'll be getting fresh air, a stretch of their legs and some time to chat with their favourite people, you'll be getting some exercise too!



Children who are active on the commute have higher levels of concentration in the classroom.

Traffic danger is the most common reason cited by parents for not allowing their children to walk or cycle to school but, ironically, by driving our children to school we contribute to traffic, thus reducing our children's safety.

Park and Stride is good for the wider school community too – less traffic outside the school gate means less interaction with cars for young children trying to cross roads; less fumes and pollution from cars idling; and access for those who really need to park near the school gate for mobility or health reasons.

Where Can I Park?

In Galway, a number of local businesses are supporting Park and Stride by allowing Parents/Guardians to use their car park free of charge (where charges normally apply) for a short period of time while they walk their child to school (see map on the next page).

Participating Schools and Car Parks

All participating car parks can also be used as Drop 'n' Hop locations for older children to make their way to school independently e.g. Guardians can drop off/pick up their children at participating car park.



Schools

- 1 Bushy Park National School, Circular Road
- 2 Coláiste Iognáid S.J., Br. Na Mara
- 3 Cuan na Gaillimhe CNS, An Cimin Mór, Cappagh Road
- 4 Dominican College, Taylors Hill
- 5 Galway Educate Together NS, Thomas Hynes Road
- 6 Gaelscoil Dara, Bóthar Bhaile an Locháin
- 7 Gaelscoil Mhic Amhlaigh, Lána an Mhuillearoa
- 8 Jesus & Mary Secondary School (Salerno), Threadneedle Road
- 9 Knocknacarra Educate Together N.S., An Coimin Mór
- 10 Nicholas National School/Claddagh National School, Saint Dominick's Road
- 11 Parochial National School, Waterside
- 12 Scoil An Linbh Íosa (Mercy Primary School), St. Francis Street
- 13 Scoil Íde, Ardnamara
- 14 Scoil Bhríde, Shantalla Road
- 15 Scoil Iognáid, Bóithrín na Sliogán
- 16 St. Patricks N.S., Lombard Street
- 17 Scoil Naomh Iosef, Ráthún
- 18 St. John the Apostle, Knocknacarra National School
- 19 St. Joseph's College, Nun's Island
- 20 St. Mary's College, St. Mary's Road

Park and Stride Car Parks

- A Aldi Knocknacarra
- B Ballinfoile/Castlegar Neighbourhood Centre
- C Cathedral Car Park
- D Claddagh Hall Car Park
- E Claude Toft Park
- F Coolough Church, Menlo
- G Crescent Court (Tesco)
- H Dyke Road Car Park
- I Galway Shopping Centre
- J Gateway Retail Park (Dunnes/B&Q)
- K Tesco Knocknacarra
- L Knocknacarra Community Centre
- M Lidl Knocknacarra
- N Maldron Hotel
- O Mervue United
- P Mill Street Car Park
- Q Newtownsmith/Bowling Green
- R Port of Galway – Breathnach Quay
- S Renmore Community Centre
- T The Promenade
- U Westside Library/Community Centre
- V Westside Playing Fields
- W Westside Shopping Centre (Dunnes)
- X Woodquay Car Park

More details on participating schools and car parks can be found at www.GalwayCity.ie/ParkAndStride If your school is not listed as participating, you can still Park and Stride (see overleaf for details).

Registration Form Page 2 - Additional Information

We would be very grateful if you can tell us a little more about your journey to school. Please ensure you include this page if scanning your Registration Form!

How far do you live from your child's school?
If your children attend more than one school, please give the **distance** to the school you listed on this Registration Form.

Less than 1km
1-3km
3-5km
6-10km
More than 10km

Where do you (or the person dropping your child to school) usually go after you drop your child to school? Please choose **one** answer.

Home
Work
Creche/Montessori/Childminder
Another school
Shopping
Somewhere else

Would you support restrictions on cars in the vicinity of your child's school, to facilitate a safer school gate with less traffic for children to interact with?

Yes
No
Don't know



For further information, please contact **Park and Stride, Active Travel Department, Galway City Council, College Road, Galway**
Tel. 091 536 400
Email ActiveTravel@GalwayCity.ie
Web www.GalwayCity.ie/ParkAndStride

