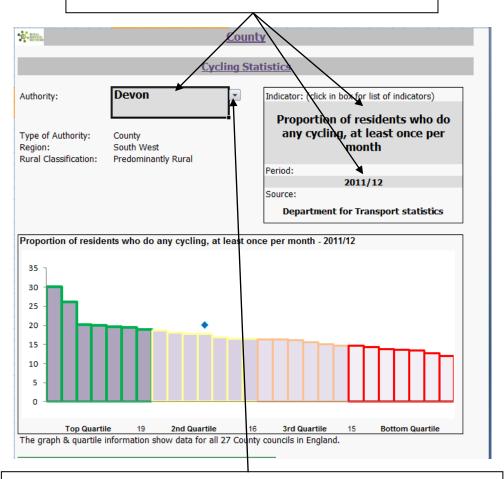
## A simple guide to RSN online spreadsheets - Cycling and walking statistics

The Government has an ambition for increased levels of activity both through cycling and walking.

To use the RSN analyses of cycling and walking rates taken from Department for Transport statistics, please follow these simple steps.

Three option boxes allow the user to select either the local authority of interest, or depending on the data available within the analysis, the indicator of interest or the period to which the data relates.



Using the mouse to select the option cell reveals a grey square with a blue triangle to the right of the option. Clicking on the grey square then reveals the full list of options to select from.

With the required options selected, the analysis then provides a number of bar charts that show the relative ranked position of your chosen authority compared with similar authorities and to the urban/rural averages for that type of authority, be it County, Unitary or District.

I hope this brief explanation helps and the spreadsheet provides a useful snapshot of the situation in your area. If you have any comments or suggestions, please contact dan.worth@sparse.gov.uk