5 Using Sustainable Transport

Introduction

One of the largest contributors to our individual **carbon footprints** is transport. We all need to get from A to B as we go about our daily lives, but our choice of transport can mean a larger or smaller impact on our environment.

Travelling by motorised vehicles (cars, buses, trains and planes) usually means burning **fossil fuels**, which contributes to local air pollution and global **climate change**. Sometimes we have few options about how we can travel to certain places, but there are often alternative means of transport that are more sustainable.

Drive Smarter

For many people, driving is the only option if it is too far to cycle or there isn't a bus service to your destination. Driving more efficiently, e.g. gentle braking, changing gears early, could save you between £300 and £350 each year on fuel costs.

For more information on fuel efficient driving, visit www.energysavingtrust.org.uk

Car Sharing

For routine journeys (e.g. commuting to work, school or a weekly visit to the supermarket) it is usually cheaper and greener to car share with somebody taking the same route as you. You will need to be organised and there may be some compromises, for example one person may have to work later than the other, but the benefits outweigh the minor inconveniences.

CamShare provides a matching service for potential drivers and passengers that travel in and around Cambridgeshire. Once matched, you can choose to travel together as little or as often as you like. CamShare is free to join and caters for individuals and organisations.

For more information, visit http://camshare.liftshare.com, email: support@liftshare.com or call 01953 451166.

Zipcar

Car club schemes give you convenient access at any time to a car, without the hassle and expense of car ownership or traditional car hire. You can join as an individual or as a business.

As a member, you only pay for what you use and do not have to worry about tax, insurance, servicing or repairs.

The City Council has formed a partnership with Zipcar, which runs the Cambridge car club.

Zipcar members report an average monthly saving of more than £300 compared to car ownership.

Visit www.zipcar.co.uk for information about joining the scheme, vehicle locations and prices.

Try Public Transport

A bus can carry the same number of passengers as about 40 cars but takes up a fraction of the road space and can release less pollution. Taking the bus is also cheaper than driving a car, although bus stops and times may not be as convenient. The Cambridgeshire Guided Busway, linking Huntingdon to Cambridge, provides a direct alternative route to driving on the A14. The specially adapted buses run on biofuel or are fitted with Euro 5 engines (among the 'greenest' diesel engines available) and use both the busway and normal roads.

For more details of local bus services visit www.cambridgeshire.gov.uk/transport/around/buses or www.thebusway.info, or call the County Council's Passenger Transport Services team on 0345 045 0675.

Get Cycling

Cambridge has the highest level of cycling in the country, with one in three residents cycling to work. Cycling is cheaper than running a car and regular cycling can be very good for your health, reducing the risk of chronic illnesses such as heart disease, type-2 diabetes and stroke. It can also boost your mood and keep your weight under control. Even if it is not practical to cycle to work or school every day, doing so once or twice a week could be very beneficial in reducing stress, traffic congestion and air pollution.



Image: Cambridge ReUse

Cycle Map of Cambridge
Download your free copy of the City Council's cycle map of Cambridge by visiting *www.cambridge.gov.uk/cycling-and-walking-schemes* or collect a free copy from the Tourist Information Centre at the Guildhall, Market Square, Cambridge.

Cycle Training for Children and Adults

Bikeability is 'cycling proficiency' for the 21st century, a three-level cycle training programme for children designed to help improve their cycling skills so that they are confident to make journeys on their own in traffic.

The local Bikeability training provider is Outspoken, offering group and individual training sessions to children and adults.

To book onto a training course call 01223 719594 or email team@outspokentraining.co.uk



Image: You Can Hub

You Can Bike Too

The You Can Hub promotes cycling for all through its 'You Can Bike Too' project. Bikes for all abilities are available to hire and ride at Milton Country Park enabling nervous riders, people with disabilities, or those recovering from an injury to ride alongside their able-bodied friends. Their range of ten specially adapted bikes helps people with balance and co-ordination difficulties to ride independently – a great boost for confidence and self-esteem.

For more details, visit www.youcanbiketoo.org or call Milton Country Park on 01223 420060.

CycleStreets

CycleStreets is a UK-wide cycle journey planner system, which lets you plan routes from A to B by bike. It is designed by cyclists, for cyclists, and caters for the needs of both confident and less confident cyclists. The Cambridge version of CycleStreets provides recent photos of, and updates on, cycling infrastructure and road works affecting cyclists in the city.

To plan your route, visit http://cambridge.cyclestreets.net

Alternative cycle route planners include www.transportdirect.info, www.cycle-route.com or you could try getting directions via Google maps.

Buggy Hire Scheme

The council's free pushchair loan scheme enables people with young children to borrow a pushchair after they have parked their bikes at either the Grand Arcade or Park Street cycle-park during normal shop opening times.

Buggies are available to hire from Station Cycles *(grandarcade@stationcycles.co.uk, 01223 307655)* at the Grand Arcade car park and at the Bicycle Ambulance Shop at Park St car park *(01223 322549, rick@bicycleambulance.com)*.

Travel for Work Partnership

Travel for Work (TfW) is a not-for-profit partnership working with employers to deliver and promote sustainable and healthy travel to work, by providing funding to buy cycle racks and training for staff.

If your workplace does not currently offer free cycle parking, contact TfW for details on how to join the partnership by visiting www.tfw.org.uk

If you need further information about cycling in Cambridge, from shared paths to cycle parking, visit the council's cycling web pages www.cambridge.gov.uk/cyclingandwalking or contact our Cycling and Walking Officer by email csc@cambridge.gov.uk or phone 01223 457200.

Walk the Walk

Walking is very beneficial to health and the environment – we should all do more of it if we are able. Walking exercises the whole body, helping to reduce symptoms of stress, improve mood and memory, and boost the body's immune system. And of course it is free and has the lowest carbon emissions of any form of transport. Fitting in more walking into your daily routine is fairly easy – whether it is taking the stairs instead of a lift or getting off the bus one stop early.



Image: Littleny / Dreamstime.com

Walkit

Walkit is an online urban route planner that helps you to plan out a route between two places in the city and calculates the journey time at different walking paces. It even calculates the calories you might burn off and the amount of carbon you will save by walking instead of driving. It can also provide you with alternative routes, avoiding areas with high levels of air pollution or traffic.

To plan your walk, visit www.walkit.com/cities/cambridge

Walking for Health

Several Walking for Health schemes operate in the area including the Nuffield Road Medical Practice in Chesterton (Thursday mornings), Milton Country Park (Tuesday afternoons) and Wandlebury Country Park (Thursday mornings). They all offer gentle walks for all abilities.

For more information, visit www.walkingforheatlh.org.uk

Big Walkies

Big Walkies is a Cambridgeshire based group for people who like to walk with dogs. Organised walks take place at various green spaces, including Milton Country Park (Saturday mornings).

To join or for more details contact bigwalkies@live.co.uk or call 01480 352855.



Image: Sport England

Further Information

The Energy Saving Trust

The Energy Saving Trust gives advice on saving energy in the home and through transport. For details, call the EST transport advice line on 0845 602 1425, or email transport@est.org.uk.

www.energysavingtrust.org

Liftshare

Liftshare is the largest free car-share network in the UK. Its website offers a handy savings calculator to help you work out how much you could save on fuel costs by sharing a lift with someone.

www.liftshare.com

Transport Direct

Transport Direct is a division of the Department for Transport, providing a national public transport journey planner. It includes details of train times, bus routes and car parks.

www.transportdirect.info

Traveline Southeast

Traveline Southeast lets you search bus, coach and train times across the south-east of England, including East Anglia. It also offers mobile phone apps for next bus times from any bus stop in Britain.

www.travelinesoutheast.org.uk

Cambridge Cycling Campaign

Cambridge Cycling Campaign is a charity run by volunteers. Founded in 1995, its aims are for safer, better and more cycling in the Cambridge area.

www.camcycle.org.uk

Safer Routes To Schools

Safer Routes To Schools helps teachers, parents/carers and children to reduce car use on the school journey and adopt a more sustainable approach to getting to school by walking and cycling thereby increasing their independence, health and fitness.

www.cambridgeshire.gov.uk/transport/safety/routes_school

Sustrans

Sustrans is a charity working with communities, policy-makers and partner organisations so that people can choose healthier, cleaner and cheaper journeys and enjoy better, safer spaces to live in. Sustrans also coordinates the 14,000 miles of the National Cycle Network walking and cycling routes.

www.sustrans.org.uk