

Newcastle



Sustainable Travel Guide

Walking

Feet can be a fantastic form of transport.

Walking is good for you and much better for the environment than using a car.

It contributes to the 30 minutes of exercise that we should all do daily, so it serves two purposes at the same time through getting you to your destination and helping you to prevent strokes, heart attacks and other ailments.

walkit.com the urban walking route planner. Generate a route map between any two points, including journey time, calorie burn and carbon saving.

Fast, free, healthy and green.



www.walkit.com

1 in 4 car journeys are under two miles, contributing to congestion. This can easily be walked in around 30 minutes.

Walking a mile a day significantly reduces risks of coronary heart disease and a stroke.

Although a mile sounds a lot, it's only 15 - 20 minutes of walking. And even better, it's free, and would burn around 100 calories. Heavy things to carry? Why not make more frequent trips to the local shops? **It's good for you and the local economy.**

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LIVING STREETS
PUTTING PEOPLE FIRST

Cycling

Be admired for the car you don't drive.

Cycling solves so many problems at once; **it keeps you fit, it's fast, cheap and reliable and great for the environment** too.

Why use an exercise bike that's chained to the floor? Getting on your bike is one of the easiest ways to keep fit, **it's a lot cheaper than gym membership** and can be a lot handier!

Did you know?

- A journey of **3 miles** should take an average of about **20 minutes** for the averagely fit person.
- 50% of the UK population live within one mile of the National Cycle Network.
- 56% of all car driver trips are under 5 miles.
- On a bicycle you consume a fiftieth of the oxygen consumed by a motor vehicle, and **expel no pollutants.**


sustrans
JOIN THE MOVEMENT

Sustrans North East
37 Side
Newcastle upon Tyne
NE1 3JE

Tel: **0191 261 61 60**

It doesn't take much to make a difference!

Train

Train travel is **fast, relaxing** and so much **cheaper** than the car. You can **arrive at work fresh**, and even do work during the train journey!

Alternatively, you could **sit back, watch the scenery or read a newspaper** safe in the knowledge that you are **away from** all the drivers getting frustrated on the **rush hour roads**.

When you get to your destination, you don't have to worry about where to park, or paying for parking. Moreover, for most journeys, you can **just turn up and go**.

Even **greater discounts** are available for those **over 65** or **under 26** through the purchase of a **railcard** that entitles users to a huge **33% off** every journey made.

For rail information covering the entire UK network, and a complete journey planner, go to **www.nationalrail.co.uk** This site also offers the chance to make advance bookings with some excellent special offers available.

Newcastle train station is situated just to the south of the city centre on **Neville Street**, and is well signposted throughout the nearby area. **Secure cycle parking** is provided within the station, and it is also easily accessible by a range of public transport modes, with the **Metro** (Central Station) stopping on the site, and a number of buses stopping in the nearby streets.

So many destinations are available across the local area and the UK as a whole. For example, it takes only **3 hours** to get to **Birmingham**, and **just over 3 hours** to **London**. **Edinburgh** is a mere **90 minutes** away.

Why not let the train take the strain?

Bus

Using the bus is easy, cheap, reliable and safe.

Did you know that you are **84% more likely to be involved in an accident** for every mile travelled **by car** compared to by bus? (DfT, 2007).

Moreover, buses are now equipped with CCTV cameras to ensure your personal safety, so you can just **sit back and enjoy the ride**.

Most bus stops now have timetable information available so you know when your bus is due, and an increasing number feature shelters which afford excellent protection from the weather.

The three main bus operators around Newcastle are Arriva, Go North East and Stagecoach.

Why not look on **www.transportdirect.info** to work out the journeys you can make by bus from your front door!

Alternatively, traveline can be contacted on 0870 200 22 33 to inform you of the bus service that you require and the times that they operate.

Most of the local bus operators offer **discounts on daily, weekly or monthly tickets**, so it could be well worth enquiring how you could make your journey even cheaper.

There are **two main bus stations** in the city centre at Eldon Square and Haymarket both within easy walking distance of the main facilities and attractions in the City Centre.

National Express operate coaches between Newcastle and **London/the South West** from the coach station at St James Boulevard, while Megabus operate journeys between **Edinburgh** and London, which stop outside Newcastle Central Station.



Taxi

For times when other forms of public transport are unavailable or inconvenient, why not take a taxi? They can be a cost effective means of transport when shared with other passengers.

If you are going to be **out late** or don't want to travel by public transport **on your own**, make your **journey by taxi** or private hire vehicle.

These **give you protection** because all vehicle drivers must meet **strict criteria**, including minimum **driving standards**, and a criminal record and health check before they are **licensed by your Council**.

You will find that many of the **main taxi ranks** are **marshalled by authority appointed officials** to ensure that your journey is even safer.



Motorcycling

Motorcycling, whether you choose to **ride a motorcycle** or a **scooter** has many benefits compared to the car for the commute to work. It is **much easier to beat congestion**.

There is also the benefit that you will have **lower running costs**, and find it **much easier to find a parking space** in the morning.

The freedom of motorcycling really can be an enjoyable experience – especially when you think how much **lower** they are in terms of **emissions** than cars.



Car Sharing

Imagine how much **more fun** it would be not to have to make that journey on your own, but if you could **share it with someone**.

Not only that, you would be able to **save bucket loads of money** on petrol and parking just **by sharing the journey**.

It's not a new idea, people have been doing it for many years, and you don't even need to own a car to take part.

www.sharesmarter.co.uk

are a formal organisation who can arrange people for you to share your journey with, or alternatively you could ask around people at work, or share with someone who lives nearby.



Car Club

Car clubs - Their time has arrived and so will you.

A car club provides its members with **quick** and **easy** access to a car for **short term hire**. Members can make use of car club vehicles as and when they need them, **so provides a great alternative to owning your own car**. If you drive less than 6,000 miles per year then a **car club** will be likely to save you between **£1000** and **£1500** a year. And not only this, but joining a car club will also unlock a number of **great savings** on **sustainable transport** use for times when you don't need a car to make that journey.



Newcastle's approved **car club** operator is

Option C. They are in the process of

installing cars at **various points** **of the city** close to **YOU!** So why not **join** today, and start to **save yourself money**, and benefit the **environment**.

www.optionc.co.uk

Greener, Smarter, Cleaner Driving

By smarter driving, you can drive your way towards **saving money** and **carbon dioxide emissions**.

The Energy Savings Trust has calculated that driving this way could **save you up to £120 a year** in petrol or diesel. And with fuel prices rising all the time, eco-driving could save you more in the future.

Even something as simple as **avoiding sharp acceleration** and **heavy breaking** can make savings that all add up!

To request your free **fuel calculator**, and to find out more about the most **energy efficient cars and fuels** on the market, along with other energy advice, such as choosing the most efficient appliances, the **Energy Saving Trust advice centre** is urging everyone to call its **free, independent, local energy advice line** on **0800 512 012**.

For more information:

Freephone 0800 512 012

www.energysavingtrust.org.uk/northeast



Metro

40 million people use the metro each year.

The **North East** is lucky enough to have a **light rail system** with **over 60 stations** in operation, **throughout Newcastle, Gateshead, North Tyneside, South Tyneside and Sunderland**. This has been rated as **one of the most efficient forms of transport in the entire country**.

Single fares range from £1.30 to £2.80, but to **save even more money**, why not consider getting one of the range of **daily, weekly or monthly tickets?**

Can you afford not to? www.transportdirect.info

Metro Stations at the heart of both **Newcastle** and **Sunderland city centres, railway stations** and at the **airport** - so getting around couldn't be easier. And what's more, they are **easy to find** – look out for the **cubes** which are situated next to all stations.

Picture how different your neighbourhood would be **with fewer moving cars**. **How much better would your life be** if you were in a car less often? Petrol prices are rising, and are likely to keep rising sharply. So **cutting your car use can save you money**, as well as **improving your health and quality of life**.

