

Promoting Sustainable Transport



Walking is a free and healthy way to travel. A journey of 2 miles could take around 30 minutes to walk, which could be as quick as driving or catching the bus, especially at peak times.

- Online journey planners such as Traveline Cymru provide walking routes to bus stops and stations
- Walking for Health Cardiff has information about the health benefits of walking as well as suggested leisure walks (www.cardiffwalkingforhealth.org).

Cycling is also a low cost and healthy way to travel. The cycle network in Cardiff is growing, with off-road routes like the Taff Trail, Ely Trail and Rhymney Trail being developed as well as on-road infrastructure (e.g. cycle lanes and advanced stop lines at junctions).

- The Cardiff Cycling Map shows off-road and recommended on-road routes. It is available from Cardiff Council's Cycling Officer (see www.cardiff.gov.uk/cycling). Sustrans also have information about cycle routes (www.sustrans.org.uk)
- For new and regular cyclists, on-road training from qualified instructors can help to develop skills and confidence. More information is available from www.roadsafety.cardiff.gov.uk and www.ctc.org.uk, which has listings of all registered cycle trainers in the UK
- Employers can support a 'Cycle to Work' salary sacrifice scheme which allows employees to buy a bike at a reduced cost. More information is available from the Department for Transport (www.dft.gov.uk/pgr/sustainable/cycling).

Providing information about public transport is helpful when employees and visitors are thinking about their journeys to the site and there are some good resources available.

- Traveline Cymru has an online journey planner for bus, coach and train journey across Wales (www.traveline-cymru.info), a bilingual call centre (0871 2002233) and a text service
- Many bus stops in Cardiff now have real time information boards, which display which services use the stop and when buses are due
- Information about fares and season tickets is usually available from operators. Daily and weekly tickets can be better value if someone travels regularly
- Travel Notice boards showing bus timetables and route maps is useful if employees don't have internet access. Trusted URLs to useful journey planning sites can also be set up for those who have access to staff intranet pages.

Car sharing can be a useful tool for employees with limited or no access to a car and for those who live near each other. Promoting car sharing is also particularly effective if working hours are based on shift patterns.

- Dedicated parking spaces for car sharers are an excellent incentive to car share
- Online car sharing schemes can help employees in smaller organisations to find car sharers. www.sewtacarshare.com is a free car share scheme provided by the South East Wales Transport Alliance. Organisations can also join www.carshare2Cardiff.com, a closed group journey sharing scheme provided by Cardiff Council.



For more information contact:
travelplans@cardiff.gov.uk
[02920 873722](tel:02920873722)
www.keepingcardiffmoving.co.uk

