

## Walk

Walking forms part of every journey and causes no pollution, consumes few natural resources and is efficient in its use of space and energy.

## Cycle

Cycling is a popular form of transport in Portsmouth due to the city being flat and compact with a mild climate. Cycling is a generally non-polluting and energy efficient way to travel.

## Bus

Portsmouth has an extensive network of bus routes with 95% of households situated within a 5 minute walk of a bus stop. With an annual ticket, bus travel can cost as little as £1.50 a day for unlimited travel.

## Train

There are 5 rail stations in Portsmouth and a wide range of destinations across the UK can be directly reached from Portsmouth. It is relatively easy to combine a train journey with cycling, walking, bus and taxi service. You can talk, work, read or think on the train – using your time more productively.

## Taxi / Private Hire

Taxis are a cheap way to enjoy the benefits of a car without owning one, with no repairs, tax and insurance to worry about. You don't waste time looking for a car parking space and are dropped at your destination.

## Car Share

Share a journey with someone else and share travel costs or take it in turns to share the driving.

## Moped, Motorbike, Scooter

Smaller sized engines will help reduce pollution, and take up less road space than a car.

# Find out More

## General

### 'Cutting Your Car Use'

by Anna Semlyn  
[www.greenbooks.co.uk](http://www.greenbooks.co.uk)  
01803 863260

### SignPOST website

[www.chamber.org.uk/signPOST](http://www.chamber.org.uk/signPOST)

## Cycling

### CTC

[www.ctc.org.uk](http://www.ctc.org.uk)

### Sustrans

[www.sustrans.org.uk](http://www.sustrans.org.uk)

### Impartial advice for new and potential cyclists

[www.whycycle.co.uk](http://www.whycycle.co.uk)

### Portsmouth cycle routes map

023 9283 4092  
[www.portsmouth.gov.uk](http://www.portsmouth.gov.uk)  
[transportpolicy@portsmouthcc.gov.uk](mailto:transportpolicy@portsmouthcc.gov.uk)

## Public Transport

### National Rail Enquiries

08457 48 49 50

### Traveline

0870 608 2 608

### Transport Direct

[www.transportdirect.org.uk](http://www.transportdirect.org.uk)

### Portsmouth public transport map

023 9283 4092  
[www.portsmouthcc.gov.uk](http://www.portsmouthcc.gov.uk)

## Inland Revenue

[www.hmrc.gov.uk](http://www.hmrc.gov.uk)

Cutting  
your car use by just  
**one day a week**

could help to cut  
**congestion  
& pollution**

by

**20%**

You can get all Portsmouth City Council information in translation, large print, Braille or on tape. Please call 023 9284 1332

For translated information please call:  
Bengali answerphone service 023 9284 1651 or  
Cantonese answerphone service 023 9284 1652

আপনি পোর্টসমাউথ সিটি কাউন্সিলের সকল তথ্যের  
অনুবাদ, বড় অক্ষরে অথবা কেসেটে পেতে পারেন।

দয়াকরে বিস্তারিত জানার জন্য এই নাম্বারে

যোগাযোগ করুন 023 9284 1651

樸茨茅斯市政府的一切資料，

均備有翻譯本、大字書刊或

映音帶，如有需要，請致電

023 9284 1652



Feb 2006

# Cutting Your Car Use

Considering the options  
before travelling



Fuel for  
thought



Portsmouth  
CITY COUNCIL

Fuel for thought

# Why?

Transport contributes to 25% of the UK's CO<sup>2</sup> emissions, considered to be one of the greatest contributors to global warming.

If traffic continues to grow at the present rate there will be 25% more cars on the road by 2020.

Congestion costs the UK £20 billion a year.

Levels of obesity and ill health as a consequence of not exercising are costing the NHS billions.

Both oil and gas resources are predicted by some sources to start running out from 2010.

# Choices?

It isn't practical to ask people to stop using cars entirely but we do need to think about our use of the car. Think carefully about the journeys you make and how you make them.

Ask yourself:-

- Do you really need to make the journey at all?
- Could you combine journeys and make all your trips at once?
- Would it be possible to walk or cycle?
- Is there a bus or train that you could use that is already making the journey?

# What are the alternatives?

- Walk
- Cycle
- Bus
- Train
- Taxi / private hire vehicles
- Car share
- Moped / scooter / motorbike

# Which journeys?

Almost all of us makes unnecessary car journeys.

## Short journeys

Cars are used for 18% of trips under 1 mile and 61% of trips between 1 and 2 miles.

Short journeys by car should be avoided as they are not fuel efficient and are bad for the engine, which performs much better when it has warmed up.

1 mile – you could consider walking as it takes about 20 minutes to walk a mile.

1 to 5 miles - you could reasonably cycle this distance, as the average speed is 10 mph a 5 mile trip will take about 30 minutes.



## Journey to work

For many of us the journey to work is one regular and predictable journey that is made each day. This has the greatest potential for change. Many companies provide secure cycle parking, showers or changing facilities. Your employer may offer interest free loans for annual season tickets on public transport that could substantially reduce your travel costs. Flexible hours also allow staff to use public transport more easily. There may be a car share scheme with a guaranteed ride home in an emergency.

## Work related journeys

You may need your car for work, however it might be possible to plan your workload so that you can sometimes work from home or have an office based day. It might be appropriate to use public transport to get to meetings and use the time spent travelling more productively. If you do need your car for work you could convert it to run on a more sustainable fuel or when replacing your car buy one with a smaller engine. To encourage a reduction in car use it is possible for your employer to pay a tax free mileage rate for you to use your bike or per passenger in cars for business trips.



## Shopping

20% of all trips are shopping related.

Not all trips to the shops need a car, you could walk or cycle to your local shops if you only need a few items (you will also be helping shops in your local community). Consider making a fortnightly or monthly car-based trip for bulk shopping such as tins and frozen food. Consider car-sharing to the shops with a neighbour or friend. The growth in home delivery services means that you can get your shopping delivered and don't need to rely on a car.

## School Run

The school run is another regular and predictable journey that many of us make. Try taking it in turns with another parent to drop off your children, leaving you free to travel by other means and helping to cut traffic levels around the school entrance. Find out if your child's school has a 'walking bus' or provides cycle parking.

## Leisure

Many visitor attractions and leisure facilities are increasingly accessible by public transport and encourage it's use by offering reduced entrance fees if arriving by bike, bus or train. Instead of travelling to the gym or swimming pool by car why not get extra exercise by walking or cycling instead?

