

# YOU AND YOUR LOCAL TRAVEL



LIFESTYLE

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### WHY?

Travel feels as though it brings freedom. But be warned, for travel can also enslave us. We seem to spend much of our time sitting in traffic jams or waiting for delayed planes. As well as looking at 'greener' transport, perhaps we should think about travelling a little less. Let's be more content where we are. Reducing car use improves the air quality, saves money and benefits the nation's health.

The arrival of lifestyle restrictions due to the Covid-19 pandemic, reinforced the idea of the '15-minute neighbourhood': a place where residents can access most needs within a short walk or bike ride of their home. Whilst not possible for everyone, modelling this concept in the way we travel will bring benefits to the climate, our health and our communities.

### HOW?

#### WALKING

- Walk where you can. It's good for your health as well as the environment.
- Buy a funky shopping trolley or rucksack to carry your things.
- Walking children to school can be quality time, with stories, sharing and people-watching!
- Buy waterproof clothes so you can walk even when it's raining. Listen to the Norwegians who say 'There is no such thing as bad weather, only bad clothing'.
- Buy a pedometer so you can see how much you're walking and be motivated to walk more.

Living Streets want a nation where walking is the natural choice for everyday local journeys. Join in with one of their campaigns to reclaim *#pavementsforpeople*, to tackle air pollution or to get cities designed around people not vehicles:

<https://www.livingstreets.org.uk/>



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Make friends, recover from illness and get fit with a healthy body and healthy mind. Walking for Health and related organisations offer hundreds of short walks every week, led by volunteers:

- <https://www.walkingforhealth.org.uk/> (England)
- <https://www.pathsforall.org.uk/walking-for-health> (Scotland)
- <http://www.walkinginyourcommunity.com/> (Northern Ireland)
- <https://westwaleswalkingforwellbeing.org.uk/> (West Wales)
- <https://www.ramblers.org.uk/go-walking/group-finder.aspx> (England, Scotland, Wales)

### CYCLING

- Cycling can be a delight, but for inclement weather. Remember those waterproof clothes – make them brightly coloured to be sure you will be seen. Don't forget to fit good lights too.
- Visit one of the route mapping websites to find the quickest, moderate and quietest route alternatives for your journey: <https://www.cyclestreets.net/> or <https://www.cyclinguk.org/>
- Fit panniers, baskets or a trailer to your bike to carry your shopping.
- Learn from the Dutch and select a 'Cargo bike' which allows you to carry children and loads in front of you.
- Consider an electric bike if that means you use that, rather than using the car.
- Ask your workplace to install good cycle shelters and showering/changing facilities.

If you need advice about anything cycling visit: <http://www.sustrans.co.uk/>. They have tips for beginners, for staying motivated in the winter and staying safe in the dark. You will find ideas for presents, guidance on how to buy a bike (or e-bike) and even the all-essential 'How to wear a ponytail with a helmet'!



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### **E-SCOOTERS**

Being relatively new, environmental evaluation (and legalities) of e-scooter use is still developing. As with everything manufactured, there is the carbon footprint of the manufacture and the carbon footprint of the use. An e-scooter with a long life and used frequently is likely to be more ecological than other motorised transport. E-scooters which are collected by lorries to be re-distributed to hiring ranks are less likely to be environmentally friendly!

### **GIVE PUBLIC TRANSPORT A (SECOND) CHANCE**

Covid-19 may have changed the way you think about public transport. Most of us know using public transport is better for the environment and can even offer a cheaper and quicker route. But, in reality, the number of cars on the road is continuing to rise. So what is it that's stopping people from ditching the more expensive – not to mention less green – private forms of transport that we see on the road?

Channel 4's Dispatches checked surfaces for germs in locations across the country in October 2020 – and concluded that trains and buses were more hygienic than the cafes, supermarkets and hotels it also tested. 'Touching points' such as handrails and seats were found to have 'no significant traces' of microbes with special measures to deep clean and sanitise public transport deemed very effective.

Let's don our masks and give it a second chance!

### **LONGER READS & OTHER RESOURCES**

The Energy Saving Trust has tips and advice on Active Travel and Shared Travel:

<https://energysavingtrust.org.uk/advice/active-travel/>

<https://energysavingtrust.org.uk/advice/shared-travel-options/>