

BONNINGTON NEIGHBOURHOOD TRAVEL PLAN

Getting out and about in your community on foot, by bike or by bus is easy and may take less time than you think. Active travel is good for you and your environment. So why not save money, save on CO₂, and get healthier by travelling greener in you local community.

Our community survey revealed the top ten destinations in Leith. The table below shows how you can travel to these attractions in a more sustainable way.

Walking times have been calculated for you using www.walkit.com which is an urban walking route planner. Of course, you can visit this site for yourself and see if you can find a route that is even better for you. Cycling times were calculated using www.cyclestreets.net. Check the Leith Travel Map for cycle routes closest to your home.

The table also shows bus services in your community and how frequently they run. Full details are available from Lothian Buses (www.lothianbuses.com or phone 0131 555 6363) or you can check Traveline Scotland (www.travelinescotland.com or phone 0871 200 2233). You can use your copy of the Leith Travel Map to find your nearest bus stops. Your journey may be slightly longer or shorter than the one stated below as EH6 5NZ has been used as a midpoint for you neighbourhood to calculate the journeys.

From your neighbourhood to:	Walk/Cycle it:				By bus:		
	Minutes	Miles	Calories Equivalent food	CO ₂ avoided Equivalent activity	Minutes	Bus service	Frequency
Ocean Terminal	19 minutes 5 ½ minutes	1 mile	82kcal 6oz grapes	0.32kg by car 40kW lightbulb on for 15 hours	7	36	Every 20 minutes (peak)
Leith Links	22 minutes 6 ½ minutes	1.1miles	94kcal 7 low calorie jellies	0.37kg by car Making 34 cups of tea	4	21	Every 15 minutes (peak)
Out of the Blue	9 minutes 3 ½ minutes	0.5miles	39kcal 2oz canned peaches	0.15kg by car Watching 2 hours of tv	2	22	Every 10 minutes (peak)
Waterworld	17 minutes 4 minutes	0.9miles	75kcal 3 Tuc biscuits	0.29kg by car 60kW lightbulb on for 9 hours	2	36	Every 20 minutes (peak)



Victoria Park	31 minutes 4 ½ minutes	1.6miles	133kcal 3 grilled fish fingers	0.52kg by car Making 48 cups of tea	3	11	Every 10 minutes (peak)
Kirkgate Community Centre	18 minutes 3 ½ minutes	0.9miles	76kcal 2 tea biscuits	0.3kg by car Watching 4 hours of tv	2	36	Every 20 minutes (peak)
Leith Walk	10 minutes 3 ½ minutes	0.5miles	44kcal 1 low calorie yoghurt	0.17kg by car Making 16 cups of tea	3	11	Every 10 minutes (peak)
Kirkgate Shops	18 minutes 3 ½ minutes	0.9miles	76kcal 1 low calorie cup-a-soup	0.3kg by car 100 kW lightbulb on for 6 hours	2	36	Every 20 minutes (peak)
The Shore	13 minutes 4 minutes	0.7miles	59kcal 4 low calorie jellies	0.23kg by car Making 21 cups of tea	5	36	Every 20 minutes (peak)
Ferry Road Library	28 minutes 2 ½ minutes	1.4miles	118kcal 1 light cereal bar	0.46kg by car Watching 6 hours of tv	-	-	-

*Calories burned are indicative figures based on walking at 3mph and cycling at 12mph.

HOW DO I BENEFIT?

Walking and cycling are great money savers and as they combine exercise with your day-to-day travel you can save on gym membership, and as they avoid CO₂ emissions they also cost nothing to the environment!

Walking is the only form of transport that is completely free and doesn't require any special equipment making it the perfect option for shorter journeys.

Cycling can help speed up your travel time and at the fraction of the cost of using your car. If you don't have a bike already there are many places to buy one in Leith. These are also shown on the Leith Travel Map.

Buses also provide a cheap alternative to the car. Bus companies offer a range of tickets to suit your travel patterns and remember that Scottish National Concession Card Holders travel FREE at all times and Young Persons Bus Concession Card holders travel for a flat fare.

