

## LEITH CENTRAL 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 CO<sub>2</sub>, 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](http://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](http://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](http://www.lothianbuses.com) or phone 0131 555 6363) or you can check Traveline Scotland ([www.travelinescotland.com](http://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 5JG 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 <sub>2</sub> avoided Equivalent activity	Minutes	Bus service	Frequency
<b>Ocean Terminal</b>	15 minutes 4 ½ minutes	0.8miles	67kcal 1 small boiled egg	0.26kg by car 40kW lightbulb on for 12 hours	4	1	Every 15 minutes (peak)
<b>Leith Links</b>	15 minutes 4 ½ minutes	0.8miles	67kcal 25g cheddar cheese	0.26kg by car Making 24 cups of tea	3	25	Every 10 minutes (peak)
<b>Out of the Blue</b>	15 minutes 4 ½ minutes	0.8miles	65kcal half a medium banana	0.26kg by car Watching 3 hour of tv	2	22	Every 10 minutes (peak)
<b>Waterworld</b>	6 minutes 2 ½ minutes	0.3miles	26kcal 1oz canned peaches	0.1kg by car 60kW lightbulb on for 3 hours	-	-	-



<b>Victoria Park</b>	17 minutes 5 minutes	0.9miles	74kcal half packet of crisps	0.29kg by car Making 27 cups of tea	4	7	Every 10 minutes (peak)
<b>Kirkgate Community Centre</b>	5 minutes 2 minutes	0.3miles	24kcal 2 low calorie jellies	0.09kg by car Watching 1 hour of tv	-	-	-
<b>Leith Walk</b>	17 minutes 5 minutes	0.9miles	75kcal half slice of wholemeal toast with low fat spread	0.29kg by car Making 27 cups of tea	3	22	Every 10 minutes (peak)
<b>Kirkgate Shops</b>	5 minutes 2 minutes	0.3miles	24kcal half a low calorie cup-a-soup	0.09kg by car 100 kW lightbulb on for 2 hours	-	-	-
<b>The Shore</b>	9 minutes 2 ½ minutes	0.5miles	39kcal 1 low calorie yoghurt	0.15kg by car Making 14 cups of tea	-	-	-
<b>Ferry Road Library</b>	7 minutes 2 ½ minutes	0.4miles	33kcal 1 Tuc biscuit	0.13kg by car Watching 2 hours of tv	1	7	Every 10 minutes (peak)

\*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 CO<sub>2</sub> 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.

