

## LEITH LINKS 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 7JU 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>	16 minutes 4 minutes	0.8miles	71kcal 25g cheddar cheese	0.28kg by car 40kW lightbulb on for 13 hours	4	1	Every 15 minutes (peak)
<b>Leith Links</b>	4 minutes 2 ½ minutes	0.2miles	20kcal 1oz canned peaches	0.08kg by car Making 7 cups of tea	2	1	Every 15 minutes (peak)
<b>Out of the Blue</b>	20 minutes 4 ½ minutes	1mile	87kcal 1 small banana	0.34kg by car Watching 5 hours of tv	4	14	Every 15 minutes (peak)
<b>Waterworld</b>	11 minutes 3 ½ minutes	0.6miles	49kcal 1 low calorie cup-a-soup	0.19kg by car 60kW lightbulb on for 6 hours	-	-	-



<b>Victoria Park</b>	26 minutes 6 minutes	1.3miles	112kcal 1 packet of crisps	0.44kg by car Making 41 cups of tea	4	7	Every 10 minutes (peak)
<b>Kirkgate Community Centre</b>	12 minutes 3 ½ minutes	0.6miles	51kcal 1 low calorie yoghurt	0.2kg by car Watching 3 hours of tv	-	-	-
<b>Leith Walk</b>	23 minutes 4 ½ minutes	1.2miles	101kcal 0.5oz butter	0.4kg by car Making 40 cups of tea	3	11	Every 10 minutes (peak)
<b>Kirkgate Shops</b>	12 minutes 3 minutes	0.6miles	51kcal 1 low calorie yoghurt	0.2kg by car 100 kW lightbulb on for 4 hours	-	-	-
<b>The Shore</b>	7 minutes 3 minutes	0.4miles	30kcal 1 Tuc biscuit	0.12kg by car Making 11 cups of tea	5	36	Every 20 minutes (peak)
<b>Ferry Road Library</b>	16 minutes 4 minutes	0.8miles	70kcal half tin lentil soup	0.28kg by car Watching 4 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.

