

PILRIG/BROUGHTON 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 EH7 4JX 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	33 minutes 9 minutes	1.7miles	142kcal 1 slice wholemeal bread with low fat spread	0.56kg by car 40kW lightbulb on for 26 hours	10	36	Every 20 minutes (peak)
Leith Links	35 minutes 9 ½ minutes	1.8miles	152kcal 1 tin lentil soup	0.59kg by car Making 55 cups of tea	5 3	36 21	Every 20 minutes (peak) Every 15 minutes (peak)
Out of the Blue	19 minutes 5 minutes	1mile	83kcal 1 small boiled egg	0.32kg by car Watching 4 hour of tv	-	-	-



Waterworld	27 minutes 7 ½ minutes	1.4miles	116kcal 2 low calorie yoghurts	0.45kg by car 60kW lightbulb on for 14 hours	5	36	Every 20 minutes (peak)
Victoria Park	23 minutes 6 minutes	1.2miles	98kcal 7oz grapes	0.38kg by car Making 35 cups of tea	2	36	Every 20 minutes (peak)
Kirkgate Community Centre	24 minutes 6 ½ minutes	1.2miles	105kcal half oz butter	0.41kg by car Watching 5 hours of tv	5	36	Every 20 minutes (peak)
Leith Walk	13 minutes 3 ½ minutes	0.7miles	56kcal 1 grilled fish finger	0.22kg by car Making 20 cups of tea	-	-	-
Kirkgate Shops	24 minutes 6 ½ minutes	1.2miles	105kcal 1 medium banana	0.41kg by car 100 kW lightbulb on for 8 hours	5	36	Every 20 minutes (peak)
The Shore	26 minutes 7 minutes	1.3miles	113kcal half oz butter	0.44kg by car Making 41 cups of tea	8	36	Every 20 minutes (peak)
Ferry Road Library	23 minutes 6 minutes	1.2miles	100kcal 4oz canned peaches	0.39kg by car Watching 5 hours of tv	4	36	Every 20 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 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.

