

## WESTERN HARBOUR 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 6LD 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>	19 minutes 5 ½ minutes	1mile	84kcal 1 small boiled egg	0.33kg by car 40kW lightbulb on for 15 hours	3	11	Every 10 minutes (peak)
<b>Leith Links</b>	32 minutes 9 ½ minutes	1.6miles	138kcal 1 tin lentil soup	0.54kg by car Making 50 cups of tea	11	10	Every 15 minutes (peak)
<b>Out of the Blue</b>	37 minutes 11 minutes	1.9miles	157kcal 11 low calorie jellies	0.62kg by car Watching 8 hours of tv	14	10	Every 15 minutes (peak)
<b>Waterworld</b>	27 minutes 9 minutes	1.4miles	116kcal 8oz grapes	0.45kg by car 60kW lightbulb on for 14 hours	11	10	Every 15 minutes (peak)



<b>Victoria Park</b>	14 minutes 7 minutes	0.7miles	60kcal 1 low calorie cup-a-soup	0.24kg by car Making 22 cups of tea	-	-	-
<b>Kirkgate Community Centre</b>	27 minutes 9 minutes	1.4miles	114kcal 1.5 light cereal bars	0.45kg by car Watching 6 hours of tv	11	10	Every 15 minutes (peak)
<b>Leith Walk</b>	36 minutes 10 ½ minutes	1.8miles	153kcal 50g cheddar cheese	0.6kg by car Making 56 cups of tea	15	10	Every 15 minutes (peak)
<b>Kirkgate Shops</b>	27 minutes 9 minutes	1.4miles	114kcal 5oz canned peaches	0.45kg by car 100 kW lightbulb on for 8 hours	11	10	Every 15 minutes (peak)
<b>The Shore</b>	23 minutes 8 minutes	1.2miles	99kcal 1 small boiled egg	0.39kg by car Making 36 cups of tea	5	16	Every 10 minutes (peak)
<b>Ferry Road Library</b>	19 minutes 5 ½ minutes	1mile	84kcal 25g cheddar cheese	0.33kg by car Watching 4 hours of tv	8	10	Every 15 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.

