Good reasons to get around by foot, bike, bus or train

**For health**
Walking and cycling to work, the shops, or to visit friends and family are great ways to fit regular physical activity into your daily routine. As well as getting you from A to B, regular walking and cycling can help you burn calories, reduce cholesterol and lower blood pressure. If you take the bus, walking to the next bus stop along is a really simple way of fitting a little more activity into your daily commute.

**For the environment**
We all know that our environment is under threat from the things we do. Cars currently make up 13% of the UK’s total carbon dioxide emissions but on average if you take a train or coach you’ll contribute six to eight times less than this and, if you walk or cycle... nothing at all! Fewer cars on the road also means a safer environment for children and a more pleasant place for everyone to enjoy.

**For you**
One of the best things about getting around under your own steam is that it’s really cheap. There’s no road tax to pay, no need for an MOT and you don’t have to worry about petrol prices. If you walk or cycle regularly you’ll save a fortune, so there’ll be more cash to spend on fun things, like you!

Regular physical activity also helps improve your mood, is good for your sense of well-being and can help to improve your mood and boost self-esteem.

By letting someone else do the driving and taking the bus or train, you’ll be able to spend more time enjoying the journey, whether you’re listening to music, reading a good book or having a chat with a friend, you’ll be saving money and giving your own vehicle a well-deserved rest.

Want to get around under your own steam? Sustrans can help

Visit [www.sustrans.org.uk](http://www.sustrans.org.uk) to find detailed travel maps of your local area that include walking and cycling paths, bus stops, train stations and connections to local destinations such as shops, schools, GP surgeries and sports facilities. You can also plot your own journeys to share with friends and family.

The Sustrans website also has some great tips if you’re thinking about getting back on your bike or would like to go cycling with your children. Take a look at the easy rides section to find simple, safe and enjoyable cycling routes in your area, or order a free cycling information pack highlighting all the National Cycle Network routes near you.

Connecting your journey

**Walking and cycling**
Sustrans. Browse, download and create online maps of local walking and cycling routes.
[www.sustrans.org.uk](http://www.sustrans.org.uk)
Tel: 0845 113 0085

**Bus**
The number 36 bus is an excellent service between Harrogate and Ripley in high quality buses running every 15 minutes for most of the day.
[http://www.harrogatebus.co.uk/](http://www.harrogatebus.co.uk/)
Also flexible services are available through the phone – book – go service from Little Red Bus.
[http://www.litteredbus.co.uk/](http://www.litteredbus.co.uk/)

**Train**
Northern Rail have supported this scheme by developing improved parking at Harrogate station and contributing to signing at the station. The link all the way to the station is still under development.