

# Riverside Active Travel

## *February 2023 Newsletter*

### Why Active Travel?

Active Travel simply means getting from A to B actively. This might mean walking, cycling, riding a scooter or using a wheelchair.

There are many reasons why using Active Travel for shorter journeys is a good idea!

**Saves money** – When you drive you pay for fuel, and you might need to pay for parking as well. Walking, cycling and wheeling is virtually free.

**Improves health** – Many people aren't getting the amount of physical activity that they need to stay healthy, and struggle to find the time to exercise. By choosing Active Travel as part of your daily routines, you can increase your physical activity and improve your health and wellbeing.

**Safer neighbourhoods** – Reducing the numbers of motor vehicles on the roads will make our roads safer, but high levels of foot and cycling traffic also reduces crime, as people who are walking and cycling are more aware of their surroundings than drivers.

**Cleaner air** – Motor vehicle emissions are reduced when people choose Active Travel, making our neighbourhood air cleaner and healthier, and helping to tackle the climate crisis.



### Is Active Travel for everyone?

Almost everyone can use some form of Active Travel, but the distances they will be able to travel can vary. Sometimes poor or badly-maintained infrastructure can make some journeys difficult or even impossible for some people. If you find that certain journeys are made difficult because of a lack of dropped kerbs, safe crossings, or other accessibility issues, we encourage you to contact your Local Authority or your Community Council so that these issues can be addressed.

### How can I help make Active Travel easier for others?

Sometimes driving might be the best option for your trip. If so, you can still make Active Travel easier for others by sticking to speed limits, being aware and cautious around other road users, yielding for pedestrians at crossings and junctions, and by not parking on the pavement or in front of dropped kerbs. Keeping the pavement in front of your house clear, including moving bins back onto your property as soon as possible, can help make Active Travel journeys easier for people using wheelchairs or mobility scooters, and those pushing buggies.