

RIVERSIDE COMMUNITY COUNCIL

ACTIVE TRAVEL

AND SUSTAINABLE TRANSPORT

NEWSLETTER

MARCH 2023



Using Active Travel to do a grocery shop



When walking, you could use a backpack for small shops, or a trolley bag for larger shops.

When cycling, a backpack, front basket or pannier bags are the most common solutions, but you could also use a trailer.



While many people do it, it's not recommended to hang shopping bags from the handlebars as this can affect your steering.

Some people use a cargo bike to do their shopping, which can be useful as you can carry very large amounts of shopping, and possibly some passengers as well.

HELPFUL TIP:

When shopping by bike, if possible use the Scan As You Shop system. This means you can clip your pannier bags to the trolley and pack them properly while you shop. This saves trying to pack them at the till or outside at your bike.



Ember Electric Bus Service

The new Ember electric bus service leaves from Castlevie Park and Ride and travels to multiple destinations, including Glasgow, Auchterader, Dundee, and Perth.

Wheelchair and bike spaces are available on the buses, and prices start as low as £2.50 for a single.

Check www.ember.to for more information.

Did you know?

- Active travel helps to reduce congestion and pollution and improve safety around the school gates.
- Children who travel actively to school show improved concentration
- There is a positive relationship between physical activity and academic performance
- Short car journeys, like travelling to school, create the most pollution
- In slow moving traffic the pollution levels inside a car are 2-3 times more than outside
- 90% of children own a bike. 48% of children want to cycle to school. Only 2% of children in the UK actually do
- A 10 minute walk will take 3 minutes by bike