

Active Travel



Using active modes of travel - walking, cycling, or even running - can help your employees to save time and money on their journeys. They are also ideal ways getting the physical activity everyone needs to remain healthy.

Promoting active travel can help organisations to:

- address car parking and accessibility issues
- meet Corporate Health Standard and sustainability targets
- contribute to employee health and wellbeing
- improve their corporate image, recruitment and retention.

Active travel can be supported in a number of ways:

- introducing a 'cycle to work' scheme to enable employees to buy bikes at a reduced rate
- providing information about active travel such as the Cardiff Cycling Map
- improving active travel facilities e.g. cycle storage and lockers.

The Sustrans Cymru 'Active Travel Toolkit' contains excellent ideas and practical advice for supporting active travel in the workplace. It can be requested from activetravelcymru@sustrans.org.uk or downloaded online at www.sustrans.org.uk.





“I am very pleased that funding was secured for active travel as I have benefited immensely and now become a fully fledged day in day out cyclist. All I can add is “get involved, get trained and GET ON YOUR BIKE!” - dingding! Thanks to all involved in making it easier for me to: save money, save time, save greenhouse gases (also car parking space) and save my previously dwindling fitness levels”

Andrew, cyclist at County Hall



For more information contact:

travelplans@cardiff.gov.uk

02920 873722

www.keepingcardiffmoving.co.uk

