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Get Active - Go Green Active Travel



This booklet has been printed using environmentally friendly inks on recycled paper.

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Car Sharing

What is car sharing?

Car sharing is when two or more people share a car and travel together. It allows individuals to benefit from the convenience of the car, whilst reducing the costs and alleviating the associated problems of congestion and pollution.

Do I have to pay to search for drivers or passengers?

Tripshareclacks is completely free to search for travelling companions.

How much does car sharing cost?

It is suggested that drivers and passengers share the cost of petrol or take alternative turns driving if all car sharers have a car. Please note that drivers should not make a profit from sharing a car as this can invalidate their insurance and tax. If you have

any concerns please contact your insurance company directly.

What are the insurance implications of car sharing?

The Association of British Insurers states that car-sharing won't affect the insurance of their members so long as a profit isn't made.

I don't drive/own a car/always have access to a car, can I still car share?

Yes, you have the option to offer a lift, look for a lift or to share the driving duties by travelling as a passenger for some of the journeys. This is ideal if you don't always have access to a car or don't want to exchange money.



Car Sharing

Clackmannanshire Council and the South East of Scotland Transport Partnership, SEStran, have created TripshareClacks to match up journeys.

Chances are the person you followed into work this morning also works in the same area as you. Car sharing with them could save you money, reduce congestion and help reduce pollution.

TripshareClacks can be used to search for other members who are doing similar journeys at similar times. It is not however limited to car journeys, you can also search for people to share a taxi with or to walk or cycle with.

The scheme is open to everyone and is free to join and use. Simply register your details and your journey, TripshareClacks will then search for possible matches. It doesn't matter where you live or work, the scheme can match up journeys throughout the UK.

The scheme can be accessed on the web at www.tripshareclacks.com or by phoning 08700 11 11 99.



TripshareClacks.com

start the day with a pick me up



Introduction

Why choose active travel?

Healthy Lifestyle

- It is estimated that two-thirds of Scots do not get enough physical activity
- Physical activity reduces the risk of heart disease and strokes
- Physical activity increases sense of well being, reduces weight and improves mental health.

Protect the Environment

- 15% of UK CO₂ emissions are from passenger cars
- Car ownership and use is increasing every year, leading to increased greenhouse gas emissions
- Active travel can help to reduce traffic congestion and air pollution

Save Money

- The annual cost of running a car is estimated at £2435, excluding purchase cost, financing and depreciation.



Walking

On average, everyone in Britain travels 6,843 miles a year, yet only 186 of these miles were done on foot – that is less than 3%. In addition to this, a quarter of all car trips are less than 2 miles long.

Walking is an excellent form of exercise. Experts state that you should be active for at least 30 minutes a day (60 minutes for children), 5 or more days a week, although this can easily be split into 10

or 15 minute bursts. Walking is also the cheapest way of getting around and is friendly to the environment.

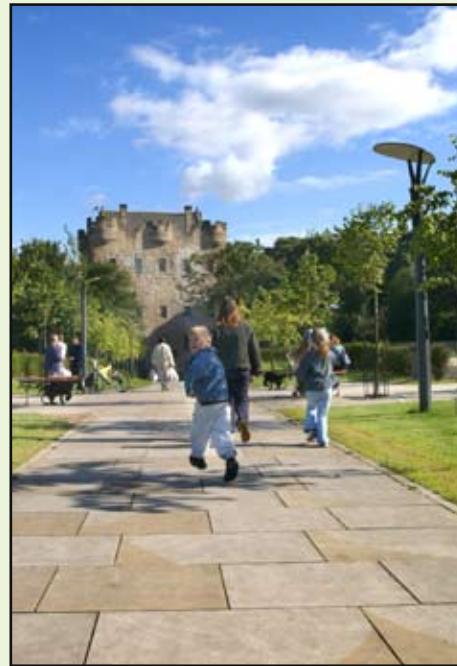
Walking is a great way to use energy. Someone who weighs around 62kg (9st 11lbs) will use about 100 calories to walk a mile in 20 minutes. A regular (33g) packet of crisps usually has around 180 calories.

Did you know?

Walking one mile in 20 minutes uses as much energy as...

- Running a mile in 10 minutes
- Swimming breast stroke for 10 minutes
- Playing football for 12 minutes
- Doing aerobics for 16 minutes
- Weight training for 17 minutes

...and you can fit in a quick walk a lot easier than a trip to the gym! Try walking to the local shops, to work or to your child's school instead of heading for the car.



Park and Ride

Park and ride facilities are public transport stations that allow commuters and other people wishing to travel into town and city centres to leave their car in a car park and then transfer to a bus or train, or car share for the rest of their journey.

Clackmannanshire Park and Ride facilities:

- Alloa Railway Station
- Murray Square Bus Stance, Tillicoultry

Park and Ride facilities are also available at Springkerse and Castleview for travel into Stirling. Buses run every 12 minutes from 07.30 to 18.30 Monday to Saturday. A return ticket currently costs £1 and parking is free. Season tickets can also be purchased.

Or if you have been trying to build a little exercise into your daily routine why not try Park and Stride. Find a place to park 5 or 10 minutes walk from the shops or office and walk the rest of the way.

You can even try Park and Stride on the journey to school. Children can walk some of the way to school with parents or friends. Walking gives children a chance to get a little exercise, teaches the child vital pedestrian skills and takes away traffic congestion from the front of the school making it safer for everyone else on foot.



Murray Square Bus Stance, Tillicoultry

Journey Planning

Using public transport has never been easier, especially with a little planning. Traveline Scotland will help you obtain all the information you need to make your journey on the web or by phone. You can also get the time of the next bus from any stop sent to your mobile phone from txt2traveline.

txt2traveline

How does txt2traveline work?

Text the 8-digit bus stop reference code to 0777 608 2 608 and receive a text of the next few buses from your chosen stop. You can actually customise your message too, to allow you to pick a destination, a specific bus service, time period or date. The service is automated and operates 24 hours-a-day, every day.

How do I find the bus stop reference code?

Bus stop codes are displayed on the stop flag or timetable case or can be found on Traveline Scotland's and Clackmannanshire Council's web sites (<http://www.clacksweb.org.uk/transport/clacksbusstopsmcodes/>). Bus stop reference codes are unique and information received relates only to one specific bus stop. You might want to pick the stop nearest to your house, the stop you use to get to work or even the stop nearest your favourite pub or restaurant. All codes are 8-digit numbers beginning with '265' - the prefix for Clackmannanshire.

How much will it cost me?

The message you send is charged at your normal network provider charge. The returned message from txt2traveline costs 25p. A response will generally be received in under one minute.



For Public Transport Information contact Traveline Scotland 0871 200 22 33. The lines are open 24 hours, 7 days a week. Calls cost 10p per minute from BT Landlines, cost from mobiles or other providers may vary. Alternatively visit www.travelinescotland.com.

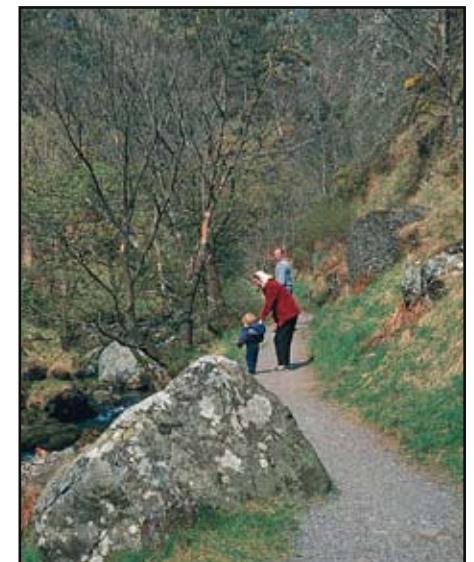
Step this way

It seems silly to tell you how to walk, but like most things we all develop bad habits. To get the most out of walking, you can use these easy techniques:

- Keep your posture straight and tall with your eyes level and arms loose. Pull in your tummy and relax your shoulders.
- Keep your pace comfortable and allow your arms to gently swing in time to your motion and push you along. Breathe deeply and in rhythm to your step.
- Step first with your heel and roll through your foot onto your toes. Push off with your toes and step through leading with your heel. Wear comfortable shoes that are flexible and not too tight.
- Keep your steps small and comfortable. Over-striding is inefficient and potentially more damaging.

Toe the line

- Always be aware of your surroundings. While walking is an ideal time to listen to music or chat on the phone, always listen out for cyclists and cars and look carefully before crossing the road.
- Be visible. If you are walking in the dark or on the road try to wear light, bright or reflective clothing. If you need to walk on the road, always walk towards the oncoming traffic.
- Carry some water with you as exercise can dehydrate you – not only on warm days.



Cycling

Cycling is a low cost form of transport that offers you the opportunity to travel in a healthy, congestion free and non-polluting way. Cycling is ideal for short journeys and a great way of getting around and keeping fit.

What do I need to start cycling?

All you'll need is a bike and some enthusiasm. You can cycle in your everyday clothes and add extra equipment if and when you need it.

How do I know where to go?

The National Cycle Route number 76 'Round the Forth' passes through Clackmannanshire connecting to Fife and Stirling. There are also a number of local cycle routes such as the Devon Way providing safe off road routes for cycling. More cycle routes are planned for the future to make cycling even more attractive.



The Clackmannanshire Walking and Cycling map is available to purchase from tourist information offices, local shops or on line at www.harveymaps.co.uk/acatalog/Clackmannshire.html.

Sustrans also have information on the National Cycle Network (www.sustrans.org.uk)

Where can I get more information?

For further information on cycling in Clackmannanshire go to the cycling pages on www.clacksweb.org.uk



Do tickets cost more at peak times?

Yes, peak travel is defined as all weekday travel before 09.15 and between 16.42 and 18.15 for trains departing Glasgow or Edinburgh.

Where do I buy a season ticket?

You must have a photocard in order to use your season ticket. To get this, take a passport size photo to any ScotRail Booking Office or Travel Centre and you'll be issued with a photocard free of charge. The closest centre is at Stirling Railway Station. You can then buy or renew weekly season tickets at stations or online. Remember there are lots of other multi-journey tickets available.

How easy is it to get on the train if I am disabled?

Alloa station has level access to a single platform. Many stations are fully accessible for disabled passengers, but disabled customers who need further information or assistance with their journey should phone 0800 912 2901.

Can I take a pram or bike on the train?

Yes both can be taken free of charge, but reservations for bikes are recommended for longer distance routes. Most trains now have special designated areas for bikes and disabled passengers. It is recommended that prams be located in an area where they do not block exits or passageways.



How to use the train

Do I need to stop the train?

No, the train stops at all stations automatically, unless it is an express train. To access the train push the 'open' button next to the doors when it is lit.

How will I know I am at my destination?

Most trains now have electronic display boards which tell you the next station the train will be stopping at. On many trains the conductor will announce the next station, or you can find the station name on the platform when the train pulls in. Trains stop long enough at each station for most people to have adequate time to board and alight the train.

How do I stop the train at my destination?

The train will automatically stop at all stations, unless you are on an express train with limited stops. To exit the train push the 'open' button at the door when lit.

Do I need to buy my ticket at the station?

No, but if you buy your ticket on the train you cannot take advantage of any discounted fares. Remember to keep hold of your ticket as many stations now have automatic exit barriers (Stirling, Glasgow and

Edinburgh). To exit these stations place your ticket in the barrier marked with a green arrow. At these stations you will need to purchase your ticket before you can access the platform.

Where do I purchase a ticket?

Alloa station is unstaffed, however tickets can be purchased at the ticket vending machines. These machines offer most of the special/discounted fares and payment can be made with cash, debit or credit card. Tickets can also be purchased in advance from other stations and online.

Do I need to buy another ticket if I change trains?

No, you can purchase a ticket to your final destination.

Is a return ticket cheaper than two singles?

Yes, but on most short/commuter journeys the return ticket must be used on the same day. It is also worth remembering that if you book your ticket in advance either at the station or online you can often take advantage of even cheaper tickets and special offers.

Signing and Cycle Lanes - What do they all mean?

This sign is used on paths that are only for the use of cycles, not pedestrians.



This sign is shown on paths that pedestrians and cycles are both allowed to use. Because there is no line shown, it means they share the path and both pedestrians and cyclists should take extra care.



This sign is shown on paths where cycles and pedestrians use the same path but are separated by a white line or kerb.



This sign is shown on roads and paths, other than footways, that cycles are not allowed to use.



This warning sign is shown where cycles are likely to cross a road or footway or that there is a cycle lane ahead.



A cycle lane marked on the road with a broken white line may be used by cars for parking and travelling if it is unavoidable.



A cycle lane marked with an unbroken line must never be used by cars for parking or travelling during the hours of operation of the cycle lane.



Cycle signs © Crown copyright

There are many other traffic signs and road markings relating to cycle lanes and paths that you may encounter. Some of these signs can be seen in the Highway Code (available online at www.direct.gov.uk/en/TravelAndTransport/Highwaycode/index.htm) or in greater detail at the Department for Transport's website (www.dft.gov.uk/pgr/roads/tss). Sustrans gives more general information about cycling and walking (www.sustrans.org.uk).

Public Transport

Travelling can take a large chunk out of your precious time every day. We spend so much of our daily lives travelling to work, to school, to the shops and everywhere else we need to go that it always seems quicker and easier to take the car. But there are benefits from using public transport that can give you a little bit of time back.

Did you know?

A seven mile journey, the equivalent of travelling from Alloa to Stirling would produce the following Kg of CO₂ per traveller:

CO₂ emissions for your journey of 7 miles

For comparison if you travelled 7 miles by:

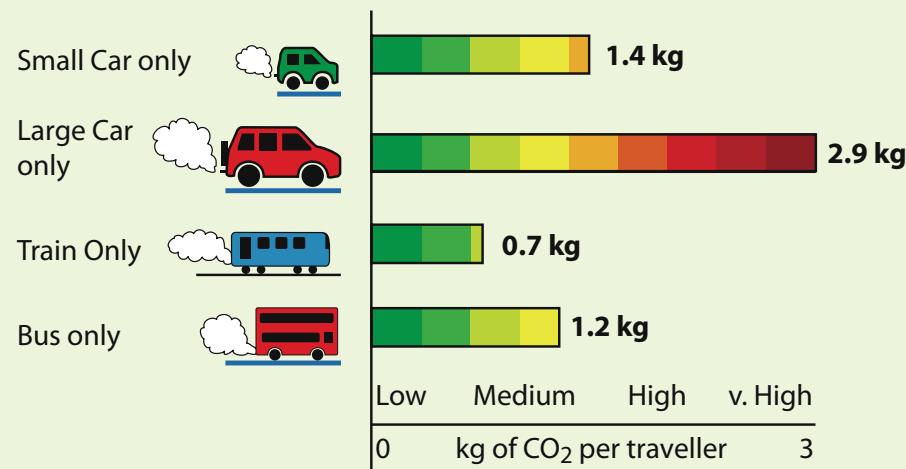


Illustration courtesy of Transport Direct

How to use the bus

How do I stop the bus (at the bus stop)?

Step forward to the edge of the pavement and put out your hand.

How do I stop the bus at my destination?

Press the buzzer if provided to alert the driver, otherwise step up to the driver area before your stop.

How do I know what bus stops where?

There is roadside publicity at all stops in the Clackmannanshire area. Timetables and all other information is on the Clackmannanshire Council website www.clacksweb.org.uk

Do I need the correct change?

No, only Glasgow/Edinburgh have correct change buses.

Will the bus driver tell me when it is my stop?

No, not unless you ask the driver to inform you when you arrive at your destination.

Where can I purchase a bus pass?

A zonal ticket can be purchased at Stirling Bus Station ticket sales and on First buses www.firstgroup.co.uk

Do I need to buy another ticket when I change buses?

Not if you have purchased a zonal ticket or a one-ticket which meets

all your requirements or you wish to travel using another operator (see the one-ticket web site) www.one-ticket.co.uk

Park & Ride weekly, 4 weekly and 12 weekly tickets can be purchased for use on Springkerse and Castleview Park and Ride bus services into Stirling.

Is a return ticket cheaper than two singles?

Yes, and on some buses you do not have to use the return portion on the same day (check with the bus operator for more information).

Do tickets cost more at peak times?

Not on a service bus but should you use an express service then you would pay more.

How easy is it to get on a bus if I am disabled?

Depends on your disablement and the bus in use, most drivers will assist where possible.

Can I take a pram or a bike on the bus?

This would be at the drivers discretion depending on how busy the bus is and what available space there was not to cause an obstruction and therefore cause a safety issue.