

About Hltravel Stornoway

Hltravel is helping local residents to improve the environment of Stornoway, to make it a more pleasant place to live, visit and spend time.

Led by HITRANS (the regional transport partnership for the Highlands and Islands), Hltravel aims to reduce traffic and congestion, in addition to helping people be a bit more active.

It is part of a range of activities to improve transport in the town. Comhairle nan Eilean Siar, HITRANS and others are working to provide good quality infrastructure and transport services where they can.

However, it's up to everyone that drives in and around Stornoway to help reduce traffic congestion.

Cars have an important role to play in our transport system, and are essential for many people's journeys. Yet no-one wants the town to be dominated by traffic. Currently most of the traffic in the town is making local journeys. The suggestions in this leaflet show that there are good alternatives to the car for many of them – try them for yours.

It also shows how much money can be saved; with a typical car needing over £1,000 of fuel every year, big savings can be made.

Further information

For more information about the Hltravel Stornoway campaign or to get more specific advice on travel options that are relevant to you visit www.hitrans.org.uk/hltravel

Contact us if you want to discuss your own journey choices
E: hi-travel@jmp.co.uk



Travel Smarter

Travel on foot: save 100% of your petrol costs

Walking can be the quickest way to travel for short journeys and it's free! It really doesn't take too long – most people can walk half a mile in around 10 minutes.

It's also a great way to get some of the exercise most of us need: doctors recommend that adults should be getting at least 150 minutes of exercise a week, so two 15-minute walks a day will see that target met.

Stornoway has many good walking routes within and around the town; get out and try them!

If you might like to join an organised walk to get a bit more active contact the NHS Health Promotion Team on **01851 762017** for information on local groups and support.



Travel by bike: save 100% of your petrol costs

Cycling is a great way to get around for many journeys and it's quick too – it takes only around 10 minutes to cycle two miles. Cycling avoids traffic congestion, takes you right to where you want to go and there's no hassle of finding a parking space.

Stornoway has a good network of quiet roads for journeys around town.

The trails around Lews Castle Grounds provide a good location to cycle for fun,



or to get on your bike away from any traffic if you've not cycled for a while.

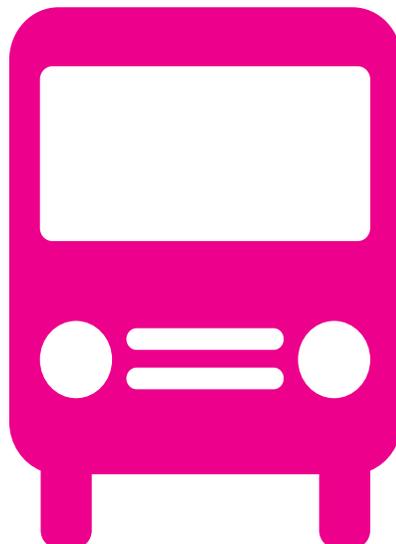
Travel by bus: save up to 30% of your petrol costs

Public transport is convenient for many journeys and can be much cheaper than driving. Buses connect the different parts of Stornoway, and the town to other areas of the Islands.

Anyone aged 60 or over is entitled to free bus travel with a National Entitlement Card. Young people aged 16 to 18 are entitled to 1/3 off the adult single fare with a Young Scot card.

To plan your journey from door to door visit www.travelinescotland.com.

To download timetables, visit www.cne-siar.gov.uk/travel/busservice



Travel smarter by car: save up to 50% of your petrol costs

Cars do remain essential for some journeys. But, if none of the alternatives work for the journey you're planning, could you:

- Car share with someone else going the same way? Offer or accept a lift and the total cost of driving is halved! Many people car share informally with neighbours, colleagues or parents at the school gate. You can also connect to other people looking to share: register on <http://ifyoucareshare.com>
- Link your journeys? You could save having to make a number of individual journeys by car by 'chaining' your trips together.
- Drive more efficiently? By driving a bit more smoothly and slowly, typical drivers find they can reduce their petrol costs by 15%. To find out more visit www.energysavingtrust.org.uk/scotland/Travel/Driving

