

## About Htravel Fort William

Htravel is helping local residents to improve the environment of Fort William, Caol and Corpach, to make them more pleasant places to live, visit and spend time.

Led by Hitrans (the regional transport partnership for the Highlands and Islands), Htravel 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. Highland Council, bus operators, 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 Fort William 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 much 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 Htravel Fort William campaign or to get more specific advice on travel options that are relevant to you visit [www.hitrans.org.uk](http://www.hitrans.org.uk)

Contact us if you want to discuss your own journey choices

E: [hi-travel@jmp.co.uk](mailto: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'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.

Fort William has many good walking routes within and around the town. To find

out the best routes for you see our active travel map at: [www.hitrans.org.uk](http://www.hitrans.org.uk)

If you might like to join an organised walk to get a bit more active see [www.pfw.org.uk/projects/step-it-up-highland](http://www.pfw.org.uk/projects/step-it-up-highland) or contact 01397 772405 (Caol) or 01397 704277 (Fort William) for information on local groups and support.



## Travel by bus: save up to 40% of your petrol costs

Public transport is convenient for many journeys and can be much cheaper than driving. Fort William has a good public transport system for many journeys: four buses an hour during the daytime between Caol and the town centre, and two per hour from Corpach, Upper Achintore and Plantation.

Adult fares start from 90p, and anyone aged 60 or over is entitled to free travel with a National Entitlement Card.

Most town services are operated by Stagecoach. The timetables are available from [www.stagecoachbus.com](http://www.stagecoachbus.com)

Stagecoach and Shiel Buses both operate services that connect Fort William to its surrounding communities. For travel further afield, Scottish Citylink operate regular coach services from Fort William to Inverness, Glasgow and Skye.

To plan your journey from door to door by bus visit [www.travelinescotland.com](http://www.travelinescotland.com) or Google maps.

To download timetables, visit [www.stagecoachbus.com](http://www.stagecoachbus.com), [www.shielbuses.co.uk](http://www.shielbuses.co.uk) or [www.citylink.co.uk](http://www.citylink.co.uk)



## Travel by bike: save 100% of your petrol costs

Cycling is a great way to get around for many journeys.

Fort William is the UK's home of mountain biking, but also has a good network of quiet roads and off-road cycle routes for journeys around town. Cycling avoids traffic congestion, will take you right to where you want to go and doesn't leave you with the cost or hassle of finding a parking space.

Cycling is a great form of exercise. Regular cyclists report higher levels of



health and happiness compared to non-cyclists.

To find out the best routes for you see our active travel map at: [www.hitrans.org.uk](http://www.hitrans.org.uk)

## 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](http://www.energysavingtrust.org.uk/scotland/Travel/Driving)

