

About Hltravel Nairn

Hltravel is helping local residents to improve the environment of Nairn, 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. Highland Council, bus operators, HITRANS, Transport Scotland 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 Nairn 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 Hltravel Nairn 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.

Nairn 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 see www.pfw.org.uk/projects/step-it-up-highland or contact 01667 453839 for information on local groups and support.



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. Nairn has good public transport connections. Between them, Services 10 and 11 operate three buses an hour during the day to both Inverness and Elgin. Service 20 is Nairn's town bus, making local connections four times a day, six days per week.

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.

12 trains per day serve Nairn on the Inverness – Aberdeen line. A wide range of discounted tickets are available for commuting and leisure journeys.

To plan your journey from door to door visit www.travelinescotland.com. To find information on services from your local stop visit www.travelhighland.info.

To download timetables, visit www.decoaches.co.uk (for the Nairn town bus) www.stagecoachbus.com (for longer distance buses) www.scotrail.co.uk (for trains)



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 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.

Nairn has a good network of quiet roads and off-road cycle routes for journeys around town. To find out the best routes for your visit www.cyclestreets.net.

Free Bike Safety Check

HiTravel has teamed up with Bikebug Nairn to offer holders of this leaflet the chance to have their bike checked free of charge. Simply bring your bike into their shop (Falconers Lane, just off the High Street) and their experienced staff will give it a check over and provide you with advice on its condition and any repairs needed to use the bike safely (offer valid until 31st May 2016).



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



HiTravel
Smarter Travel Choices