

About Hltravel Inverness

Hltravel is helping local residents to improve the environment of Inverness, 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 city. The 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 Inverness 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 city to be dominated by traffic. Currently much of the traffic in the city 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 Inverness 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.

Inverness has many good walking routes within and around the city. To find out the best routes for you see our active travel map at: www.hitrans.org.uk/hitravel



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. Inverness has an extensive public transport system, with buses, coaches and trains providing good services for many journeys, either around the city or further afield.

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 find information on services from your local stop visit www.travelhighland.info.

To download timetables, visit www.stagecoachbus.com (for buses) www.scotrail.co.uk (for trains)



Travel by bike: save 100% of your petrol costs

Inverness is a top cycling city, with more people travelling to work by bike than any other city in Scotland!

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 cost or hassle of finding a parking space.

Cycling is also a fantastic form of exercise with regular cyclists reporting



higher levels of health and happiness compared to non-cyclists.

Inverness has a great network of quiet roads and off-road cycle routes. To find out the best routes for you see our active travel map at: www.hitrans.org.uk/hitravel

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

