

a real impact on making Scotland a cleaner, greener place to live - and they could also help you to be fitter, healthier, happier and wealthier.

The day-to-day travel decisions you make can have





walking instead. Walking is one of the best ways to clear your head and reduce stress. Whether you are planning your thoughts for the day ahead

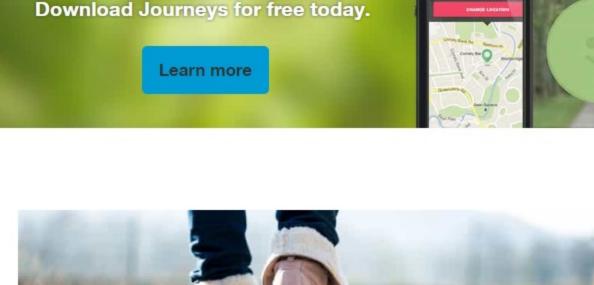


or walking away the stresses of the day - active travel has many benefits.

JOURNEYS

Clear your mind and reduce stress.

Get healthier, feel happier.





Walking is a great, green way to get from A to B – each step is a move

your health and you don't need any special gear to get started. A short

towards a cleaner, healthier Scotland. Walking costs nothing, it's good for

journey by foot can be surprisingly quick - and you'll feel the physical benefits whilst doing your bit to help the environment. So, if it's not far,

leave the car. Walking is also a great way to help you towards at least 30 minutes of moderate activity five times a week. Even if you're in a hurry, walking can often be quicker than navigating busy roads in a car and then finding a parking place. You won't need change for the meter either.

Benefits of walking Save money – cut down on fuel and fares

Keep fit – being active every day can have the greatest health benefits

- Unwind walking is one of the best ways to relieve stress **Reduce emissions** – walking is a great, green way to get from A to B
- Make walking part of your routine
- Try switching to walking for some of those shorter journeys and everyday

errands you'd usually do by car. Get the kids walking to school with you if

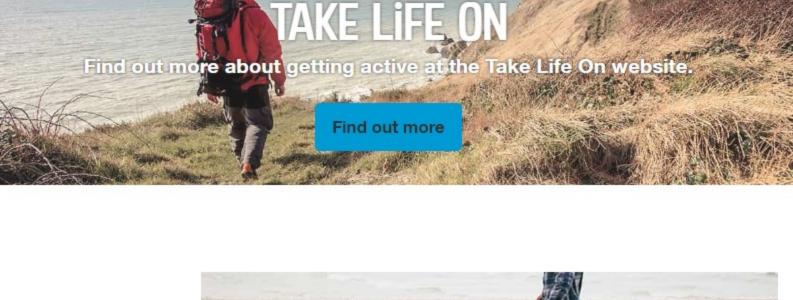
you live close by. If you can walk to work you'll find space and time in your

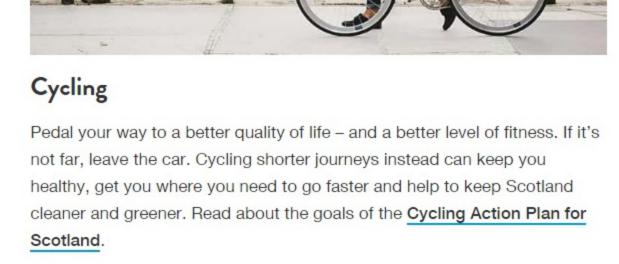
day to think, listen to music and relax. Even popping to the local shops is easier when you don't have to find a place to park first. You could well be

surprised by how quickly you can get where you need to go. Plan your walk With a little forward planning, most short journeys are easily walkable. The

best route might be quite different to the one you normally drive.

Plan now





Find out how Velocity in Inverness is helping people get on their bikes:

Velocity - a Climate Challenge Fund film



free Cycle to Work scheme to help with the costs of buying a bike **De-stress** – exercise is a great way to wind down, and cycling along dedicated cycle paths and routes can be a great stress reliever **Reduce emissions** – cycling is a great, green way to get from A to B

The whole family could feel better by getting on their bikes. For the kids, find out about Bikeability Scotland training. Many schools teach cycling

proficiency through this scheme. Some even team up with local bike shops

Work out and feel better – you can turn your regular commute into a

in your life for other things knowing you've had plenty of exercise

Save money – even a new bike needn't cost much and it will help you

to spend less on fuel and fares. Check whether your work offers a tax-

workout by trying to improve your speed and stamina, and make time

Mile for mile, it's shorter car journeys like the school run that are most damaging to the environment. With a little research, the kids could be pedalling their way to classes safely, quickly and cheaply.

offering discounts, so you can get the children kitted out for less.

Getting started with cycling

Plan your route

What you need



Going car free

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Find out more

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