

ACTIVE TRAVEL

SUPPORTING YOU TO
BECOME **MORE ACTIVE**

THIS HANDBOOK BELONGS TO _____





WELCOME

Firstly we'd like to welcome you to the world of Active Travel (AT), it's a world where people use their cars less and get from A to B using all sorts of other means! We are talking bikes, scooters, roller skates, walking, heeles, horse riding, parkour... anything that is people powered!

'Why' you might ask? Well in order for us all to be the best that we can be, we need to be doing exercise 5 times a week for 30 minutes. 'Craziness' some might say. 'Obvious', others might say! Well we say, read on and find out how....

This handbook includes info for people across Hartcliffe, Knowle West and Withywood on how to do more active travel. You will find a quiz to show you where to start, travel maps to guide you, frequently said statements to challenge your viewpoints, a whole heap of tips to get you going and helpful information to keep you going!

Our names are Misty and Adele and we are both really excited to be working with you supporting planet friendly ways of travelling around. Both of us are walkers and cyclists so we really understand how hard it can be sometimes to get to and from places. It took a while to get to the point where cycling was our main form of travel and it wasn't an overnight change. That ole' phrase about slow and steady winning the race is true!

We'd like to give a GREAT BIG THANK YOU to all the people in Knowle West, Hartcliffe and Withywood for their amazing contributions to this handbook!

WHAT'S YOUR BASELINE

ANSWER THE FEW QUESTIONS BELOW SO WE CAN SEE WHAT YOU ARE UP TO NOW. BE PROUD OF WHAT YOU DO, NOT WHAT YOU DON'T DO!

Right now how important is physical activity in your daily life?



- ☐ very important ☐ important ☐ somewhat important
☐ somewhat unimportant ☐ not important at all



How much physical activity do you do a week?
Each box represents ½ hour- shade in what you do....



Less than 30 minutes per week / More than the above / How much _____



Do you think it would benefit you to do more physical activity?



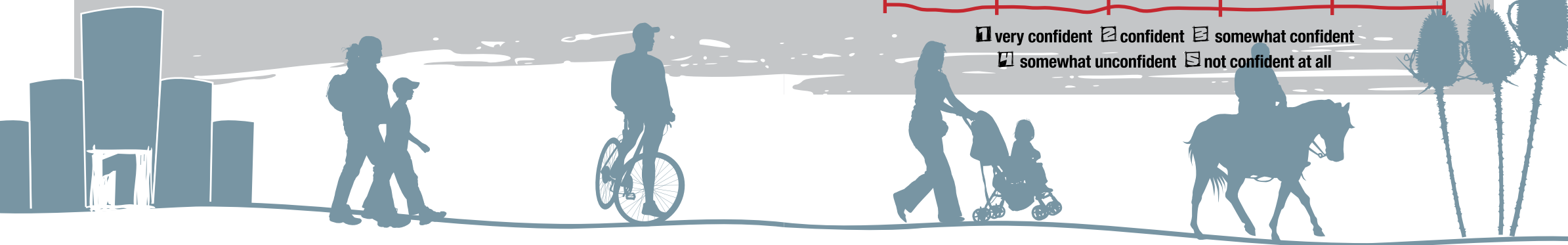
- ☐ yes definitely ☐ somewhat ☐ not really ☐ not at all



How confident do you feel about doing more physical activity/ exercise and keeping it up?



- ☐ very confident ☐ confident ☐ somewhat confident
☐ somewhat unconfident ☐ not confident at all



CSV environment commissioned artist Nik Stonex to create a green map of the area and they have kindly lent it to us to adapt. We found a walk that was going on around the green spaces in H&WW and joined in. The group told us about the useful short cuts and quieter routes around the area and marked them down.

Can you get from the spring on Dundry slopes to @symes not using roads? Let us know if you know of any other routes...

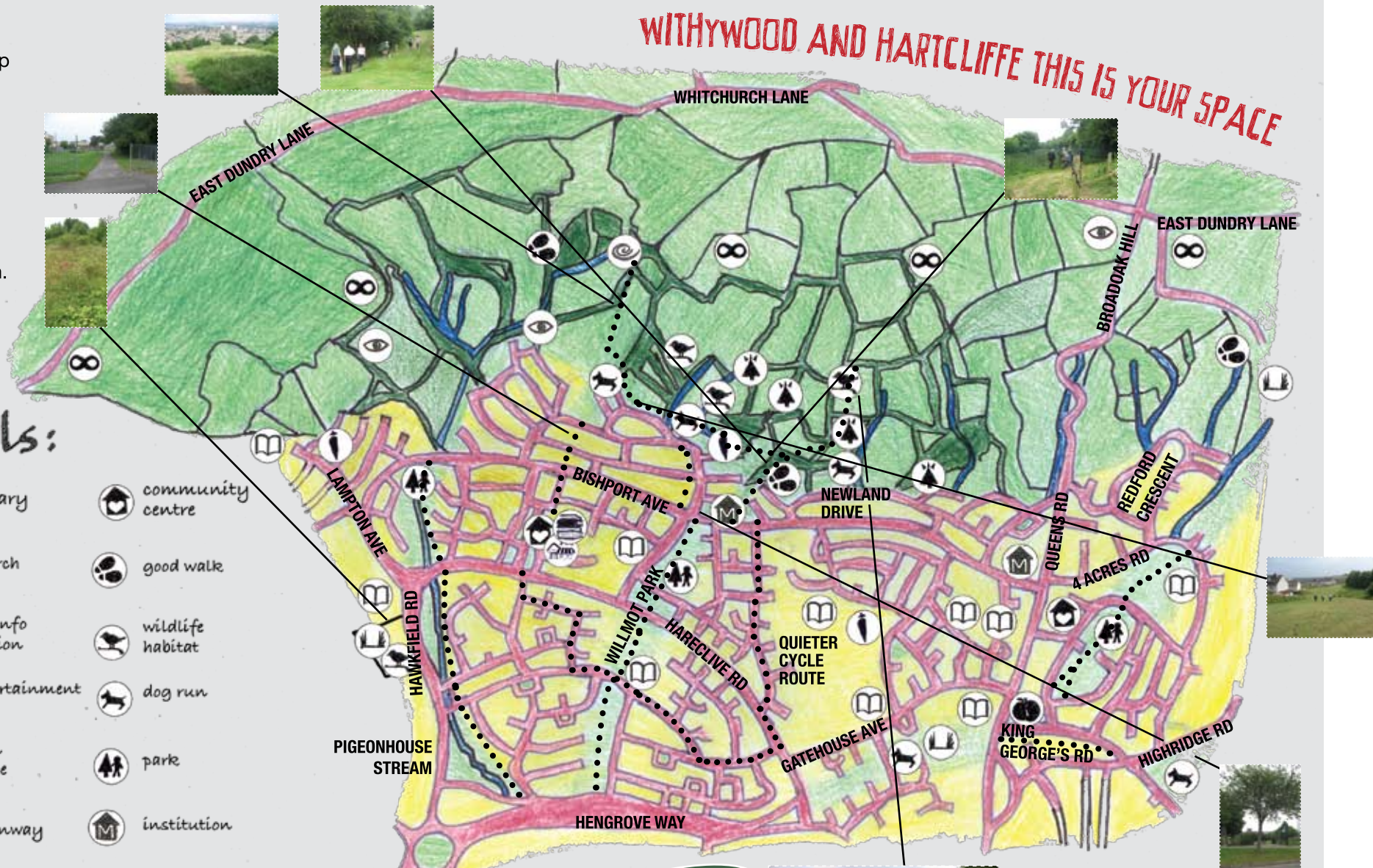
Key to symbols:

	shops		library		community centre
	special tree		church		good walk
	allotment/ community garden		eco info station		wildlife habitat
	great view		entertainment		dog run
	water feature		open space		park
	school		greenway		institution

'CSV Environment' is a charity, which supports volunteers and works alongside the local community to improve their green spaces. 'Out2Play', part of CSVe, runs outdoor play projects across South Bristol. www.out2play.org.uk www.csv.org.uk

Thanks to Keith, Anton, Heather, Jess and Colleen for their contributions to this map.

WITHYWOOD AND HARTCLIFFE THIS IS YOUR SPACE



KNOWLE WEST THIS IS YOUR SPACE

Key to symbols:

- | | | |
|----------------------------|------------------|------------------|
| shops | library | community centre |
| special tree | church | good walk |
| allotment/community garden | eco info station | wildlife habitat |
| great view | entertainment | dog run |
| water feature | open space | park |
| school | greenway | institution |

Thanks to Sam, Anita, Kely, Vanessa, Sally, Sylvie and Michelle.

TO HEALTH PARK

TO IMPERIAL PARK

TO BEDMINSTER
STEPS

GRAVEL
PATH

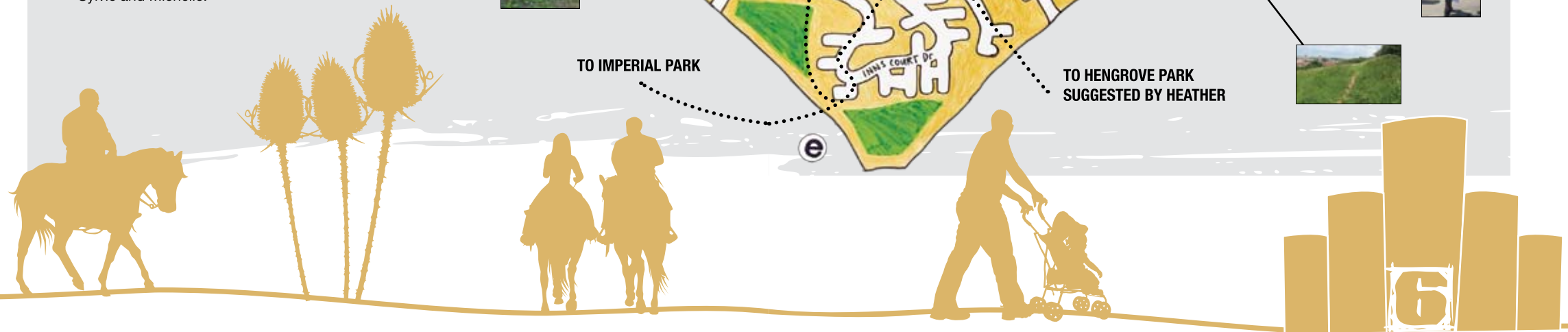
PIPEWALK

TO BEDMINSTER

TO AIRPORT RD

TO AIRPORT RD

TO HENGROVE PARK
SUGGESTED BY HEATHER



F55 FREQUENTLY SAID STATEMENTS

Before this project started lots of people from Hartcliffe, Knowle West and Withywood were asked about their travel habits and gave similar reasons why they don't cycle/walk about. We decided to tackle the challenges head on by gathering a group of residents and asking them to decide if they agreed with the statements by placing themselves on a yes/ no scale.see where YOU stand.



We don't feel safe walking around the green spaces in South Bristol at night

ESTHER - I think we need a bigger community spirit, if people felt more part of the community and looked out for each other, then I think that would help.

IRIS - The less people that walk the more dangerous it gets, the more people who walk the safer it gets. Like 'reclaiming our land'.

ROSELI - If people are not confident on the road, cycle paths give them the encouragement that they feel safe.

ROB - I don't think they are necessary. The centre of the lane is the safest and most visible place to cycle as it slows the traffic down.

JUDY - I've just taken up cycling again after years and I'm not that stable yet, so I prefer a cycle path.

There is a lack of cycle paths in South Bristol

Walking takes so much time to get places - it's boring!

DAZ - There are quicker ways of getting places; like cycling.

MAKALA - I try to take different routes as much as possible. I walk past local homes and gardens and think 'oh, I could do that with my home'. I come back and have all sorts of ideas. You can get something out of it.

ROB - The good thing about walking is that you get more of an understanding of what is going on in your community.

You have to be really fit to cycle

MAKALA - Technically, to ride a bike you don't have to be really fit, you could just be riding slowly and leisurely.

ESTHER - I started off being not very fit and not very confident and now I'm slightly more fit and slightly more confident.

NICK - Even within a month I've noticed how much easier it is to cycle already on the same route.

It's really dangerous to cycle

LEE - The majority of the time I don't have much trouble - it's pretty minimal compared to the miles I do.

ROB - New studies show that cycling is very incident free compared to driving! The more people that cycle the safer it's going to be.

DARREN - If you feel threatened then err on the side of caution. Once you are confident and don't care about slowing up the cars then you will be a lot safer as a cyclist.

ESTHER - If you are a driver and a cyclist then you are much more sympathetic to both parties.



WE'RE QUIZING

With knitting and nattering going hand in hand we thought the ideal people to help us write an active travel quiz would be Needles knitting group. We were right! Everyone put their personal experiences to good use to help come up with this quiz to see which type of active travel might suit YOU!

SECTION A : WALKING

1 You are going out to a friend's house 1 mile away (15-20 mins). It's dry outside now, but forecast for rain later. Which of these answers is closest to yours?

- ☐ I'd definitely walk - I'd take an umbrella with me, a bit of rain won't make me melt!
- ☐ I'd probably walk there, but might take the bus back if it's raining later.
- ☐ I'd be unlikely to walk - I might walk if it were guaranteed to be dry, but I don't want to risk a soaking.
- ☐ I definitely wouldn't walk - I wouldn't walk that distance whatever the weather.



HEATHER

2 The weather is fine and dry. You want to go to a shop 2 miles away (30-40 mins walk) to buy something small. Which of these answers is closest to yours?

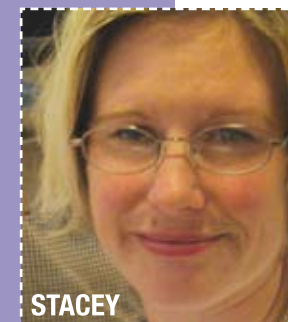
- ☐ I'd usually walk there and back - I walk pretty much everywhere, so this distance would be no problem.
- ☐ I would sometimes walk there and back, depending if I had enough time. I feel fit and have no health problems to stop me.
- ☐ I'd occasionally walk, but I'm more likely to take the bus at least one way, or drive both ways, as I don't feel fit enough to walk this distance all the time.
- ☐ I would never walk that far. I did it when I was younger, but wouldn't do it now.



PAT

3 It is dusk and the light is beginning to fade. You are going to visit a friend who lives 10 minutes away along a route that some people think is not completely safe in the dark. Which of these answers is closest to yours?

- ☐ I'd walk there and back anyway - I feel confident about looking after myself in that situation.
- ☐ I'd walk there and back if I have my dog with me or if there's someone else to walk with.
- ☐ I probably wouldn't walk - I don't mind walking short distances, but not when it feels unsafe.
- ☐ I would definitely not walk - I wouldn't walk anywhere at night on my own.



STACEY





KATIE

Q You've got to go to a dentist appointment, which is a 20 min walk away, half of which is uphill. Which of the following answers is closest to what you would do?

- ☐ I'd walk there and back, it's quicker than waiting for a bus and hills are great for getting fitter!
- ☐ I'd sometimes walk – although maybe not if its really steep.
- ☐ I'd try to avoid walking – that distance is fine if it's flat but going up hills means I'd arrive sweaty which I hate!
- ☐ I would use some other form of transport, I wouldn't walk that distance whether it were hilly or flat!

Q You've got to pick up a DVD player that you ordered from the internet. The Post Office that you need to collect it from is about 15 – 20 minutes away. Which of these people's answers is closest to yours?

- ☐ I'd definitely walk – carrying heavy things doesn't put me off walking.
- ☐ I'd probably walk both ways and pop the DVD player in my 'shopper on wheels' to help me get it home.
- ☐ I'd possibly walk there, but get a bus or lift home, as I don't fancy carrying something heavy that far.
- ☐ I'd definitely not walk – I've got health problems which stop me from carrying heavy things any distance.



ELAINE

SECTION B : CYCLING

THIS SECTION WAS DONE AS A GROUP EXERCISE!



Q It is drizzling outside and you need to go to Broadwalk or @Symes, which is 1 mile (about 8 minutes cycle) away. Would you:

- ☐ Put on your waterproof gear and cycle.
- ☐ Probably cycle because it's not raining too hard, but you wouldn't cycle if the rain was really heavy or if you had much further to travel.
- ☐ Probably wouldn't cycle – you only go out on your bike if the weather's good.
- ☐ Definitely wouldn't cycle – nothing would get you out on a bike, especially in the rain!

Q One of your friends or family invites you to join them for a 3 mile group bike ride to Hengrove Park (about a 30 minute cycle ride) to have a picnic. Would you:

- ☐ Definitely cycle with them – 3 miles wouldn't even make you break a sweat!
- ☐ Probably cycle with them – as long as they promise not to go too fast.
- ☐ Maybe cycle with them, but you have health problems/ are not very fit and are a bit worried that it's quite a long way and they might go too fast for you.
- ☐ Definitely wouldn't cycle with them – cycling's not for you, you'll just meet them at the park for the picnic.

TURN TO PAGE 41 TO SEE WHAT SORT OF WALKER YOU ARE





☒ You want to go to the shops at Imperial Retail Park, which means cycling along roads with fast, busy traffic. Would you:

☒ Definitely cycle – you are not worried by cycling in heavy traffic on multi-lane roads and know how to position yourself on the road to be safe.

☐ Probably cycle – although you might dismount and walk around the bits where you don't feel confident cycling on the road.

☐ Probably not cycle – you're OK cycling on quiet routes and off-road cycle paths but you avoid busy roads as they don't feel safe.

☐ Definitely not cycle – nothing would get you on a bike on a busy road!



☒ Your friends have invited you to meet them for a drink in Dundry, which is at the top of a steep hill. Would you:

☐ Probably cycle – you're fairly fit and hills don't put you off traveling by bike.

☐ Probably cycle – but you might have to get off and walk part of the way if the hill is really steep or if you're not feeling on top form.



☐ Probably wouldn't cycle – you do cycle sometimes but try to avoid hilly routes.

☐ Definitely wouldn't cycle – you wouldn't cycle on flat routes, let alone trying to go up hills!

☒ It's a warm summer's day and you want to go to Bedminster to get some ice lollies and other groceries. Would you:

☐ Definitely cycle – you've got a good bag / panniers / a basket which means you can easily carry things on your bike and you aren't worried about the extra weight.

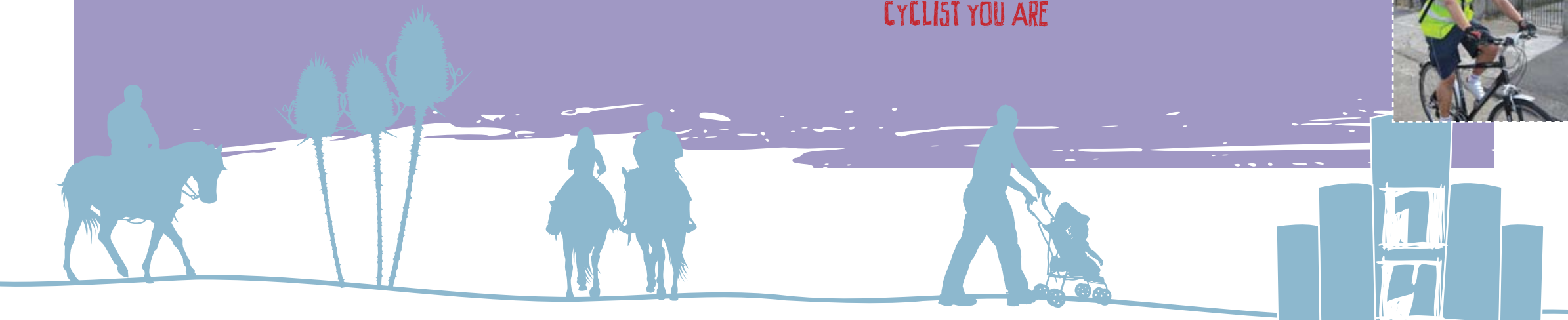
☐ Probably cycle – but it depends how much shopping you need to get. You don't like feeling overloaded when you are cycling.

☐ Probably wouldn't cycle as you don't have a suitable way to carry lots of things on your bike.

☐ Definitely wouldn't cycle – you don't even own a bike, let alone suitable carrying bags!



TURN TO PAGE ☒ 115 TO SEE WHAT SORT OF CYCLIST YOU ARE



WHAT TYPE OF WALKER

OR CYCLIST ARE YOU?

Mostly : You're a Hardcore walker or cyclist

Based on what you've told us, you already do a lot of walking or cycling – most of your local travelling is person powered and you're pretty fit as a result. If you want some suggestions for how you could do more, turn to page 18 (walking) or 22 (cycling) to get ideas on how to push yourself to the max!

Mostly : You're a Moderate walker or cyclist

So you enjoy walking or cycling and you will often choose to walk / cycle when you go somewhere locally but there are times when you're sometimes put off by challenging conditions. For ideas on how you might overcome these and increase the amount you walk or cycle turn to page 17 (walking) or 21 (cycling).

Mostly : You're a Light walker or cyclist

It looks like you sometimes choose to walk or cycle but only when the conditions are good. You are more likely to choose to travel by some other method instead. Why not turn to page 17 (walking) or 21 (cycling) for tips on how to make walking or cycling a more regular part of your life?

Mostly : You're a Beginner walker or cyclist

So walking or cycling isn't for you, eh? Maybe this is a result of health, fitness or mobility issues - or maybe you're just a bit too attached to your car? For suggestions on easy ways to use walking or cycling as your form of transport, turn to page 17 (walking) or 21 (cycling).



BEST FOOT FORWARD

BEGINNER

- Get a pair of shoes that are comfortable and easy to walk in.
- Walk for short, local trips such as to the shop and friends' homes.
- Find a friend who also wants to start walking and do it together.
- Get off the bus 1 or 2 stops earlier and walk the rest of the way.

LIGHT

- Walk to the nearest place that you usually use a vehicle to get to.
- Get a pedometer – see how far you are walking each day.
- Keep a walking journal - try to increase your walking each week.
- Join a local walking group on some of their short walks.

MODERATE

- Buy a proper pair of walking shoes to avoid letting the rain in.
- Time yourself for regular walks - try speeding up.
- Check out our maps and try new routes that you'd usually take a vehicle for.
- Walk for at least one of your daily journeys – increase it weekly.

WALKING TIPS

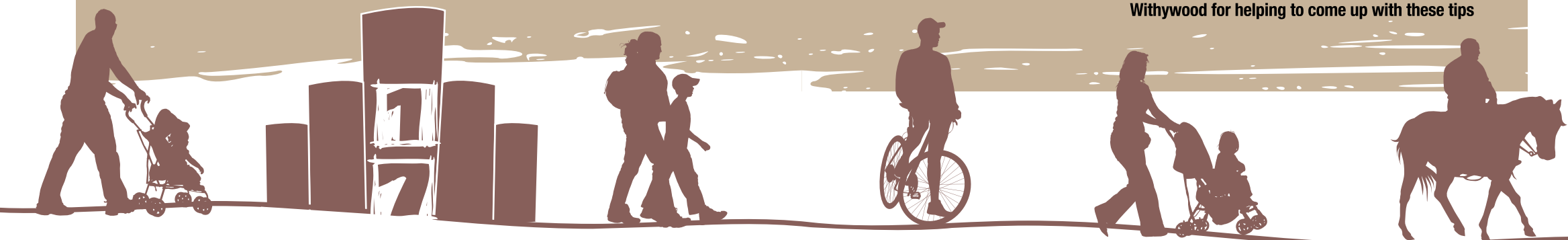
HARDCORE

- Try a more challenging journey than usual every week.
- Use a walking map to guide you to new places.
- Try a walking holiday - reduce your eco footprint and see more.
- Buy any kit that would help you walk more. eg, a bag for heavy items.

HERE ARE SOME MORE IDEAS IF YOU HAVE MOBILITY AND HEALTH ISSUES

- Join groups to improve your joint flexibility and fitness levels such as an Armchair Aerobics class – these will make walking easier for you.
- Don't be put off if, some days, you find it too difficult. Everyone has days when they seem to have less energy – just keep trying.
- Join a healthy walking group to get support in being active.

Thanks to the people of Knowle West, Hartcliffe and Withywood for helping to come up with these tips



OR IF YOU HAVE CHILDREN



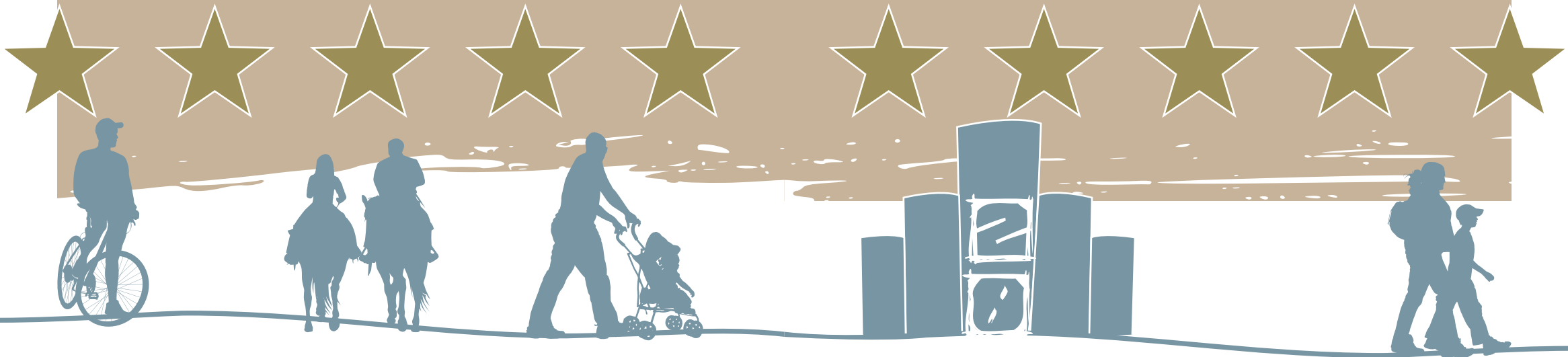
- Get a scooter for the kids to use to get to school, the park, shops.
- Make up little games to make the journey more fun e.g. count house numbers, spot different coloured cars, tell stories.
- Organise a supervised walking bus to school or buddy your child up with a friend to walk there.

BONUSES

- Record how much money you've saved each week by walking (40p/mile in the car or the bus fare). Stash the cash and use it for something to get you walking more: if it's fun you're after, try an MP3 player for tunes as you go; or, for practicality, waterproofs.



- Create a walking journal to log how far you've walked. Reward yourself for extra walks with gold stars - how many can you get?
- Enjoy your journey - note the changing seasons, listen to birdsong.
- Picnic with your new walking buddies.



ON YER BIKE

CYCLING TIPS

BEGINNER

- Borrow or hire a bike to give cycling a go.
- Learn how to cycle with Lifecycle - see page 29 for details.
- If you already have a bike, get it out and check it's safe and road - worthy or take it into a bike shop for a service.
- Learn with friends. It's more fun & you can encourage each other.
- Aim to start cycling for at least one trip each week.

LIGHT

- Practice on a local cycle path to build your cycling confidence.
- Try Lifecycle training to learn a good route for a regular journey.
- Cycle to work/school etc at least once each week.
- Use some of the money you save on petrol or bus fares to buy kit to help you to cycle more in the future e.g. bike lights.
- Choose easy, achievable journeys - don't set your goals too high.

MODERATE

- Try a training session to help you feel confident on busy roads.
- Buy any kit that might help you to cycle safely in difficult conditions, which you might usually avoid e.g. a high-viz top.
- Team up with cycling friends to see how they get from A to B. This is a great way to discover alternative routes.
- Time your regular journeys and see if you can beat your speed.
- Pick a journey you do regularly - make at least half of these trips by bike, building slowly to doing them all by bike.

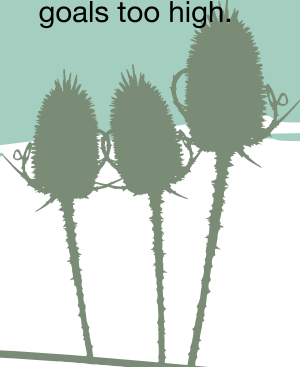
HARDCORE

- Use free cycling maps to plan routes to challenging destinations.
- Get a cycle computer - try to increase your distance and speed.
- Love the hills - don't avoid them!
- Make your next holiday a cycling tour - reduce your eco footprint!

HERE ARE SOME MORE IDEAS IF YOU HAVE MOBILITY AND HEALTH ISSUES

- Why not set up a local cycling group for people with mobility/health issues? You could advertise in your local health park/community centre - their support workers might help you.
- Keep an eye on the Council's website, as there are plans as part of Cycling City to offer extra support in the near future.
- If your condition makes traditional cycling difficult, you could try a hand-cycled 3 wheeler. Try Webbs of Warmley to hire one.

Thanks to the poeple of Knowle West, Hartcliffe and Withywood for helping to come up with these tips



OR IF YOU HAVE CHILDREN



- Get a child bike tow bar (eg Trail Gator) to attach a child's bike to the back of an adult's bike – good for long trips and on the road.
- Set up a reward chart at home – where your child gets a sticker each time they cycle to school or other location.
- Go on family cycling trips – invite your kids' friends to make it fun and a bit competitive.

Take pride in being clean and green! Log how many bike journeys you do each week - how many green stars can you get?

BONUSES

- Banish sleepy mornings – arrive alert and ready for the day.
- Get trimmer and feel better.
- Gain £s each week on saved bus fares or petrol. Save this up to use on funky cycling kit and rewards.
- Enjoy being outdoors more – especially when the sun's shining.
- Take pride in being clean and green!



OTHER ACTIVITIES

So maybe cycling or walking just isn't for you, perhaps there are other ways of travelling about that appeal more but you don't know where to start? Well we've had some inspiration from a group of local kids on Instow Road. This is their choice of travel...

SKATE BOARDING

When we took these photos everyone was so excited that they made a pact to travel to school only by these methods from now on! Maybe you could team up with friends and do the same. Or try one of these...



HEELIES



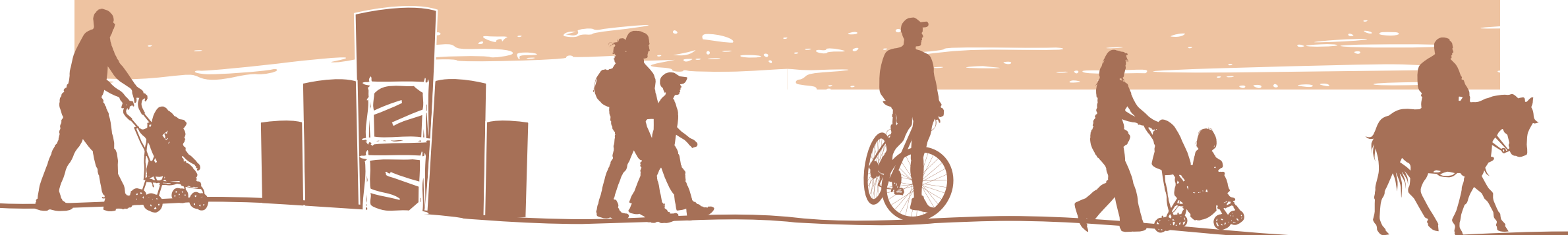
ROLLER SKATING



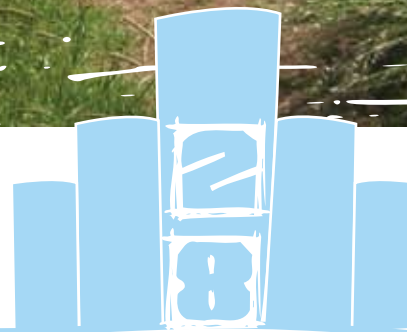
SCOOTERS



SKIPPING



ROLLER BLADING – Glide along the pavement looking cool (maybe!)
POWER RISERS – Take 9 foot strides with these bouncy legs!
JOGGING/ RUNNING – Imagine you are Paula Radcliffe!
WALKING WITH A BUGGY – Brings a new meaning to the term 'pushy parents'.
WHEELCHAIR USERS – Turn off the electric and use your arms to power yourself.
HORSE-RIDING – Get a pert horse riders bum!
HORSE & CART – Get those arm muscles working by steering the horse.
ZORB BALL – Bounce down the road in style in this inflatable human hamster ball!
PARKOUR – Let your martial art master guide your travel movements.



INFO TO GUIDE

www.lifecycleuk.org.uk / 0117 353 4580

A CYCLING CHARITY WHICH RUNS A RANGE OF BRILLIANT PROJECTS, INCLUDING:

CYCLE TRAINING - FOR PEOPLE OF ALL ABILITIES. BARGAIN PRICE OF £5 P/HR

BIKE GENERATION - MAINTENANCE AND CYCLING ACTIVITIES FOR YOUNG PEOPLE INCLUDING MOUNTAIN BIKING, OPPORTUNITIES TO "EARN A BIKE"

TWO'S COMPANY - TANDEM RIDES FOR PEOPLE WHO ARE BLIND OR PARTIALLY SIGHTED. CATERING FOR ALL AGES AND ABILITIES.

www.bikeability.org.uk

CYCLING PROFICIENCY TEST FOR CHILDREN TO GIVE THEM THE SKILLS AND CONFIDENCE TO RIDE ON THE ROADS. THIS IS NOW AVAILABLE TO ALL SCHOOLS FREE OF CHARGE.

www.cyclewest.co.uk

INFORMATION ON HOW TO START CYCLING, CYCLE TRAINING, WHERE TO RIDE, CYCLING TO WORK AND SCHOOL, LOCAL CYCLE CLUBS, SPECIAL EVENTS AND LOTS MORE.

www.webbsofwarmley.com / 0117 9673676

FREE HIRE OF HAND BIKES FOR PEOPLE WITH MOBILITY PROBLEMS AND THOSE WHO HAVE DIFFICULTY RIDING A STANDARD BIKE.

www.cyclescheme.co.uk or www.cycletoworknow.com

IF YOUR WORK IS SIGNED UP TO THIS YOU CAN RECEIVE A BIKE TAX-FREE THROUGH A SALARY SACRIFICE SCHEME.

www.hmrc.gov.uk/manuals/senew/SE31240.htm

EMPLOYERS CAN PAY UP TO 20 PENCE PER MILE (TAX FREE) TO EMPLOYEES WHO USE THEIR OWN BIKES FOR BUSINESS TRAVEL.

<http://uk.groups.yahoo.com/> (LOOK FOR FREecycle GROUP).

www.trade-it.co.uk

LOOK ON FREecycle TO SEE IF ANYONE IS GIVING AWAY A FREE BIKE, OR KEEP AN EYE ON TRADE-IT TO SEE IF YOU CAN BUY YOURSELF A CHEAP BIKE TO PRACTICE ON.

www.234car.com/bikebuddies/

BIKEBUDDIES HELPS YOU FIND PEOPLE CYCLING ALONG A SIMILAR ROUTE.

AND SUPPORT YOU

www.hourbike.com

THE PAY-AS-YOU-GO CYCLE NETWORK. HOURBIKE IS A NETWORK OF CYCLES (SOON TO BE ACROSS BRISTOL) THAT MEMBERS CAN ACCESS 24 HOURS A DAY, 7 DAYS A WEEK.

www.walkit.com/bristol

PLAN YOUR WALK INTO TOWN OR TO SCHOOL WITH THIS ROUTE PLANNER.

www.bristol.gov.uk/healthwalks / 07810 506736

THE WALKING THE WAY TO HEALTH BRISTOL PROGRAMME OFFERS GUIDED GROUP WALKS ACROSS THE CITY.

www.bristol.gov.uk/freeswimming / 0117 9223867

YOUNG PEOPLE UNDER 16 AND ADULTS OVER 60. FREE SWIMMING SESSIONS.

www.knowlewesthealthpark.co.uk / 0117 3772255

FIT AND FAB - DROP IN GROUP WITH FREE CRÈCHE AVAILABLE

ARMCHAIR EXERCISE - SESSIONS FOR PEOPLE WITH LIMITED MOBILITY

LIFE TRAIL - WELLNESS TRAIL ON SITE

WALKING GROUP - DIFFERENT ABILITIES

WALKING TOTS - VARIETY OF ACTIVITIES AND WALKS FOR PRESCHOOL KIDS AND PARENTS

www.theparkknowle.co.uk / 0117 3773382

HEALTH AND FITNESS SUITE/ MULTI GAME COURT/ DANCE STUDIOS

www.bristolhealthtrainers.co.uk 07789 943132

HEALTH TRAINERS WORK WITH PEOPLE WHO WANT GUIDANCE ON PHYSICAL ACTIVITY/ HEALTHY EATING/ WEIGHT MANAGEMENT AND MUCH MORE.

www.withywoodcentre.com / 0117 987 8400

OUT AND ABOUT GROUP - FOR PEOPLE WITH MENTAL HEALTH ISSUES

SHORT MAT BOWLING - FOR OLDER PEOPLE

www.hheag.org.uk / 0117 946 5285

HARTCLIFFE HEALTH AND ENVIRONMENT ACTION GROUP RUN VARIOUS ACTIVITIES INCLUDING THE AMBLERS GROUP AND MORE.



HOW TO USE THIS HANDBOOK

- Keep it safe and use it whenever you need motivating
- Use our handy quiz to work out what is realistic for you
- Use it together with support from the AT team
- Take one step at a time; be proud of what you do, not what you don't do

To Contact: Misty or Adele, the Active Travel team

Telephone: 0117 353 4604 / 0117 903 0444

E-mail: misty@kwmc.org.uk / adele@kwmc.org.uk



ACTIVE
Bristol



KNOWLE WEST
MEDIA CENTRE ★

This booklet was produced and designed by The Knowle West Media Centre