



BRIGHTON **PEACE & ENVIRONMENT** CENTRE

CYCLING, PUBLIC TRANSPORT AND AVIATION

Eagle-eyed traffic wardens; rising petrol costs; perpetual traffic jams. If these aren't reasons enough to use more public transport and bicycles for short journeys, keep in mind the environmental benefits! 1Kg of CO₂ takes you 1 mile by plane, 3 miles by car, and 135 miles by bicycle. For the wider world (and your sanity to boot) many short trips are best accomplished by leaving the car at home. For longer journeys the tranquillity of trains and ferries might make a pleasant change from the potential anarchy of Heathrow Terminal 4. Who needs lost luggage and soggy airline sandwiches when you could be surveying the rolling countryside from a train carriage or feeling the breeze on the deck of a ship?

Cycling

Cycling is the most environmentally friendly form of transport. Brighton and Hove is now part of the **National Cycle Network**. Visit www.brighton-hove.gov.uk for the city's cycle map

- **The Environmental Transport Association** insures bicycles - www.eta.co.uk/insurance/cycle
- **Bike for Life** loans bicycles and provides bicycle training and maintenance courses. Visit www.bikeforlife.org.uk
- **Bricycles** promotes cycling and campaigns for better conditions for cyclists in Brighton and Hove - www.bricycles.org.uk
- **Cranks** is a DIY bicycle workshop where you can learn how to fix and look after your own bicycle. **Cranks** also recycles old bicycles - www.crank.org.uk

Public Transport

Visit www.transportdirect.info for a door-to-door journey planner service across the UK, or visit Brighton & Hove City Council's website - www.journeyon.co.uk that tells you the most carbon efficient way to travel and/ or the most direct route.

Coach Travel

For low-cost inter-city travel use **Megabus** - www.megabus.com or **National Express** 'funfares' - www.nationalexpress.com

Bus Travel

Brighton and Hove Bus and Coach Company offer a wide range of money saving bus travel tickets, including SuperSAVER and CitySAVER - www.buses.co.uk
Tel: 01273 886200.

The Big Lemon bus company in Brighton run their vehicles on recycled cooking oil - www.thebiglemon.com



Photo courtesy of The Big Lemon

Train Travel

UK Trains

For lower cost train fares, avoid travelling at peak-times, and if you regularly use the same route, a season ticket or 'Rover' ticket could save you money. For those under 26, over 60, and for those travelling with children, railcards can be bought for around £24 which give you a third off the price of most tickets. For more information visit www.nationalrail.co.uk or www.thetrainline.com

European Trains

Avoid flying to or within Europe; the train can take you directly to more than 10,000 towns, villages and city centres. Use **Eurostar** for direct travel to Paris, Lille, Brussels, Calais, Disneyland® Resort Paris, Avignon and The French Alps (the Eurostar Ski Train runs from the end of December to the beginning of April) as well as onward travel to other European cities.

- **Eurostar** trains leave from both London St Pancras and Ebbsfleet International in Kent. For booking and info visit www.eurostar.com, Tel: 08705 186186
- You can also book tickets from **Rail Europe** - www.raileurope.co.uk, Tel: 08448 484 064 or **Ffestiniog Travel** - www.festtravel.co.uk
- The **TGV** network goes all over France and also has high-speed links to Belgium, Germany, Switzerland, Luxembourg and Italy, where you can connect with other European high-speed rail networks. Paris is the centre for the **TGV** network but if you take the **Eurostar** to Lille you only have to change platforms for many **TGV** services
- Book early for low-cost fares. **Eurostar** trains have a booking horizon of 120 days, French and German railways are 90 days, and Italian railways are 60 days. If you're making several journeys, look at buying an Inter-Rail pass
- For more information on European train travel visit www.raileurope.co.uk



Photo courtesy of caribb

Air Travel

Aviation is the fastest growing source of CO₂ emissions and accounts for about 13% of the UK's global warming emissions. Cutting out air travel is the single most important step an individual can take to reduce their carbon footprint. 45% of all trips are short haul flights and can be done by rail. To bypass air travel visit www.seat61.com

- Visit www.lowflyzone.org and pledge to stop flying or restrict yourself to one long-haul or two short haul flights a year
- If you can't avoid flying, avoid night and winter flights which are more polluting and choose an airline with a young fleet of aircraft
- The best aviation carbon calculator recommended by the **Climate Outreach and Information Network (COIN)** is www.resurgence.org/carboncalculator; and

the calculator at www.atmosfair.de was rated excellent by the **Tufts Climate Initiative's** research

Sea Travel

Going by sea takes longer, but is a low CO₂ form of travel. Together shipping and rail account for only 1.75% of global CO₂ emissions. There are ferry routes throughout Europe including Dieppe, Calais, Dublin, St Malo, Jersey and Santander.

- To get cheaper fares avoid school holidays, travel mid-week and at less popular sailing times
- **Transmanche** runs the Newhaven - Dieppe ferry all year round - www.transmancheferries.com Tel: 0800 9171201
- **Stena Line** operates routes to Ireland and Holland and has a range of ticket prices - www.stenaline.co.uk Tel: 08705 707070
- Other ferry services include **Brittany Ferries, P&O Ferries, LD Lines, Sea France, HD Ferries, DFDS Seaways** and **Condor Ferries**

Carbon Offsetting

Carbon offsetting works in theory by allowing us to 'cancel out' CO₂ emissions by reducing emission elsewhere. However, environmentalists argue that it provides an excuse to carry on emitting excess CO₂ and state that carbon offsetting should be a last resort.

If there is no alternative to, for instance, flying, then you can purchase *Gold Standard credits*, generated from **Gold Standard** renewable energy and energy efficiency projects. Visit the Retailer list in the 'Marketplace' section at www.cdmgoldstandard.org.

Also visit **Atmosfair**, the only offsetting company rated by *Ethical Consumer*. **Atmosfair** do not cover journeys of less than 700 km, as it is better to make these trips by land and sea - www.atmosfair.de.

What you can do right now..... Choose from hundreds of destinations in the London and South East area and book a groupsave train ticket for 4 people for the price of 2 from www.daysoutguide.co.uk/group-save

Resources & Further Information

Ethical Consumer, 109

'The Guide to Low Carbon Lifestyles'
by Mukti Mitchell, 2007

The Independent, Simon Calder, 1 March 2008

'Transport: the way to go', Friends of the Earth, 2005

World Development Movement, Summer 2007