



# Active travel

**UK transport accounts for 21% of greenhouse gas emissions, so every time we drive our cars we contribute to global warming.<sup>1</sup> Using alternative modes of travel, and encouraging others to do so, is one way we can make a difference.**

Active travel, such as walking or cycling, uses our bodies. It emits zero greenhouse gases, costs nothing, and provides many health benefits!

## Steps to encourage active travel

- Host a walk or bike to church Sunday
- Install bike racks near the entrance of the church
- Connect parishioners with walking buddies to encourage each other
- Keep paths around the church well maintained
- Ensure paths in the churchyard are well lit during the dark

*Remember to seek permission from the DAC when adding to or altering the churchyard.*

Walking and cycling won't be possible for everyone so public transport and car sharing can help keep carbon emissions low.

Encourage parishioners who live near to one another to car share.

Visit [traveline.info](http://traveline.info) for local bus timetables.

## Your parish travel score

Measuring how your congregation travel to church will enable you to celebrate your successes and see where there is room for improvement.

Carry out a survey of people arriving at a service and record how they travelled to church. Calculate your score using the chart below and see if you can improve it next month.

Total church attendance today \_\_\_\_\_

Mode of Transport	Count	Score
Petrol/diesel cars used (minus 1 point each)		
Motorcycles or mopeds used (minus 0.5 points each)		
Electric vehicles used (0 points each)		
Walking, cycling, public transport (1 point for each person)		
Total score:		
Transportation score (Raw score / Total count) x 10:		

1. [ourworldindata.org](http://ourworldindata.org)