Cycling Tips

- Ensure your bike is mechanically sound, fit a bell and working lights.
- Wear light coloured clothing or something reflective to ensure you can be seen.
- Do not cycle on pavements unless signs or markings allow you to do so.
- Always lock your bike securely. A good quality D-shape lock is recommended.
- Mark the frame with your postcode; this will assist the police in tracing the owner.

Driving Tips

- Check your tyre pressures regularly. Under-inflated tyres can increase your fuel consumption by 3% and increase the wear on your tyres.
- Change gear at 2500 rev for petrol cars and 2000 for diesel ones as this will improve your fuel efficiency by up to 15%.
- Plan your journeys. This could save you time too, and might even prevent you from getting lost! It also makes it much easier to combine journeys.
- For those who want to car share, visit www.carsharenorfolk.com.

Walking Tips

Why Walk?

- The most direct route as well as a less busy and more scenic one.
- The journey’s distance
- The time it will take to walk it (at a slow, medium and fast pace)
- The number of calories burned at the different paces
- How much carbon dioxide you’ve avoided producing by not going by car, taxi or bus.

The Norwich Green Travel Map makes Smarter Travel Choices easier by pulling together information on walking, cycling and public transport. The Smarter Travel Choices initiative is all about encouraging people to choose more sustainable options. This is achieved through travel awareness campaigns, and school, workplace and personal travel planning. Smarter Choices also seeks to improve and promote public transport, set up websites for car share schemes, support club and encourage teleworking.

Useful info

To carshare
www.carsharenorfolk.com

For all your public transport enquiries
www.travelineseastanglia.co.uk or telephone 0871 200 22 33

For more information on cycling
www.sustrans.org.uk/

Cycling Campaign www.norwichcyclingcampaign.org/

Cyclists Touring Club www.ctc.org.uk/

The cycling officer at Norwich City Council on 01603 213530.

Cyclists Touring Club www.ctc.org.uk/

Norwich City Council has provided parking bays for using the bus at Castle Meadow.

If you would like to car share visit www.carsharenorfolk.com

Norwich Car Club

Within the Norwich Green Travel Map, you can explore the greenest maps for getting into and around Norwich.

Norfolk County Council 0344 800 8020
or email information@norfolk.gov.uk

Norwich

Useful Tips for using the bus

Bus timetables and information are available from Norwich Bus Station in Surrey Street, or from www.traveline.info 0871 200 22 22 (15p per minute plus your standard network rate). There is also an information kiosk for public transport and other Norfolk County Council services at the Bus Station, and soon at Castle Meadow.

Timetable information is also shown at most major bus stops in the city, and real time information will soon be on screen at St Stephens Street, Castle Meadow and the Bus Station.

You can also now get up to the minute real time bus departure information on your mobile. Simply text your bus stop code (eg nfodjapw) to 84268. (25p plus your normal sending rate). Bus stop codes are shown at most bus stops, or check with Traveline.

Great value daily, weekly, monthly or yearly season tickets are available on most bus services. Just ask your driver for the best deal for you. You can purchase multi operator tickets from the bus driver.

To reduce boarding times and help buses run on time, you can also buy your bus ticket at a Quick Ticket Machine in the Bus Station, at St Stephens Street, Castle Meadow, UEA or the Norfolk & Norwich University Hospital. These take coins or notes and give change too.
**Greener Travel Tips**

- Instead of taking your car think about using other forms of transport
- You could walk and cycle for both short and long journeys in and around Norwich
- Use public transport such as Park and Ride
- Maybe if you make a regular journey you could Car Share
- By making small adjustments to the way you travel you can make a huge difference to the impact you have on the environment
- Save a ton of carbon and a ton of money by walking, cycling and using the bus.

**Tourist Info**

Information on local attractions and accommodation is available from tourist information centre in The Forum, Millennium Plain.
For more information you can visit www.visitnorwich.co.uk or tel 01603 727927.