

Give Your Car a Holiday!

...in the Eden Valley

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1. Love The Lakes, Love Looking After It

If you love The Lakes, or have seen the area featured on TV, and wish to relax in our beautiful landscape, we would love to give you a warm Cumbrian welcome.

Nowadays, keeping the landscape as beautiful as it was the last time you visited, or as perfect as you imagined, is increasingly difficult. All tourism destinations are feeling the effects of visitors and the loss of native wildlife. We are no different.

With this in mind, we asked our visitors whether they would consider using their car less. **Nearly half** of you said you would if you had more information on how to get around in different ways.

This new guide highlights fun ways for everyone to give the car a rest and find other ways to move around.

It focuses on one part of Cumbria's Lake District, the beautiful **Eden Valley**. Stretching from Sedbergh in the South, to Penrith and Kirkby Stephen in the North East, this is an area of magnificent natural beauty and market towns of historical and cultural interest.

It includes what is described as England's most beautiful lake, mystical Ullswater, and has one of its most stunning waterfalls, Aira Force.

It is also home to one of the country's biggest leisure parks – Center Parcs Whinfell Forest.

So wherever you are coming from or staying, this guide highlights that it really is possible to **give the car a rest**. By doing so you can make a difference and help us protect our stunning natural environment.

Why Not Give Your Car A Rest?

Travelling without the car can be **great fun**. You can meet new people, see things you could never spot from a car, and pick up tips on the very best places to visit, picnic, eat or explore, which only the locals know about.

Your **health can also be improved** through a gentle stroll, enjoying a longer walk, or even taking a bike ride to get to your destination.

Cumbria is also home to many micro-breweries, so beer lovers can relish the chance to **down a few pints!**

You could **save money** on petrol and car parking charges, avoid getting stuck in traffic and, if you are the driver, actually have a break and **enjoy the scenery** yourself.

Along with this comes the feel-good factor from knowing that you have done something different to **protect the landscape** – a feeling worth taking home with your suitcases, rucksacks or shopping purchases!

So What Difference Will It Make?

A one-way train journey from Manchester Oxford Road to Penrith is just over 90 miles, and the CO2 emissions are 8.6kg. The same journey by coach would emit just 4.5 kg. In a large car (assuming two people travelling) the emissions would be 19.1kg CO2 per traveller.

A one-way trip from London Euston to Penrith by coach would produce 12.6kg of CO2 per person, by train would produce 24.2kg, and in a large car would produce 53.8kg (assuming two people in the car).

The **environmental benefits of using public transport** are clear and is why travelling by public transport really does make a difference. Check out your own journey's CO2 outputs by visiting www.transportdirect.info, where you can plan your journey by all sorts of public transport. You can also plan your journey, by train, bus, coach and ferry at www.traveline.info

A **small car** can also reduce these emissions. So if you are a two-car household could you bring the smaller car to the Lake District, and instantly help the environment.

2. Getting To The Eden Valley

The Eden Valley can be reached from the south using the **West Coast mainline** (<http://www.nationalrail.co.uk>). Services from London Euston to Penrith usually take just over 3 hours. Services to Penrith from Manchester Piccadilly take 1.5 - 2 hours (www.northernrail.org).

National Express (www.nationalexpress.com) offers a service from London Victoria Coach Station to Penrith, taking around 5 hours.

Those travelling from the North East can arrive on train services to Carlisle and change for Penrith. Travel time being 2.5-3 hours. You can also travel to Carlisle, from Yorkshire cities and towns such as Leeds, Shipley, Bingley, Keighley and Skipton.

At Penrith railway station, taxis are available for visitors wishing to be taken to their accommodation or chosen activity.

Travelling on the **Settle-Carlisle line** from Settle allows you to get off at Eden Valley towns, such as Kirkby Stephen, Appleby and Langwathby, before reaching the final destination at Carlisle. Timetables are available at <http://www.settle-carlisle.co.uk>

Day visitors can use the **Sunday Dales Rail** service, which links Lancashire with the Ribble Valley, Yorkshire Dales and Eden Valley. <http://www.dalesrail.com/>

Dales Rail trains can be boarded at Blackpool North, Poulton-le-Fylde, Kirkham, Preston, Lostock Hall, Bamber Bridge, Blackburn, Ramsgreave and Wilpshire, Langho, Whalley, Clitheroe, Hellifield, Settle, Horton in Ribblesdale, Ribblehead, Dent and Garsdale. This service allows passengers to reach the Eden Valley towns of Kirkby Stephen, Appleby, Langwathby and Lazonby. Visit www.dalesrail.com for more information.

3. Getting Around The Eden Valley

The Penrith bus station in Sandgate provides bus links to many other towns within the Eden Valley. Stagecoach (www.stagecoachbus.com) operates a variety of routes and you can also buy your tickets in advance, online.

All bus routes within Cumbria can be viewed at www.cumbria.gov.uk/buses More information can be found at www.stagecoachbus.com

For all the ins and outs of the bus routes available to you, download the Lakes Rider magazine from www.cumbria.gov.uk/buses.

If you are visiting Center Parcs, you will be aware that you cannot use your car whilst in the park, other than for unloading and loading luggage, so why not leave it behind altogether? You can use the route 104, which runs from Carlisle to Penrith and on to Whinell Forest Center Parcs, so there is no need to drive.

To make bus travel around the Lake District **more affordable**, you can buy a Day Explorer ticket, a 4-Day Explorer ticket or a 7-Day Cumbria Goldrider ticket. These cover travel on all Stagecoach buses in Cumbria and Lancashire and can be bought on the bus.

4. Give the Driver A Break

The Lake District National Park provides helpful literature that enables visitors to leave the car behind and travel into the Eden Valley to enjoy its scenic beauty and other delights. A leaflet is available detailing the **Kirkstone Rambler** route from Bowness Pier to Glenridding, from where an **Ullswater Steamers** cruise can be enjoyed.

To explore **further afield** on public transport around the **Lake District National Park** see the suite of leaflets at www.lakedistrict.gov.uk

At Kirkby Stephen leave the car behind and sample **Cumbria Classic Coaches** (www.cumbriaclassiccoaches.co.uk). These are a fleet of **vintage buses** that offer an atmospheric heritage experience worthy of TV series 'Heartbeat', as well as a great day out.

Their **569** route runs on a beautifully scenic route from Ravenstonedale (10.10) to Kirkby Stephen and Hawes on Tuesdays, stopping at the Hawes Creamery for some delicious cheese-tasting and at Hawes Station for lunch. The ticket price includes offers at various shops – all for just £10 (prices as at April 2010). The coach returns to the Fat Lamb, Ravenstonedale at 16.40.

The **572** classic coach runs to Barnard Castle on Wednesdays, whilst a Tuesday 570 service heads to Ribbleshead Viaduct and Station from Hawes.

5. A Week In Eden Valley Without The Car

Things to Do By Public Transport Every Day of the Week

Monday

Take the Penrith to Kendal bus service number 106 operated jointly by Stagecoach and Apollo 8 Travel if you fancy a spot of shopping in Kendal, a visit to the **fabulous Quaker Tapestry**, the highly praised **Abbot Hall Gallery**, the **Museum of Lakeland Life**, the **Brewery Arts Centre**, or **Kendal Museum**.

En route to the historic market town, with its famous 'Yards' you could stop off in Shap or Orton. This service runs from Monday to Saturday, so if you wanted to visit the **award-winning Farmers Market** in Orton – the 2005 Farmers' Market of the Year – and happen to be in Eden on the second Saturday of the month, this could be the bus for you.

Tuesday

Shop till you drop in Roman Carlisle, or check out the **Roman history** by visiting the **Tullie Museum**. With the **Cathedral**, Castle and lots more too, this is a great family day out. Catch the hourly 104 service, which operates daily between Penrith and Carlisle, or check out the Virgin train times – the journey from Penrith to Carlisle take about 15 minutes.

Wednesday

Have a great day out by taking the 563/564 service running from Penrith to Kendal via Appleby, Brough, Kirkby Stephen and Sedbergh. Using this service, you could explore the ancient Westmorland market town of **Appleby**, renowned for its **ancient horse fair**, which takes place in June. Please note the bus timetables and routes may change during the Appleby Horse Fair, so check before travelling.

Staying on the 563/564 to **Kirkby Stephen** will allow you to find out why this town was the 2009 Calor Village of the Year, as well as Northern England Village of the Year. Its historic buildings, cobbled yards and interesting shops provide lots to do. Walkers may wish to discover why it became the **first Walkers are Welcome town** in Cumbria in April 2009.

Travel on to **Sedbergh**, renowned for being England's **book town** and on the route of the new, long distance walk, The Dales High Way. Sedbergh stages a **Festival of Books and Drama in September** each year.

The 563/564 service runs Monday to Saturday and is operated by Kirkby Lonsdale Coach Hire & Woofs of Sedbergh.

If you want to travel direct to Kendal from Penrith, however, use the 106 service. This will get you there faster, giving you lots of time to **shop, visit Kendal Museum, or maybe visit the Abbot Hall Art Gallery**.

Thursday

Catch the 108 Patterdale Bus, which runs from Penrith railway and bus stations to Patterdale. En route, the bus stops at both Pooley Bridge and Glenridding. From here you can take an **Ullswater 'Steamers' cruise**.

Buying a **Walker's Ticket** allows you to hop on and off the heritage steamers to suit you and walk to places like Aira Force waterfall, (where you might see the famous rainbow). The more adventurous

and experienced could climb Helvellyn – England's third highest mountain.

Alternatively you can buy a combined bus/boat ticket and just relax on board and enjoy the scenery!

The Patterdale Bus (108) runs from Monday to Saturday all year, plus Sundays and Public Holidays during the peak holiday season from March to August.

Friday

Take the X4/5 (which runs daily, including public holidays) from Penrith centre, the Rheged Centre or Stainton to one of the Lake District's most popular towns, **Keswick**.

Explore attractions, such as **The Pencil Museum, Puzzling Place, Cars of the Stars or The Bond Museum**. Enjoy a play at the stunning **Theatre by the Lakes**, or simply browse the shops.

If you stay on the X4/5 past Keswick, you can visit **Cockermouth** and tour **Jennings Brewery, or visit Wordsworth House** (William Wordsworth's childhood home). Go even further, to **Workington** and you can do a spot of shopping.

Saturday

Take the 111 service from Penrith to Burnbanks for a circular walk around **Haweswater Reservoir**. The complete circuit is 9 miles, but at a good pace could be done in the 4 hours and 40 minutes between buses! Look out for the resident **golden eagle**! Half-an-hour after leaving Burnbanks, you will find the first beck – The **Forces Waterfall**. Why not take a picnic and enjoy the scenery and the wildlife in this beautiful location?

This service also runs on Tuesdays and is operated by NBM Hire.

Sunday

Travel into the Eden Valley with Dales Rail and you can enjoy some of the fabulous walks that **Dales Rail** has created around the Eden Valley stations it serves – Kirkby Stephen, Appleby-in Westmorland, Langwathby.

The 2010 DalesRail **Guided Walk Programme** is the largest programme in the country, with over 150 walks to choose from. Graded by: Easy Stroll, Easy, Moderately Easy, Moderate and Strenuous (A and B), they allow each passenger to choose their own level and walk as far, or as little as they wish.

Experienced guides are on hand to assist with each walk, from April to October – there's even an easy 3-mile walk that will allow you to enjoy the unique atmosphere of the Appleby Horse Fair.

If you want to just go at your own pace and enjoy a short countryside walk on fairly level paths, which visit places of interest, try the Sunday DalesRail Short Walks, running on selected Sundays from April to August. Various walks start and finish at Langwathby station, but there are also a couple from Appleby to enjoy.

Those wishing to simply enjoy the train journey through Eden, and extend it a bit further, can take advantage of **DalesRail's coach services**. A coach operates from Langwathby to either Alston, Killhope/Allenheads, Brampton or Housesteads, with passengers paying a supplement of around £6-£7 on top of the DalesRail Sunday train fare.

Coach services from Kirkby Stephen enable passengers to explore **Barnard Castle and Hollow Cross** (the latter priced at £5.00 in 2010).

The DalesRail service starts at Blackpool North rail station and stops at various stations en route to the Eden Valley. The service runs to mid October and children aged between 5 and 15 travel at a 50% discount, whilst a DalesRail Duo ticket is valid for two adults travelling together and allows the second person to travel at half price.

For bus services, the 108 to Ullswater, the 104 to Carlisle (where the Castle and Tullie House are open on Sundays) and the X4/5 all run on Sundays.

You could use the X4/5 to explore lovely Keswick, or to connect you at Keswick with the 78 and 77/77A, which take you to **Borrowdale or Catbells, Honister, Buttermere and Whinlatter** respectively. With walks, attractions like the **Honister Slate Mine**, and the April to August thrill of **watching the ospreys from Whinlatter Forest**, this is a great weekend option.

From Easter to late October, you could take the 108 from Penrith to Glenridding, and the connecting 517 to England's largest lake – Windermere. This bus travels via the Kirkstone Pass, giving you some dramatic scenery to enjoy. It leaves Penrith at 9.30 and arrives at Bowness at 11.05.

As the return bus leaves at 16.10, there is plenty of time to take a **Windermere Lake Cruise**, or **hire a rowing boat**. You could hop board an **open top bus** to travel to **the Lake District National Park Visitor Centre at Brockhole, to lovely Ambleside, or to Grasmere**.

Once home to William Wordsworth, you can tour his former abode of **Dove Cottage**, before heading towards the Church to buy some famous **Grasmere Gingerbread**.

6. Food For Thought

There are lots of reasons to try and leave the car behind on one day of your vacation, but if you need extra food for thought, why not treat yourself to some fabulous Cumbrian produce as your reward for travelling around more lightly?

The Eden Valley is home to some fantastic local producers and artisan food outlets: just check out how you can reach them by public transport.

Kennedys Fine Chocolates - www.kennedyschocolates.co.uk

Take the 561 from Appleby (Wednesdays only), or the 106/107 from Penrith, Clifton or Shap, to Orton to devour some of the most delicious, hand-made chocolates you will ever had tasted at Kennedys, in the centre of the village. Enjoy chocolate novelties, Turkish Delight, nougat, cookies and chocolate bars and buttons, not to mention hot chocolate in the Conservatory Coffee House.

Little Salkeld Watermill - www.organicmill.co.uk

This is Cumbria's only fully operational watermill, committed to producing high quality flour using British grain. It opens daily to the public (except Christmas to mid January) to sell its organic freshly-milled flours, ground in the traditional way on millstones, as well as bread and home-made chutneys. Enjoy a tour Monday, Tuesday, Thursday, Friday or Sunday. Langwathby rail station is 1.5 miles away (Settle-Carlisle line) and some Fellrunner services run to Little Salkeld, picking up at the station.

Greystone House Farm - www.greystonehousefarm.co.uk -
Stainton:

Stop off in Stainton on the 105 route from Penrith to Greystoke, or the X4/5 service from Penrith to Workington (both Monday to Saturday) to buy some excellent home produced beef and lamb, exciting sausage flavours, handmade butter and other delights supplied by 21 local producers. The Lofthouse Tearoom can also be enjoyed. The farm shop helpfully opens on Sundays for those wishing to cycle to get their sausages and supplies!

Penrith Toffee Shop - www.thetoffeeshop.co.uk

Famous for its hand-made fudge and toffee, this centre of sweet delights can be found in Brunswick Road, Penrith. Make it a stop-off whenever you are in Penrith, whether you arrive by train or bus.

Cranstons Cumbrian Food Hall, Penrith - www.cranstons.net

This fabulous, award-winning food hall, open Monday to Saturday, is home to some of Cumbria's most delicious produce from over 35 local Cumbrian producers, supplying everything from Cumberland Sausage to fresh fish and Cumbrian Herdwick lamb. Another must-see when you arrive in Penrith by train or bus.

7. Freewheeling in Eden

Whilst in our lovely area, why not make the most of its **great cycling opportunities**? The terrain in Eden is not as tough as that of the Lake District and North Pennines and the area offers some excellent circular cycling routes around its market towns. Routes around Appleby and Kirkby Stephen can be easily reached using the regular Settle-Carlisle Railway service. Technically, the rules say two cycles per train, but the railway will do its best to accommodate more.

There are **numerous byways and bridleways** around Kirkby Stephen, as well as a more strenuous route, climbing 11 miles from Kirkby Stephen up Tan Hill. Manage this and you will reach the highest inn in England, at 1732 feet. **Higher altitude and more challenging rides** can also be enjoyed around Alston.

Rides in Eden link up, at times, with sections of **three long-distance cycle routes**: The **Sea to Sea (C2C)**, the **Walney to Wear and Whitby (W2W)**, and the **Pennine Cycleway**. Penrith and Alston are popular stop-off points on the C2C route and information on where to stay can be found at www.c2c-guide.co.uk

Quite a chunk of the W2W route is in Eden, from the south of Orton, across the Orton Fells and almost to the top of Tan Hill (Regional Route 20).

The Pennine Cycleway, which runs from Derby to Berwick-upon-Tweed, has a section from Appleby to the North Pennines, with a spur off from Penrith (National Route 68).

Day Rides

Jumping on a bike is a great way to explore Eden, whether you bring your own bikes with you, or hire one when in the area.

Two leaflets are useful for cyclists wishing to ride between 15 and 30 miles in a day. One is *Cycling From Appleby & Kirkby Stephen* and the other is *Cycling From Penrith*. Each of these details five do-in-a-day cycle rides, of different lengths and levels of difficulty.

Rides are graded **short, medium, long and extra long**, whilst the height gain by km is graded easy, moderate, hard, challenge or extreme. Each route is highlighted on its own OS map and parts of national cycle routes are used at times.

All of these **do-in-a-day rides** start and finish at each town's Tourist Information Centre (TIC). The Appleby and Kirkby Stephen free guide can be picked up at Moot Hall, Boroughgate, Appleby (017683 51177) or at the Kirkby Stephen TIC, in Market Square (017683 71199). The Penrith free guide can be obtained from the Penrith TIC in Middlegate (01768 867466).

The Appleby and Kirkby Stephen ride options are:

- Villages & Viaducts (partly National Route 71 and W2W route 20): 12.4 miles
- Eden Valley Ride (partly on Pennine Cycleway (68) and National Route 71): 26.7 miles
- Orton Fells Ride (partly on old drove roads and Pennine Cycleway 68, W2W route 20 and National Route 71): 27.3 miles
- Eden Rivers & Brough Castle Ride: 16.2 miles
- Mallerstang & Pendragon Castle (partly on National Route 71): 12.4 miles

The Cycling From Penrith rides start at Sandgate, Penrith and are:

- Route 1 – cycling West from Penrith towards Mosedale & Mungrisdale villages (partly on C2C): 31 miles. This ride brings riders to the Greystoke Cycle Café in Greystoke (open Friday, Saturday and second Sunday each month).
- Route 2 – cycling to Greystone and back (on C2C route): 15 miles.
- Route 3 – cycling to the edge of the North Pennines, taking in red sandstone villages with rides through Melmerby, Langwathby, Little Salkeld, Kirkoswald, Lazonby.
- Route 4 – cycling through the Lowther Valley (with the possibility of extending the ride to Haweswater): 26 miles

- Route 5 – cycling through the Lyvennet Valley – freewheeling down to the river: 30.5 miles

Cycling in the North Pennines

This guide can be picked up at the Alston Tourist Information Centre, in the Alston Town Hall (01434 382244).

Wheels to the Wild Cycle Route

This cycle guide costs £5 and can be bought at Alston Tourist Information Centre. It includes a route around Eden's Garrigill, Alston and Nenthead.

Eden Valley Circular Cycle Route

This route can be found on a leaflet obtainable From Penrith Tourist Information Centre and takes riders through various Eden villages and market towns. This route can link riders up with various rail stations in the town of Langwathby, Appleby, Kirkby Stephen and Penrith.

Family Rides

The dismantled railway line between Hartley and Stenkrith Park on the outskirts of Kirkby Stephen is a **level path** for bikes, buggies and wheelchairs. This route has been opened up by the Northern Viaduct Trust Ltd (www.nvt.org.uk)

Another option is the **Lakeshore Road** between Pooley Bridge and Howtown. This is not traffic-free but a reasonably easy route over 8 miles and suited to older children. There is also the option of catching an Ullswater 'Steamers' cruise between Howtown and Pooley Bridge for one of the legs. Visit www.ullswater-steamers.co.uk for details of cycle and walker-friendly services.

Mountain Biking

There are **mountain bike routes** on byway and bridleway tracks across the fells around Askham, Orton and Kirkby Stephen. This area can be found on OS Explorer maps OL5 (The English Lakes North East) and OL19 (Howgill Fells & the Upper Eden Valley). Two off road routes are also in the Cycling in the North Pennines guide.

Parking above Helton (GR NY497214) allows you to cycle towards Pooley Bridge on a bridleway. This takes the rider to a large cairn (GR 482227) and then south to The Cockpit Stone Circle, where a packed lunch could be enjoyed. The track is then retraced on the return journey.

Cycle Shops & Hire & Cyclists' Accommodation

If you arrive in Eden and want to take advantage of the great cycling opportunities available, you can hire bikes at:

- Stonetrail Holidays, near Ravenstonedale (015396 23444).
- Arragon's Cycle Centre, Brunswick Road, Penrith (01768 890 344) - www.arragonscycles.com

Eden has a range of accommodation providers that are either Cyclist Friendly (in their terms) and Cyclists Welcome accredited (inspected). For more information on cyclist facilities in Eden visit the Cycling page at www.eden.gov.uk

8. Walking Back To Happiness

Eden is full of **beautiful walks**, whether you opt to walk on the fell, on a path around Ullswater, or along a riverbank. Both the **DalesRail** Sunday walks (see earlier) and free, all-year-round, guided walks from the **Settle to Carlisle Railway** (www.settle-carlisle.co.uk), will help you to find your feet with expert assistance (<http://www.foscl.org.uk/guided-walks>)

You can also find a range of **Walkers Are Welcome Walks** at www.walkeden.org

If you are a serious walker, tackling the **190-mile C2C walk** created by Wainwright, will see you passing through Eden on your trek. **Baggage transfer services** will take your bags to your next port of call, whilst you walk. Three services you might wish to take advantage of are available from:

- Coast to Coast Packhorse (www.c2cpackhorse.co.uk)
- Sherpa Van Project (www.sherpavan.com)
- Brigantes Walking Holiday (www.brigantesenglishwalks.com)

9. Here's To Your Health!

Walking, even at a gentle pace of 2mph (assuming a body weight of 150lbs) will burn off 170 calories an hour (the equivalent of the calories in a large glass of wine). At brisk pace on level ground, you will burn around 258 calories an hour. Walking very briskly will burn off 340 calories, making it a fantastic way to help control your weight.

Walking is one of the **best all-round exercises for cardiovascular fitness**, not to mention respiratory and muscular fitness. It can reduce the risk of coronary heart disease and stroke, reduce high cholesterol and body fat, and lower the risk of cancer in the colon.

It's also a way to **enhance mental well-being and relieve stress**. There's nowhere better to do that than in the Lake District, where tranquil countryside and wonderfully fresh air really help you unwind.

Why not exercise your **right to fitness** and park the car up for at least some of the time that you are in the Eden Valley. Every time you walk from a bus stop, tour a town or village, or head off on one of the many paths and bridleways, your body will thank you for it –and so will the environment.

10. **Give Something Back**

Making a change in the way in which you get around Eden will certainly help reduce the pressure on its beautiful landscape, but there are other ways in which you can show your appreciation. Many businesses are members of Nurture Lakeland (formerly the Tourism & Conservation Partnership) and support **conservation projects** across Cumbria through a voluntary donation scheme or other methods.

If you wish to stay or engage with one of these businesses, you can click on the map at www.ourstolookafter.com and find out which members are in the area in which you wish to travel. You can also see which schemes they support. For instance, The Glenridding Hotel supports the Fix the Fells Project, whilst Ullswater 'Steamers' which has long supported the Tourism & Conservation Partnership, gives a donation based on a set amount per passenger fare and supports work on the Howtown to Glenridding footpath.

If you wish to support **a business that helps offset the impact** of your time in the Lake District, use the www.ourstolookafter.co.uk website and see which businesses can help you do this.

If you wish to stay with an **environmentally-friendly accommodation provider**, look for those providers that have Green Tourism Business Scheme accreditation from the following websites: www.eden.gov.uk, www.golakes.co.uk.

11. **The CO2 Game**

If you are travelling with children, why not involve them in the fun of travelling around in alternative ways?

You can use the **CO2 calculator** at www.transportdirect.info to find out **how much CO2 you save** each time you travel by a different mode of transport. Add the totals up and there's a great mathematical exercise for the children to get stuck in to.

Alternatively, you could ask them to guess how much you might save during the course of your trip and see who comes nearest.

Give it a go! It's a bit of fun, and will help them understand **why transport choices matter for the environment**.

12. Every Little Helps!

Even if you make a **small change** – catch the bus or train for a journey, walk or cycle instead of driving, drive less, in a smaller car, or at a slower speed, you will be helping to influence how the landscape looks and feels today and for future generations. Literally, every little helps. If you enjoy making the change during your trip, please tell others. If we can spread the word, we will be in a much better position to **keep our scenic, rugged and wild landscape** exactly as you want it.

Sponsored
(July 2010). Photography courtesy of: Cumbria Tourism Photo Library, Eden District Council, Ullswater 'Steamers', Dove Cottage, The Quaker Tapestry and Catapult PR.