Transport in Cardiff is dominated by private car journeys. This has a negative impact on congestion, pollution and public health. Getting transport right will make Cardiff a safer, healthier, greener and more prosperous city. Transport needs to be accessible to everyone to allow us all to make smart and sustainable travel choices.

The City of Cardiff Council is working hard to make sustainable forms of transport easier to use and the natural choice for people to make, with a key element being the promotion of walking and cycling, especially for commuting and regular local trips. Other facilities to support more sustainable travel choices include park and ride facilities, efficient bus routes in and around the city centre, a car club, and travel planning and car sharing by employees.

Travel options: www.keepcardiffmoving.co.uk
Smarter driving: www.energsavingstrust.org.uk
Active travel: www.livingstreets.org.uk
Car Club: www.citycarclubb.co.uk

How to get there: www.traveline-cymru.org.uk
Visit Cardiff: www.visitcardiff.com
Sustrans: www.sustrans.org.uk
Short journeys

In 15 – 20 minutes most people can walk a mile, or cycle 2 -3 miles. Walking and cycling trips also contribute to your recommended 30 minutes daily exercise.

Longer journeys

Or wet and windy days, try to use public transport if you can’t face walking or cycling for your journey. Using public transport helps to reduce pollution and congestion too.

Necessary car travel

Car share with friends, family or colleagues. It helps reduce the numbers of cars trying to park and it can be good to have company on the trip.

Shopping

Use local facilities and buy locally produced goods to cut down food miles and support the local economy.

Holiday

Why not try vacationing closer to home? It boosts your local economy, reduces pollution and there are some wonderful sights on your doorstep.

New Car

There have been lots of positive new technological advances in the motor industry. If you are thinking of buying a new car you could consider a dual fuel model, one that runs on LPG, or a smaller more economical model. Or you could decide to join a Car Club and pay when you need to rather than buying and maintaining your own vehicle.

Economical driving

Try to anticipate road conditions so you drive smoothly and avoid sharp acceleration and heavy braking. This saves fuel, wear and tear on your car and helps to reduce accident rates. Turn off your engine when stationary for more than a minute or two. Keep your car’s engine well tuned and keep tyre pressures correct to improve handling and fuel consumption.

Getting to school

Sixty percent of primary school children go to school by car and surveys show that many would prefer to walk or cycle. It is an opportunity for exercise as well as time to chat with parents and peers. Some schools even have a “walking bus”! If you do have to drive you could park a bit further away and walk the last 10 minutes of your journey. You’ll still get the benefits and you’ll also help to improve safety at the school gate.

Transport is a theme of the One Planet Cardiff vision for the city. For more information on One Planet Cardiff see www.oneplanetcardiff.co.uk