Good reasons to get around by foot, bike, bus or train

For health
Walking and cycling to work, the shops, or to visit friends and family are great ways to fit regular physical activity into your daily routine. As well as getting you from A to B, regular walking and cycling can help you burn calories, reduce cholesterol and lower blood pressure. If you take the bus, walking to the next bus stop along is a really simple way of fitting a little more activity into your daily commute.

For the environment
We all know that our environment is under threat from the things we do. Cars currently make up 13% of the UK’s total carbon dioxide emissions but on average if you take a train or coach you’ll contribute six to eight times less than this, and, if you walk or cycle… nothing at all! Fewer cars on the road also means a safer environment for children and a more pleasant place for everyone to enjoy.

For you
One of the best things about getting around under your own steam is that it’s really cheap. There’s no car tax to pay, no need for an MOT and you don’t have to worry about petrol prices. If you walk or cycle regularly you’ll save a fortune, so there’ll be more cash to spend on fun things, like you!

Regular physical activity also helps improve your mood, is good for your sense of well-being and can help to improve your mood and boost self-esteem. By letting someone else do the driving and taking the bus or train, you’ll be able to spend more time enjoying the journey, whether you’re listening to music, reading a good book or having a chat with a friend, you’ll be saving money and giving your own vehicle a well-deserved rest.

The Peace Bridge
Spanning 235m across the River Foyle, this award winning iconic structure is the city’s first dedicated foot and cycle bridge linking the historic walled city to the refurbished Ebrington Square.

Waterside Greenway
This tranquil, traffic-free path reconnects communities to the east bank of the Foyle River and links into key amenities such as St Columb’s Park, Ebrington Square, Waterside station and the city centre via the Peace Bridge.

Foyle Valley Greenway
The first four miles of this 22 mile route is traffic-free starting at the Craigavon Bridge and following the line of the former Great Northern Railway with views of the River Foyle.

Prehen Greenway
This greenway follows an old railway line along the River Foyle providing traffic-free cycling and walking to Prehen playing fields and the village of Newbuildings. A beautiful rest area along the path offers stunning views of the river and the “Shoal” art work.

Want to get around under your own steam?
Sustrans and Derry City Council can help
Visit www.sustrans.org.uk to find detailed travel maps of your local area that include walking and cycling paths, bus stops, train stations and connections to local destinations such as shops, schools, GP surgeries and sports facilities. You can also plot your own journeys to share with friends and family.

The Sustrans website also has some great tips if you’re thinking about getting back on your bike or would like to go cycling with your children. Take a look at the easy rides section to find simple, safe and enjoyable cycling routes in your area, or order a free cycling information pack highlighting all the National Cycle Network routes near you.

Connecting your journey
Walking and cycling
Sustrans. Browse, download and create online maps of local walking and cycling routes. www.sustrans.org.uk
Tel: 028 71364 5151 (x6841)

Bus and train
Foyle Ulsterbus. For details of local bus and train services including timetables visit www.translink.co.uk/journey-planner
Tel: 028 7126 2261

About Sustrans
Sustrans is the charity that’s enabling people to travel by foot, bike or public transport for more of the journeys we make everyday.

It’s time we all began making smarter travel choices. Make your move and support Sustrans today.

www.sustrans.org.uk
To download a free copy of this map and a citywide Derry - Londonderry TravelSmart map visit www.derrycity.gov.uk/travelsmart