

AYR AND KILMARNOCK ACTIVE TRAVEL
HUBS PRESENT A SERIES OF

WORKPLACE WEBINARS

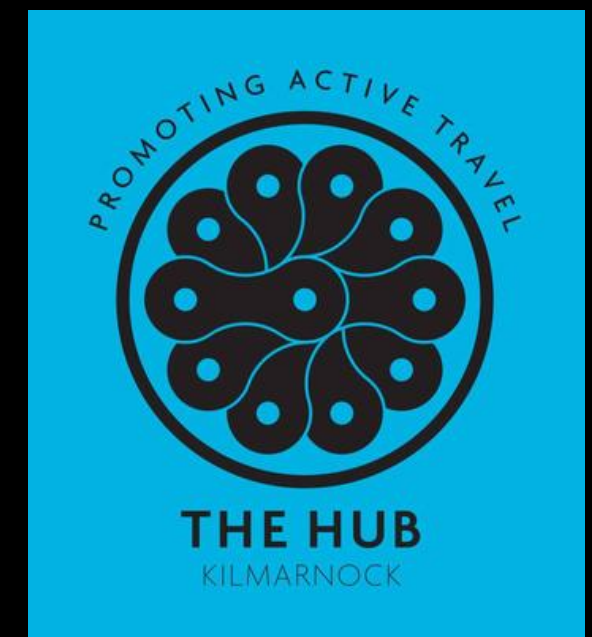
PROMOTING ACTIVE TRAVEL AT YOUR WORKPLACE

INTRODUCTION TO ACTIVE TRAVEL



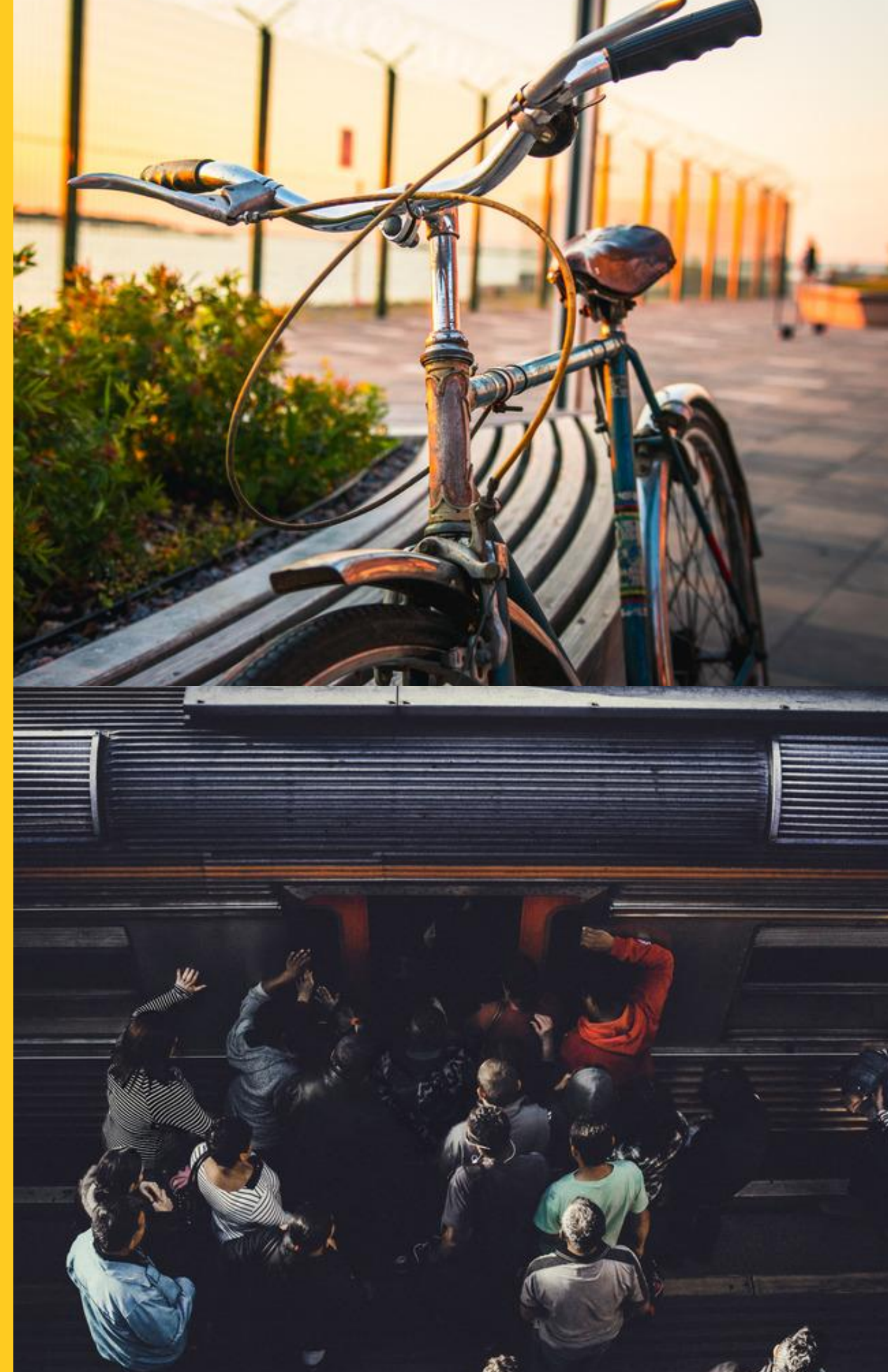
PROMOTING ACTIVE TRAVEL

The Ayrshire Active Travel Hubs are based in Kilmarnock (covering East Ayrshire) and Ayr (covering South). Both Hubs operate out of the train stations in the town centres and work to promote active travel to the general public, to workplaces and community groups in our respective areas. We want to make it easier for everyone to access walking and cycling and to see them as the better alternatives to taking the car.



THE IMPORTANCE OF ACTIVE TRAVEL AS WE RETURN TO WORK

Is it more important than ever that we look after our health. Active travel options , as well as being better for our physical and mental health are now also being seen as a preferable alternative to public transport for some. With the Scottish government providing more funding to allow local authorities to reallocate space to make it safer for those travelling actively, now is the time to encourage more of our commuters to walk or cycle and to make it easier for them to do so.



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**1.3 million people in the UK have
bought a bike during lockdown**

CYCLING WEEKLY JUNE 2020

Car journeys
down by

70% ↓



Cycling journeys
up by

120% ↑



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**Consider walking,
wheeling or cycling, if you can, to
reduce pressure on the road
network and on
public transport where capacity
will be limited**

ADVICE FROM TRANSPORT SCOTLAND

61% OF SCOTS REPORT THAT THEY ARE WALKING MORE THAN BEFORE THE PANDEMIC

- YUGOV POLL



As we begin to slowly return to our workplaces, it is important that we don't lose the momentum of the change in travel that has been witnessed since March 2020



CLIMATE CHANGE



62% of Scotland's carbon emissions come from transport.

The Scottish Government has committed to being net zero of all carbon emissions and greenhouse gases by 2045, with a 75% reductions by 2030

55% of car journeys in Scotland are under 3 miles and could be replaced by cycling or walking.

By walking & cycling to work, not only are workers helping to reach this net zero goal, but improving their physical and mental health as well as saving money

WHAT THE HUBS ARE CURRENTLY DOING



- SUPPORT & INFORMATION
- PERSONAL TRAVEL PLANS

- BIKE SECURITY MARKING
- SHORT TERM BIKES LOANS*

*ONLY IN EAST AYRSHIRE AT PRESENT

- 1-1 CYCLE SKILLS & CYCLE SUPPORT FOR COMMUTERS
- BASIC BIKE MAINTENANCE

- WORKPLACE WALKING CHALLENGES
- VIRTUAL WALKS

INTERESTED?

FIND OUT MORE:



FIND US AT:

Kilmarnock Train Station

Ayr Train Station

EMAIL US:

info@activetravelhubkilmarnock.org

activetravelhubayr@gmail.com

PHONE US:

Kilmarnock: 01563 532416

Ayr: 07970 709925

Other YouTube Resources



Cycling Friendly Employer Award & Grant



Funding



How To Set Up a Cycle to Work Scheme



How To Set Up A Pool Bike Scheme



How To Set Up Bicycle Mileage



Active Travel Awards for Workplaces



Active Travel Training For Employees



Active Travel Challenges For Employees