

WORKPLACE TRAVEL PLANS

Information for commuters in the
Highlands and Islands

→ 'EVEN SMALL CHANGES TO THE WAY WE
TRAVEL CAN MAKE A BIG DIFFERENCE TO
THE ENVIRONMENT'.

For more information please contact

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INFORMATION FOR COMMUTERS IN THE HIGHLANDS AND ISLANDS

HITRANS is the Regional Transport Partnership for the Highlands and Islands. We work in partnership with:

- › Orkney Islands Council
- › Highland Council
- › Comhairle nan Eilean Siar
- › Moray Council
- › Argyll and Bute Council

Our aim is to provide the people of the Highlands and Islands with a safe and secure transport network which offers people choices in how they travel around the region and further afield.

One way we do this is by helping organisations prepare workplace travel plans so they can encourage employees to think of other ways to get to work than using their own cars.

» HOW CAN A TRAVEL PLAN HELP ME?

SAVE MONEY

Most car costs are mileage-based, and sharing a regular journey to work can easily save you over a thousand pounds a year compared with driving alone. Walking or cycling cost next to nothing, and public transport is cheaper and less stressful than driving, without the need to worry about where to park the car.

GET HEALTHY

Along with saving you money, walking or cycling to work can help you stay healthy and can easily be included in your working day. Try taking the bus and getting off one stop earlier to increase your walking distance gradually.

STRESS

Sitting in traffic can be stressful as well as being a waste of time – other people's as well as your own. Alternative ways of commuting can reduce stress levels and help reduce stress related absences from work.

HELP THE ENVIRONMENT

Less traffic and congestion means less pollution and lower emissions of CO₂ and other greenhouse gases. Even small changes to the way we travel can make a big difference to the environment. Reducing your car mileage also saves non-renewable fossil fuel for future generations.

THE CUTTING YOUR CAR USE BOOK INCLUDED IN THIS PACK WILL GIVE YOU SOME HANDY TIPS ON USING YOUR CAR LESS.

» WHAT TO DO NEXT

Find out if your employer has a travel plan. If they do, ask them to help you look for the best way to travel to work. If they don't have a travel plan, why not suggest they contact us and we can help them develop one?

