



Ten Tips for a TravelSmart Holiday Season

1. Traffic congestion can add to stress levels and road rage. If you get stuck in traffic, remember, you ARE the traffic, consider alternative means of transport such as walking, cycling and public transport for your next trip.
2. Motorists, be courteous to cyclists – they are helping you by reducing the number of cars on the road
3. For people able to walk, wear a pedometer (free loans available at all City of Cockburn Libraries). Pedometers have proven to be a great incentive for people to reach the recommended target of 10 000 steps a day
4. If you are driving to the shops, offer your neighbours a lift or ask if there is anything you can get for them while you are there
5. Plan your car trips. Make sure everything that needs to be done in a car is done in the same trip
6. Buy and ask for presents that help people everyone to travel smartly – bike baskets, shopping trolleys, bike helmets (remember new standards are coming in so make sure the helmet complies)
7. Be courteous on both shared paths and roads. Brush up your knowledge of the regulations relating to cyclists and pedestrians – for example: Pedestrians have right of way if they are crossing a road that a vehicle is turning into
8. Buy locally produced food and presents. Goods that have to travel also impact on traffic and carbon footprints. Consider having heavy food such as fruit and vegetables home-delivered to reduce your car trips
9. Get into the spirit of Christmas and decorate your helmets, bikes, sunhats, wheelchairs etc. Making yourself highly visible when you are using transport other than cars will help keep you safe as well as spreading a friendly fun feeling
10. Make your New Year's resolution to take the TravelSmart Pledge to not drive at least one day of the week. Pledge forms available at all City of Cockburn Libraries and online at www.beactivecockburn.com.au