

Travel choices

How we get around is a choice, often the easiest is not always the cheapest or quickest. There are loads of ways to get information about making a smarter choice, whether for a daily commute or the big match or concert and over any distance.

Traveline Cymru offers a one-stop advice and information service for public transport information across Wales. There are many quick and easy ways to get information from the web, via text, iPhone app. or via their call centre by calling **0871 200 22 33**. Calls cost 10p per minute plus any charges your network provider makes.



Traveline Cymru advice covers all types of travel from bus to car, walking and cycling including:

- Bus and train times
- Local information inc. bus stops and routes, next three buses
- Free return texts with timetable information
- Journey planning
- Carbon calculator to work out savings you could make on greenhouse gases

Car-sharing or arranging a lift is nothing new! The South East Wales Transport Alliance (SEWTA) has developed a car share database in partnership with Liftshare which is supported by the Welsh Assembly Government. To register go to **www.sewtacarshre.com**



Car sharing enables anyone to seek or offer a lift all over Wales. sewtacarshare.com covers routine and one-off journeys such as school runs, the daily commute to work, hospital appointments, big sports fixtures and even concerts and festivals.

Car sharing can help reduce your travel costs, reduce pollution, and reduce congestion and the stress of travelling. You can also work out how much you could save.

You need to access a computer to register on-line. You can use the computers in any library or at Bron Afon HQ to register if you don't have access yourself. They also operate a Call Centre who can help with all the arrangements. There is also sensible advice about how to stay safe when car sharing.

When you have registered that you can decide to be contacted any way you choose about car sharing, by e mail, text or by phone for example.

Active travel is a term for getting around and getting active. There are many advantages to choosing to walk, run or cycle to your destination, not least of which is to get some exercise.

There are many ways to plan a journey and even get a good idea of the time it might take. **Sustrans** is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys that we make every day. Sustrans' work makes it possible to choose healthier, cleaner and cheaper journeys with better places and spaces to move in. They can give advice on planning and plotting a journey via their website www.sustrans.org.uk or by phone on **0845 113 00 65**.

CycleStreets offer something similar. Their website can help you plan your cycle route using start and finish postcodes. Their website will give you three different routes and produce a step by step guide with maps for the route you chose. Their website is at www.cyclestreets.net