

# Active Travel

There are a number of benefits to be gained from travelling more sustainably and being more active: by walking, cycling, using the bus more and even car sharing, we can all become healthier and happier, make our streets safer, reduce our environmental impact and generally contribute to Kirkwall being a nicer and healthier place to live, work and have fun.



## How long does walking or cycling really take?

People often overestimate how long it takes to get around by foot or cycle, but underestimate the time it takes to drive. Research shows that most car trips take five minutes to go nowhere. This is the time it takes to get the car started, onto the road, find a parking space and then walk to your final destination.

So for short trips of less than a quarter of a mile (400m) it will always be quicker to cycle than drive and almost always quicker to walk than drive too!\*

\* For an average fit person: this is someone who walks 3 miles per hour, roughly 400m in 5 minutes.

### Do you know?

Walking for about 20 minutes burns about 106 calories and cycling for 20 minutes burns about 112 calories.

**Do you know?**  
The average cost of maintaining a car each year is £273 compared to just £75 for a bike.



*Promoting a sustainable community and a healthy lifestyle*



### Do you know?

According to Sustrans, 2kg of carbon is saved for every short journey that is made using a bike instead of a car.

Save money, feel fitter and get to work quicker!

Kirkwall Travel Map



## Try it, you might like it...

The benefits to gain from leading a more active lifestyle are many including living longer, an increased sense of wellbeing and the ability to function better at work and home.

**Just 30 minutes of moderate activity per day can make a significant improvement to your health.**

Walking and cycling are great ways to fit physical activity into our busy lives.

So why don't you try walking or cycling today



## Cycling is good for you!

- On average, cyclists live two years longer than non-cyclists;
- Regular cyclists are as fit as an average person 10 years younger;
- Cyclists breathe in less pollution from traffic than car drivers;
- Cycling firms the thighs and bottom and can even help tone tummy muscles;
- Cycling raises your metabolic rate, helping you to keep the weight off.\*

You may also want to invest in a cycle helmet if it makes you feel safer as well as some warm gloves and waterproofs so you are comfy cycling whatever the weather. Also wear light and bright clothes to help make sure you can be seen by other road users.

Think about where you are going to store your bike. Make sure it's kept somewhere safe and secure and in easy access, so it's ready to ride whenever you need it.

### What do I need to start cycling?

If you're yet to buy a bike, think carefully about which sort you go for. See contact details below for further advice and support.

There are a few essential items you will need, too, such as a sturdy bike lock and a bell as well as lights and reflectors to make sure you can be seen by other road users. It's also handy to have a basic repair kit.

\*Figures from Sustrans

### I haven't been cycling for a long time. Where do you recommend I start?

Why not try walking your bike to the nearest cycle path to get back into it. Slowly challenge yourself to build up to cycling on quieter residential streets and then onto longer journeys. Your confidence will come back.

### Why not try an E-bike?

An electric bike is a great option to provide a higher than average speed and tackles the problem of hill climbing. Give it a try today!

Orkney Islands Council received grant funding to purchase a fleet of electric bikes for hire. These are available from the Kirkwall Travel Centre. For further information or to make a booking contact Cycle Orkney.



### Who is my local cycle provider and who can repair bikes?

Further information can be obtained from:

**Cycle Orkney**  
Tankerness Lane,  
Kirkwall, Orkney  
KW15 1AQ  
T: 01856 87 5777  
E: [cycleorkney@btconnect.com](mailto:cycleorkney@btconnect.com)  
W: [www.cycleorkney.com](http://www.cycleorkney.com)

**Cycle Analyser**  
T: 07824 902942  
E: [steve@cycleanalyser.co.uk](mailto:steve@cycleanalyser.co.uk)

A range of bicycles are also available from:

**Orkney Active**  
Smerquoy Brae  
Old Finstown Road,  
St. Ola, Orkney  
KW15 1TS  
T: 01856 87 5807  
E: [enquiries@orkneyactive.co.uk](mailto:enquiries@orkneyactive.co.uk)  
W: [www.orkneyactive.co.uk](http://www.orkneyactive.co.uk)



## Walking is good for you!

### Walking is healthy

It's the easiest way to get more exercise: preferably 30 minutes per day. Walking 3,000 steps or 1½ miles can provide this. Walking to the shops, to work, walking the children to school or even walking the dog are all great ways to fit this exercise into a busy daily routine.

### Walking is free

On short trips it's a lot cheaper than driving: if you only drive 1½ miles a day, walking could save you around £100 in fuel costs over the course of the year...not accounting for road tax, MOT and other maintenance requirements. It's also a lot cheaper than the cost of a gym membership!

### Walking is quicker

Particularly in Kirkwall and where car journeys can be very short, by the time you've found somewhere to park and walked to your final destination, walking may be quicker than driving.

### Walking time is quality time

It can be a great way to make time for you! It's a chance to unwind, let your mind wander and even start to appreciate some of the local features of your community and the surrounding environment. Walking tends to relax us and helps us arrive at our destination fresher.



Transportation Team  
Orkney Islands Council  
T: 01856 873535  
E: [transport@orkney.gov.uk](mailto:transport@orkney.gov.uk)  
W: [www.orkney.gov.uk/transport](http://www.orkney.gov.uk/transport)







**Do you know?**  
 You can cycle to most places in Kirkwall in less than ten minutes.

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Promoting a sustainable community and a healthy lifestyle

Try walking or cycling into town- it may be quicker than you think!

Check out the dotted walk lines on the map. You may be surprised about how much exercise you could get just by walking into town from where you live.

- ..... 5 min walk, 27 calories, 500 steps, ¼ mile
- ..... 10 min walk, 53 calories, 1,000 steps, ½ mile
- ..... 15 mins walk, 81 calories, 1,500 steps, ¾ mile

Key	
	Walking paths
	Cycling paths
	Shared paths
	Paths to health
	Ferry terminal
	Travel centre
	Sports facilities
	Play areas
	Parks
	Community centre
	Library
	Schools
	Industrial areas
	Shopping areas



## Cycling

You can cycle to most places in Kirkwall in less than 10 minutes. Why not cycle to:

- **Carness:** 4 miles round trip - a lovely coastal route.
- **Stromness:** between 14 and 18 miles depending on your route - a bit more of a challenge, but you could take the bus back!



## Walking

You can walk to most places in Kirkwall in 20-30 minutes. There are also some great off-road trails that are worth trying:

- **Wideford Burn:** start at Inganess Bay. A circular walk of 3.5 miles following the course of the Wideford Burn with a 1.86 mile extension to Kirkwall via Scapa Bay.
- **Muddisdale Road and Wideford Hill:** start at the kissing gate at the end of Muddisdale Road. An easy circular route through a flourishing young woodland on the edge of Kirkwall.

## Paths to Health

A selection of 4 'Paths to Health' are located close to the Peedie Sea offering a variety of short walks:

- **The Peedie Path (211 steps)**
- **Cathedral Trail (634 steps)**
- **Ayre Walk (422 steps)**
- **St. Magnus Trail (845 steps)**

Rest areas provided on each path

