

MainRoads

Sunshine Coast Multi-Modal Transport Corridor

Fact Sheet #5

Active transport

Walking and cycling are quick, healthy, affordable and non-polluting forms of travel. They will be crucial components of the Multi-Modal Transport Corridor (MMTC) transport network.

Walking and cycling activities improve access, social interactions, wellbeing, enhanced community life and road safety. These activities provide vital links to our public transport system and offer the opportunity for everyone to incorporate exercise into daily routines and to help maintain good health and wellbeing.

The MMTC will be designed to persuade and encourage more people to choose to walk and cycle more often.

public transport and car pooling. It also includes alternatives to travel such as working from home, internet shopping and using low emission vehicles (for example, electric and hybrid cars).

What are Transit Oriented Developments?

Transit Oriented Developments (TODs) are high-density residential, retail and commercial areas, supported by a rail and/or bus station. TODs support sustainable and active transport.

What is active transport?

Active transport is any form of transport that involves some kind of physical activity, in particular walking and cycling. It also includes the use of public transport, because the walk to and from the bus or train is part of the journey.

What is sustainable transport?

Sustainable transport is any form of transport that keeps environmental pollution to a minimum and usually has the advantage of being a healthier alternative. It includes activities such as walking, cycling, use of



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Benefits of walking and cycling

As part of a balanced transport solution, MMTC will integrate walking and cycling options that have the potential to:

- improve opportunities and travel times for public transport
- reduce traffic congestion and free up valuable road space for more sustainable modes of transport
- seek to improve air quality along the transport corridor – walking and cycling are pollution free and energy-efficient
- enhance health benefits – active transport has shown to improve health, motivation and wellbeing
- reduce capital and revenue costs associated with roads, parking facilities, traffic congestion, vehicular accidents and environmental damage
- enhance interaction with neighbours and the wider community and improve urban amenity

- improve community safety in residential suburbs
- facilitate planning and urban regeneration since less land is needed for private vehicle infrastructure, including roads and car parking.



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For more information visit www.mainroads.qld.gov.au (search for “MMTC”)