

## 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 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 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.

Walking and cycling are healthy, affordable and non-polluting forms of travel. They improve access, social interactions, well-being, community life and road safety. Pedestrians and cyclists provide vital links to our public transport system.



## Benefits of walking and cycling

- **Travel benefits** – direct, flexible, reliable and result in reduced journey travel times
- **Transport benefits** – help to reduce congestion, free up valuable road space for more sustainable modes of transport, increase travel choices and increase accessibility for all
- **Health benefits** – improve health, motivation and well being. Reduce stress, increase cardiovascular strength and energy levels, assist with weight control, heighten mental clarity and reduce the risk of illness
- **Environmental benefits** – pollution-free and energy efficient without the use of fossil fuels
- **Economic benefits** – reduced capital and revenue costs associated with roads, parking facilities, traffic congestion, vehicular crashes and environmental damage. Savings on the health care system from costs associated with physical inactivity
- **Community and social interaction benefits** – easier to interact with neighbours, other people in your community, your local environment and provide an opportunity to discover what's on your doorstep!
- **Security benefits** – improve surveillance of public spaces and residential areas by increasing the levels of activity
- **Land use efficiency benefits** – less land is needed for private vehicle infrastructure, including roads and car parking.





## Proposed options for cyclists and pedestrians

A preferred option for cycle and pedestrian infrastructure has not yet been finalised as a result of the desire to include Sunshine Coast cycle groups, school children and local residents in the decision making process. Stakeholder and community workshops are being held in November 2008, where participants will discuss preferred routes, infrastructure options and generic design features. This meeting will follow on from the April 2008 stakeholder workshop, where the following design aspects were agreed upon:

- dedicated cycle paths
- separation of pedestrians and cyclists
- longitudinal routes and local links to schools, transport interchanges and recreational facilities
- sufficient space for future needs and demands
- 6-metre wide active transport corridor.

