

# Here's how to save money and improve your health on your commute!

Did you know, people who commute by bus or on foot on average do **30%** more steps each day than those who drive?

Nearly **1/10** people already cycle for their commute in Portsmouth



Follow Quieter Route stickers on lamp posts for quieter routes across the city



Car drivers can be exposed to twice as much air pollution as pedestrians and nine times more than a cyclist



Overtake the traffic using P&R - almost 100% dedicated bus lanes, taking only seven mins to the city centre



Switch your engine off when stationary to improve air quality for your community

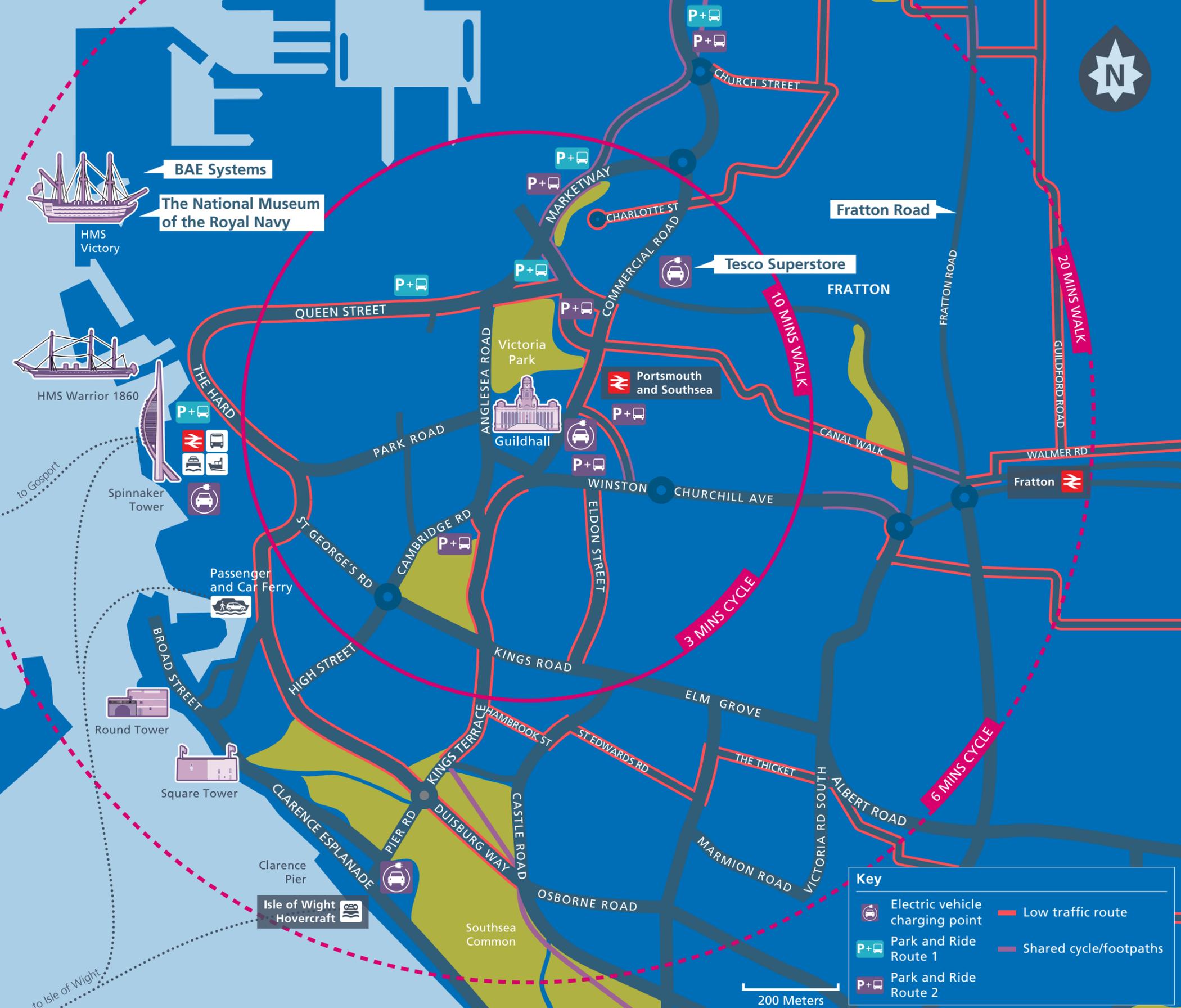


Remember when petrol was less than £1 per litre? It can be again! Lift share to halve your petrol costs!



By walking to work, you could hit your recommended amount of exercise each week without even trying

Commuting in an active way to work can really improve your health. The risk of developing major chronic diseases such as heart disease, stroke, type 2 diabetes and some cancers can reduce by up to 50%.



## Bus

With monthly bus season tickets costing £2 per day, why not try the bus?

First - £53 monthly\*  
Stagecoach - £54.50 monthly\*

\*Prices are for each company's specified Portsmouth area.

## Train

Four trains per hour from Fareham to Portsmouth and vice-versa during peak periods.

Passengers can take their bikes on trains.

## Walking

Walking is an easy way to get your exercise whilst commuting!

1 mile - 20 mins  
1 mile - 100 calories  
1 mile - 2000 steps

## Hovercraft

Portsmouth Harbour to Ryde FastCat passenger service.

- Crossing is 22 mins
- Ryde Pier Head to Portsmouth Harbour railway station
- Bikes go free

## Ferry

The ferry from Gosport to Portsmouth takes only four minutes - why not try it!

Every 7.5 mins (peak)  
Every 15 mins (off-peak)  
From £1.13 per trip using a Solent Go Travelcard

## Park & Ride

With a Park & Ride smartcard\* daily travel costs as little as £2 a day.

PR1 every 15 mins  
PR2 every 30 mins

\*Ticket valid for one year from the date of purchase.

## Cycling

Cycling is a great way to get your exercise and saves you money! For more information on Quieter Routes and cycling in Portsmouth search for 'cycling' on the council's website. Link below:

[www.portsmouth.gov.uk](http://www.portsmouth.gov.uk)