

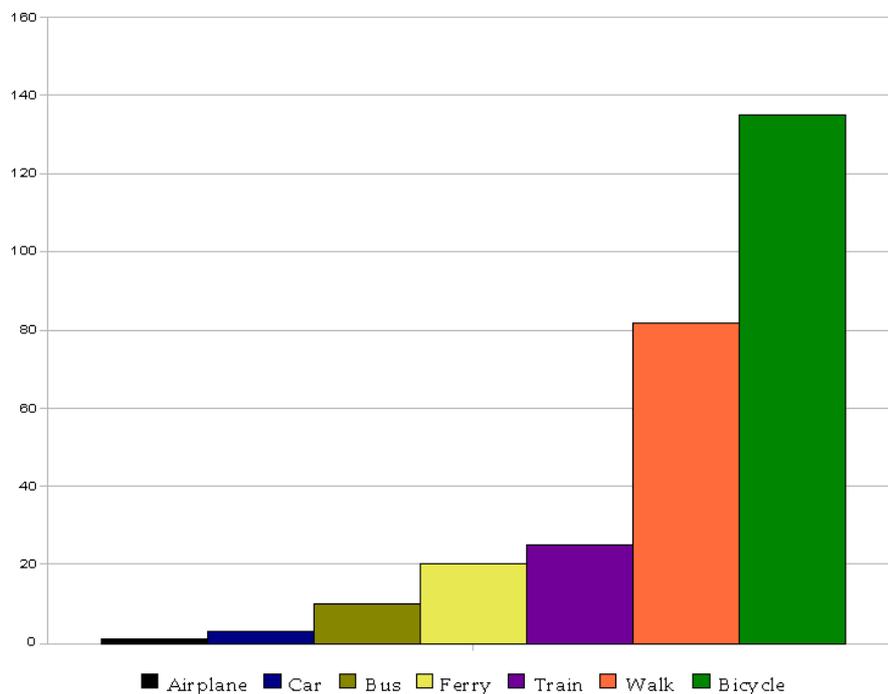


Transport

Transport is a huge consumer of fossil fuels and producer of carbon emissions, in the UK accounting for about a quarter of personal and national emissions. Most forms of transport are incredibly wasteful users of energy, so reducing your demand for travel will make a big difference.

Relative emissions

This table charts how many miles you can travel to produce 1kg of CO₂ emissions:



What becomes clear is just how polluting travel by plane and car is, producing 1kg of CO₂ after just 1 mile and 3 miles respectively (on average). By contrast, if you walk or cycle you can go for for 82 miles and 132 miles respectively before 1 kg of CO₂ is produced! That makes cycling 182 times more efficient than flying!

Keep it local

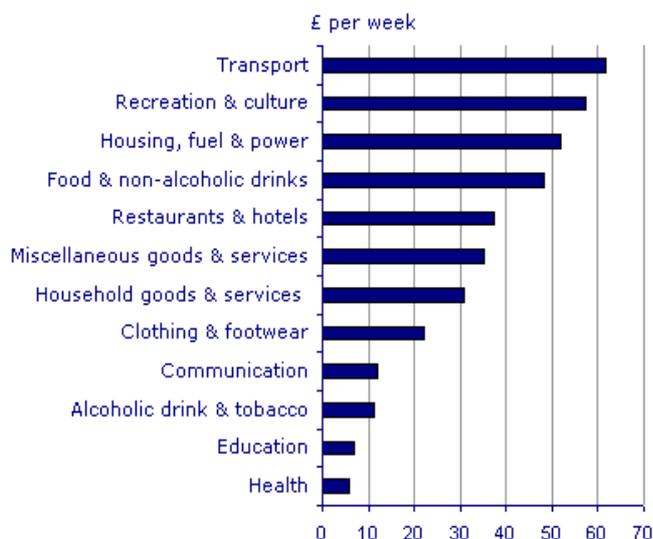
Evaluate the reasons why you travel. In general we lower regard for the enjoyment of local areas, in favour of a fashion and revere for travel to distant destinations. Fragmentation of families and friends is also a factor. Valuing your local area more is a key step to reducing your daily and annual need for travel. [Find out more](#) ➔

[Local distinctiveness: England-in-Particular](#)

Save money!

Travel is no longer cheap by any means except walking and cycling. Some travel will always be essential, for example for work or shopping, but the measure of what is essential and what is luxury should be constantly re-evaluated.

Many trips made by car are very wasteful – some that could easily be done by bike or on foot, and some that don't *need* to be done at all. As costs of fossil fuel-powered transport increase, it's becoming increasingly financially and socially unacceptable be wasteful.



Average weekly expenditure by UK households. Ref: UK Department for Statistics, 2006

This chart shows that every household in the UK, on average spends over £60 per week on transport, more than any other sector!

Enjoy low carbon transport

Walking and cycling can be very enjoyable and have the benefit of keeping you fit. The key is to be kitted out for the activity: if you want to go walking to have comfortable shoes and good waterproofs; for cycling have a good reliable bike with plenty of gears for steep hills – as well as good waterproofs, basic bike repair skills and confidence to ride in traffic.

[Find out more](#) ➔

[Sustrans: Enjoy cycling](#)
[Walking information](#)

Minimise flying

Over the past 20 years flying has been viewed more as a right than a privilege. In a world where reducing carbon emissions to a sustainable must be the number one priority, flying can no longer be viewed in this category. It is a gross misuse of fossil fuels and creates vast quantities of greenhouse gases, those which are driving climate change.

In Scilly we may have little choice in winter but to fly to the mainland, but long-haul flights have to be out of bounds for those that are carbon conscious. It's worth noting an important phrase: *radiative forcing*. At high altitudes, the warming potential of greenhouse gases is considered to be at least three times worse than at ground level.

Some carbon calculators, such as [Climate Care](#) ignore radiative forces, making a return from London to New York 1.5 tonnes of CO₂. Those that consider radiative force, such as [Resurgence](#), calculate the same flight at about 6 tonnes of CO₂.

[Find out more](#) ➔

[Alternatives to flying](#)
[Seat 61: worldwide travel avoiding planes](#)