

CONSORTIWM CLUDIANT INTEGREDIG DE-ORLLEWIN CYMRU
SOUTH-WEST WALES INTEGRATED TRANSPORT CONSORTIUM



SWWITCH

“Travel Training for Tourism”

‘Disseminating Information to your Visitors’

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Why are you here?

- To find out what information is out there
- To learn how you can use it
- To find out how it will help you
- **To find out how you can help others**



SMART Travel – What are your choices?

- Car Share
- Bus
- Cycle
- Walk
- Rail
- Community Transport

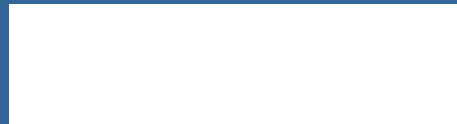
The Car-share Scheme for South West Wales


- Reduces motoring costs
- Reduces parking problems
- Reduces congestion
- Reduces driver stress
- Reduces pollution





To start car-sharing



- FREE to register at www.switch2share.com
 - Information on insurance and motoring costs
- 
- Register as a passenger

Cycling & Walking

- **Sustrans** – your one stop shop!
- Route Planning
- Active Travel
- Bike Buddies
- Mapping Information
- National Cycle Network



www.cyclestreets.net

- Plans your journey from A to B
- CycleStreets in your area
- Photomap – over 38,000 photos of cycling infrastructure
- CycleStreets app for your mobile
- **PLAN YOUR JOURNEY!!!**

Hints and Tips!

- **Walking**

- Know your bus options if it is raining heavily (or car share)
- Invest in a pair of trainers
- Always carry an umbrella
- Have spare cosmetics at work, (and straighteners!)
- Spare pair socks/ top at work

- **Cycling**

- Know your bus options if it is raining heavily (or car share)
- Invest in waterproofs
- Set targets
- Buddy up
- You won't get as sweaty as you think.... Give it a go! 😊

Why Cycle???

- Regular cyclists are as fit as an average person **10 years younger**
- Firm your **thighs and bottom**, and even tone your tummy muscles
- It raises your metabolic rate, helping you **keep weight off**
- On average, cyclists **live 2 years longer** than non-cyclists

Why Walk???

- Walking burns as many calories as jogging over the same distance
- It's good for your heart and lungs and strengthens your muscles, bones and joints
- Reduce your risk of stroke
- Improve your mood and boosts self-esteem
- As you get older, regular walking helps maintain flexibility and co-ordination
- 30mins x 5 days a week, dramatically cuts risk of developing heart disease, diabetes, obesity and some cancers

Young Persons Railcard

16-25 Railcard costs just £28 and it'll save you 1/3 on rail fares throughout Great Britain for a whole year. That works out at £2.33 a month for huge savings. You're eligible if you're aged between 16-25, or over the age of 26 and in full-time education.

3-year 16-25 Railcard is available for purchase online only. At £65 it's great value, saving you an extra £19 on the cost of renewing your 1-year Railcard for three consecutive years. The 3-year Railcard can be purchased up until the day before your 24th birthday. Available online only.

- www.16-25railcard.co.uk



Community Car Schemes

Community Car Schemes provide transport for people who are elderly, mobility or sensory impaired, who are unable to travel by conventional public transport, ambulance or social services transport and do not have their own transport available to them at the time they wish to travel.

You have to join a scheme so that you can use the services.



Community Transport Schemes and information

To find out more about schemes that are available visit

www.traveline-cymru.info

www.ctauk.org

Local Council websites also carry information on local schemes:

www.carmarthenshire.gov.uk

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SWITCH

Public Transport



www.TravelineCymru.info

0871 200 22 33

Gwybodaeth teithio didrafferth
Trouble free travel info



Thank you for listening!!!

Do you have any questions???

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