

How far is your journey to work one way?

The following table will give you the average time, cost, calc

	Walking	Cycling
TIME (minutes)	120	30
COST (£)	£0.00	See below...
CALORIES	492	282
JAM DOUGHNUTS BURNT OFF	2.0	1.1
CO ₂ EMISSIONS (Kg)	0.00	0.00



Kgs CO₂ saved per year if you walk/cycle compared to:

Equivalent light bulb hours per year

Covering the initial cost of

How much did you

If you switch to cy

Switching from
Daily saving
Yearly saving

You will cover the

Switching from
Weeks
Days

6 Miles

pollutants burnt and carbon dioxide emissions of your journey to work (one way) by

Mode			
Car, on your own	Car, with others*	Motorbike	Bus
25	25	20	35
£3.79	£0.95	£1.80	£1.92
57	57	57	81
0.2	0.2	0.2	0.3
1.80	0.45	1.02	1.55

*How many people do you car share with?

4

Car, on your own	Car, with others*	Motorbike	Bus
793	198	447	681
4,097	9,232	14,071	6,870

your bike:

your bike cost?

£200

fuel saving you will save:

Car, on your own	Car, with others*	Motorbike	Bus
£7.59	£1.90	£3.59	£3.84
£1,669	£417	£791	£845

initial cost of your bike within:

Car, on your own	Car, with others*	Motorbike	Bus
5	21	11	10
26	105	56	52



different travel modes

Metro/Trams	National Rail
28	15
£1.17	£1.63
73	57
0.3	0.2
0.76	0.53

Metro/Trams	National Rail
333	231
4,777	0

Metro/Trams
£2.34
£514

Metro/Trams
17
86