

Travel

What you can do today

Make one change or buy one less item today! Refill your empty water bottle with tap water and put that in your bag along with a carrier bag - that's two items on the list ticked off already.

Some things you can do right now!

Walk or cycle. Between 30 and 40% of car journeys made by the average UK household are fewer than two miles long.

For most cars, driving smoothly at between 55 and 65mph reduces fuel consumption and is up to 20% more fuel efficient than driving at 75mph.

Look out for cars with 'stop-start' technology which achieve fuel efficiency savings of between 10 – 15% in urban traffic.

Don't sit with the engine running.

Use air-conditioning and phone chargers sparingly as they increase fuel consumption.

Roof and bike racks and boxes increase weight and lower resistance causing greater fuel consumption.

Empty the boot of your car of all excess junk and weight.

Cost saving per year: £120

CO2 saving per year: 400kg

Don't drive alone. If you're going where at least one other person is going, share rides. This is particularly relevant for school runs.

www.carplus.org.uk

Cycle to work. Good for you and good for the environment, plus you may be eligible for a tax-free bike. There's also the government's Green Transport Initiative. www.cyclescheme.co.uk

Within the year...

Travel responsibly. Cut down on travel as much as you can and when you do need to; use the most environment-friendly means possible.

Take the train. Or the bus. Or the boat. An individual taking a flight from East Midlands airport to Charles de Gaulle airport emits around 140kg CO₂. A passenger on a similar journey by train emits only 30kg CO₂.

www.carbonresponsible.com

www.seat61.com

www.sailanddrive.com

One long-haul flight is better than several shorter trips as take-off and landing contribute the most to the carbon footprint of a flight. CO₂ factor for long haul flight: .12kg/km short haul flight: 0.14kg/km domestic flight: 0.17kg/km

Travel light. The lighter the plane, the less fuel it uses.

Choose daytime flights where possible as night flights are (for complicated reasons to do with condensation and reflection!) much more environmentally damaging than daytime flights

Think about:

Your energy consumption in hotels. Laundry consumes almost 40% of an average hotel's energy for hot water. The hotel may offer you the option of holding on to towels. If not, you can suggest you do. Turning down the heating and switching off appliances also makes a big difference, especially when multiplied across the millions of hotel rooms there are globally.

Within the next five years...

Buy a more efficient car. It will halve your vehicle emissions, cut fuel bills and the road tax is only £30 a year. They're also exempt from congestion charges.

Think about:

Liquid petroleum gas (LPG) cars aren't available new in the UK, but petrol cars can be converted. LPG emits 20% less carbon dioxide than petrol. Cash savings are huge as it costs an average of 60p a litre and these cars are about 30% cheaper to run than a petrol equivalent.

Think about:

Holidays. Travel with a provider that has good eco principles and practices. There are more than 20 'green' accreditation schemes in the UK and over 100 worldwide.

www.ecotourdirectory.com