



Greener
Kirkcaldy

Travel

Kirkcaldy Climate Friendly Living Guide

What's the problem?

Transport is the biggest contributor to greenhouse gas emissions in Scotland.

Given that more than half the journeys we make in Scotland are under 5km long, changing how we travel is an achievable goal. Emissions from cars not only contribute to the climate crisis, but also add to local air pollution. Remember, you are not stuck in traffic, you ARE traffic!



"Home Energy Scotland can help you access an interest-free loan of up to £6000 for ebikes"

Home Energy Scotland

What action can I take?

Choose to walk, wheel or cycle

Leaving the car at home for shorter trips will reduce your climate impact and improve your physical and mental health.

Use public transport

Turn commuting time into leisure time by reading a book, enjoying your favourite podcast or just watch the world go by.

Buying the right ticket is key to making public transport affordable. Which one to buy will depend on how often you are travelling. A list of Stagecoach tickets is available on **their website** and ScotRail's commuter tickets can be found **here**. **Traveline Scotland** is a useful tool for planning trips. All residents in Scotland under the age of 22 are eligible for **free bus travel**.

Car share

Sharing a car with another person cuts your personal carbon emissions in half. You can take it in turns to drive and you will both save money. If you do not have someone to share with, there are **apps** available to find someone to car share with.

"Fife Council estimates that half of all journeys in Fife could be cycled within 15 minutes"

Fife Council



Go electric

Fully electric vehicles have zero tailpipe emissions and can save you money through reduced fuelling cost, cheaper maintenance and zero road tax. **Grants** are available to reduce the initial purchase cost of eligible plug-in vehicles and the cost and **installation of charging points**. **Interest free loans** are also available for different electric vehicle types. There are plenty of **charge points** across the UK, which you can find via a smartphone, so topping up is easy. E-bikes are also becoming more and more popular and are a great alternative to the car.

Ditch the SUV

Generally, the larger and more powerful the car, the bigger the carbon footprint. Driving a 4x4 could release more than twice the emissions of an average sized car. Making this switch will also save you money through lower fuel consumption.

Fuel efficient driving

Changing your driving style to be more **efficient** will reduce fuel bills, cut carbon emissions and lowers accident rates.

Combine trips

Planning can really make a difference. Get in the habit of doing two "jobs" in one car trip, rather than driving for two separate journeys.

Work from home

Do you need to be in the office every day? Many employers will accept requests for flexible working. Without the commute, you will save money and have more free time.

Opt for a staycation

There is plenty to see and do in the UK, so why not holiday closer to home, rather than flying abroad? A number of new train operators offer cheaper long distance routes to **London** and **beyond**. It may seem like it's normal to fly for leisure and holiday. However, around half of Brits do not fly in any given year and the vast majority of people on the planet have never been on a plane.

"A return trip to Bali produces around the same carbon emissions as two years' worth of car journeys."

Flight Free UK

What action can I take locally?

Find a route

Greener Kirkcaldy have produced a **Kirkcaldy cycling route map** and a Kirkcaldy **walking guide** for download.

The National Cycle Network has thousands of miles of dedicated cycling routes.

Cycling UK's **Journey Planner** allows you to toggle between fastest, quietest and most balanced routes.

Walking groups

Build up your stamina, learn local routes and meet like-minded people through these walking initiatives.

- **Bums Off Seats**, Active Fife, 03451 55 55 55
- **Fife Out and About**
- **Forth & Tayside Disabled Ramblers**, info@ftdr.uk
- **Kirkcaldy Ramblers**
- **Paths for All**, 01786 641851, info@pathsforall.org.uk

Buy a bike

There are plenty of bike shops around Fife, offering new, second-hand and refurbished bikes, as well as repairs and servicing.

The Scottish Government offers **interest free loans** to help with the purchase of new e-bikes. If you are thinking about buying a new bike, many employers are part of the **Government's Cycle to Work Scheme**, which offers tax breaks on bikes. Speak to your employer to find out if they are part of the scheme already, or ask them to look into the process.

Bike Shops (and repair)

- **Lang Toun Cycles**, 245 High St, Kirkcaldy KY1 1JF, 01592 328920
- **Gallatown Bike Hub**, Oswald Rd, Kirkcaldy KY1 3EZ, 07434 699365
- **Singletrack Bikes**, 2-24 Mill St, Kirkcaldy KY1 1SD, 01592 724466
- **Halfords, Fife Central Retail Park**, Unit 2, Fife Central Retail Park Chapel Park, Kirkcaldy KY2 6QL, 01592 642258

Borrow a Bike

You can borrow a bike to give cycling a go. E-bikes, push bikes and trikes are available from Lang Toun Cycles

- **Lang Toun Cycles**, 245 High St, Kirkcaldy KY1 1JF, 01592 328920

Donate a bike

These local organisations that will take your old bike, refurbish it and find it a new home.

- **Lang Toun Cycles**, 245 High St, Kirkcaldy KY1 1JF, 01592 328920
- **Gallatown Bike Hub**, Oswald Rd, Kirkcaldy KY1 3EZ, 07434 699365

Cycle Training

The following local organisations provide cycle training and confidence building led rides, as well as bike maintenance skills training.

- **Gallatown Bike Hub**, Kirkcaldy, 07434 699365
- **Greener Kirkcaldy**, 01592 858458
- **Fife Cycle Park**, Lochgelly 01592 583493
- **Active Fife/Bikeability**, Fife Council, bikeability@fife.gov.uk