Smarter Driving Top Tips

By making some simple changes to the way you drive you could reduce the fuel you burn and also save money. This could be equal to about one month's worth of fuel each year.

Check your revs
When you change up a gear, check your rev counter. Change up between 2000rpm and 2500rpm.

Efficient speed
The most efficient speed is around 45-50mph, depending on your car. Faster speeds will greatly increase your fuel consumption. At 70 70mph you will use around 10% more fuel than at 50mph.

Read the road
Anticipate road conditions to avoid unnecessary acceleration and braking.

Step off the accelerator
Remain in gear but take your foot off the accelerator as early as possible, for example when approaching a red light or roundabout. This reduces fuel flow to the engine to virtually zero.

Drive off from cold
Modern cars are designed to be driven off straight away. Warming up the engine just wastes fuel.

Check your tyre pressure
Under inflated tyres are dangerous and increase fuel consumption. Check your tyre pressure once a week and remember to look in your car manual to find out the correct tyre pressure for your car.

Air conditioning
Use air conditioning only when really needed as it makes a big difference top the amount of fuel you use. At high speeds air conditioning is better than opening a window as this greatly increases wind resistance and fuel consumption.

Reduce drag
Drive only with the accessories you need. Roof racks, bike carriers and roof boxes significantly affect your car's aerodynamics and reduce fuel efficiency. One study indicated that at 75mph a roof rack will add up to 15% to the fuel consumption, and a roof box up to 39%.

Switch it off
Modern cars use virtually no fuel when they're re-started, so if you're stuck in a jam for more than a minute switch off your engine.

Plan your journey
This will avoid congestion, road works and getting lost!

Guide to using 'Leicestershare'

Guide to using 'Leicestershare' (for members)

REGISTRATION

1. Go to the carshare link for your scheme.

2. Click on 'sign up for free' to the right of screen.

3. Complete the registration form and read the Terms and conditions.

4. Register first journey. Journey results cannot be seen until account is activated

5. **Leave the system/activate your account from the activation email received.** This should arrive within 10 minutes of registering. Confirm email and account and then you will be able to instantly search for travel companions.

6. Search for matches.

RE-ENTERING SYSTEM

1. Go to your Intranet link or www.Leicestershare.com

2. Fill in details under 'Members Login' – email address and password.

3. The system takes you into your account where you can access your previously entered journey details, register a new journey and more.

4. Go to 'My Contacts' to state if you are sharing with the people you have contacted

5. My settings include the following information;
All your information – here, you can amend your email address, change your password, etc including removing your account from the system completely.

NB – Your journey can be advanced by selecting 'Advanced Search' tab.

FREE SUSTAINABLE TRAVEL INFORMATION

Journey Planners & Carbon Calculator:

1) **Transport Direct (public transport, walking, cycling details):**
http://www.transportdirect.info **.** This is a journey planner which gives a combination of walking, bus (including all the stops on the journey), and site maps and cycling information. In fact it is a one stop shop for information on all sustainable travel methods, and even has a carbon calculator for each mode of travel for every journey undertaken. This is a free service.

To find out bus, walking, cycle and train/coach routes to a destination, postcode details are required which can be obtained free of charge using the following websites:
www.postcode.royalmail.com or **www.postcodeanywhere.co.uk/demos/addresses_uk.aspx**

To find a whole selection of businesses in an area can use the following website:
www.streetmap.co.uk/ids.srf

2) **Maps Google**: **www.maps.google.com.** Very handy for walking routes**.** This provides sustainable information (bus and walking) to a destination, street or postcode. This allows maps (aerial and street maps to be viewed).

3) **Traveline (public transport information): www.travelineeastmidlands.org.uk.** This gives public journey route maps, stops along route and the specific bus numbers covering journey. The site can also include details covering the whole country. A telephone number is also given.

For a copy of the bus map, bus services bus stops, information on Star Trak, bus passes and concessionary fares, bus companies and traffic and travel can use the following free website:
http://www.leicester.gov.uk/your-council-services/transport-traffic/transportpolicy/sustainable-team-homepage/buses-public-transport/

5) **Cycle maps**: **www.sustrans.org.uk.** This gives general information about predominately cycling, but also has information about walking. An online cycle map is provided for any city in the UK. This is a free service.

6) **National rail**/ **Live Train Departure Boards (train information):**
http://www.nationalrail.co.uk/times_fares/ldb/?livedepartures.asp. This gives a combination of train information regarding live departure and arrival times, fares, discounts, special offers and a journey planner that informs the user what stops to get off at and what adjoining trains to catch. This is a free service. For all train times, farers and rail information **tel: 08457 48 49 50.**

7) **Where To Find A Taxi: www.multimap.com/listings/?query=taxi+cab&lat**. This gives a breakdown of the local taxis firms, in particular, where the nearest one is.

8) **Ordnance Survey Map Shop: http://leisure.ordnancesurvey.co.uk/.** This gives ordnance survey details of any area in the UK. It also provides details on buying maps (digital and paper)**.** A digital map can be used to create a more personal journey planner for an organisation.

9) **Walking maps**: **www.walkit.com.** This gives walking routes (breaks down the quickest routes, most scenic, longest routes etc) and is set up in certain cities of the UK. The website lists all these cities the site covers.

10) **Map My run (walking maps): http://www.mapmyrun.com/create_old:** This gives walking routes in the UK and allows organisation to create own specific map for and area. It identifies walking routes in the UK for any city and allows the set up for a forum for a specified area.

11) **Transport Impact Calculator: www.travelcalculator.org.** This is a free service which calculates your pollutant emissions from journeys, the energy that used on journeys, and the full annual cost of car ownership.

12) **Calorie Calculator: www.eatwell.gov.uk/healthydiet/healthyweight/caloriecalculator/**
This gives a rough idea on how many calories you burn when you get active.

13) **Carbon Calculator: www.actonco2.direct.gov.uk/index.html**
This works out the equivalent amount of carbon used or saved when using a car/not using a car.

14) **Real car costs: www.priceextra.com/cars/index.php**
This gives a breakdown the environmental credentials of all cars.

15) **Arriva Fuel Calculator:**
http://content.bridm.com/acxiomdataservices3/?cJFKHEI9pz.xYVHtqZNhq2F1lo3TSTDvc& http://url.traq.it/t3.html?j=5409&u=2. This is a free service and highlights the savings made by taking a local Arriva bus instead of your car and it'll even tell you how much CO2 you'll save if you switch.

16) **Travelling Into Leicester City Centre: http://www.leicester.gov.uk/your-council-services/ep/regeneration/regenerationnews/highcrossleicester/yourjourneyintoleicester/**
This gives a summary of travelling into Leicester.

17) **Train-tracker: Tel: 0871 200 49 50.** This is a website for up-to-the minute journey planning for today and beyond. For live departure and arrival times direct to your **mobile, text station name to TrainTracker on: 8 49 50.**

18) **Highways Agency: www.highways.gov.uk/trafficinfo.** For live traffic information from the National Traffic Centre. Can also call on **08700 660 115**.

19) **Walking your way to health: http://www.leicester.gov.uk/your-council-services/lc/parks-green-spaces/healthfitness/walking-your-way-to-health/.** Leicester City Council has introduced a 'Walking for health' scheme with all walks being accessible 7 days a week within parks opening and closing times, walking by yourself, with colleagues, friends, and family or through joining a group to improve the health and lifestyle of all users. The site allows download of a walking diary.

Public Transport

Plusbus: : **www.plusbus.info**. This is a service which offers discount price tickets for integrated train and bus travel across Britain.

Walking

Living Streets: www.livingstreets.org.uk. This website gives details on walking initiatives in the UK and highlights campaigns to promote walking to work. Details of the website are given to organisations to help supplement walking initiatives.

Walking Your Way To Health (Leicester City Council): **http://www.leicester.gov.uk/your-council-services/lc/parks-green-spaces/healthfitness/walking-your-way-to-health/.**
Leicester City Council has introduced a Walking For Health scheme with walks available within parks.

Walkit.com: www.walkit.com. This gives walking routes (breaks down the quickest routes, most scenic, longest routes etc) and is set up in certain cities of the UK. The website lists all these cities.

Cycling

Sustrans (Cycling and walking information): www.sustrans.org.uk. This gives general information about predominately cycling, but also has information about walking. An online cycle map is provided for any city in the UK. This is a free service.

Leicester City Council Adult Cycle Training: http://www.leicester.gov.uk/your-council-services/transport-traffic/transportpolicy/sustainable-team-homepage/cycling-in-leicester/draft-cycle-training/adult-cycle-training/. This gives details on adult cycle training the City Council offers.

Car sharing

Leicestershare: www.Leicestershare.com. This is a free on line database the city council provide to organisations and individuals to promote car sharing. The site has within it facilities for organisations to adopt their own portal just for their own organisation. We have agreed to the scheme for 5 years, and now there is just under 2 years remaining with the scheme provider (Liftshare). The bid would facilitate the continuation of this service either via Liftshare or another provider (Jambusters).

General Sustainable information

1) I always inform organisations that are undertaking Travel Plans to use the **Acttravelwise** website. I am the East Midlands representative for Act Travelwise **(www.acttravelwise.org)**. The site gives

information regarding sustainable travel initiatives and has a news page with the latest information and articles promoting sustainable travel. Act Travelwise also promote seminars and surgeries.

2) **Department Of Transport.** This site is a one stop shop for promoting sustainable travel, including free publications on Travel Plans, sustainable travel, funding and Smarter Choices. **www.dft.gov.uk.**

3) **Home working & flexible working guidance**. This is provided to all organisations with Travel Plans to inform them of information for working at home and flexi working arrangements. **www.wfh.co.uk/wfh**

4) **Travel footprint calculator: www.travelfootprint.org** is a web based calculator which compares whole life cycle environmental footprints of all forms of travel. I provide all organisations with Travel plans details of this site to compare using sustainable forms of travel to using a car as a single occupancy vehicle user.

5) **Greener Driving.** All organisations with Travel Plans are given details of the Energy Savings Trust (**www.energysavingstrust.org.uk**) who provide tips on Greener Driving. This is geared to staff who use grey fleet or use a pool vehicle.

6) **Cutting Your Car Use. www.cuttingyourcaruse.co.uk.** This is Britain's only traffic reduction guide offering easy to follow ideas, contacts and encouragement.

7) **The Highways Agency. www.highways.gov.uk.** This is responsible for England's strategic road network – managing traffic, tackling congestion, informing road users, improving safety, minimising adverse impact on the environment and more.

8) **Cycle Campaign Network. www.cyclenetwork.org.uk**. This is the UK national federation of cycle campaign groups, supporting cycling locally, regionally, nationally, and in Europe.

9) **Direct Gov: http://www.direct.gov.uk/en/TravelAndTransport/index.htm.** This site is a one stop shop when it comes to sustainable travel and related information.

10) **National Business Travel Network NBTN: www.nbtn.org.uk.** The NBTN is a business-to-business network which enables companies to share best practice and promote the rationale for travel plans and Smarter Choices.

11) **Eco Calculator: www,getecommanager.com.** This gives a breakdown on how much can be saved on fuel.