

# Environmental benefits

Of active and sustainable transport



## Active travel reduces carbon emissions and ultimately climate change!

Up to 40,000 early deaths are attributable to air pollution each year in the UK.

Road transport is the largest contributor to total transport greenhouse gas emissions, making up 68% of the total amount produced.

### What does Active Travel lead to?

Walking or cycling just one mile a week instead of driving, you'll save **26kg of carbon dioxide a year.**



As more of our short journeys (48% of all trips in urban towns and cities are under 2 miles) are walked or cycled, the carbon emissions, air quality, noise and congestion will greatly reduce.

### What would happen if there were no cars?

The average car is stationary for 95% of its lifespan. Fewer cars = more land can be devoted to green space.

These green spaces can even help to keep cities cool and reduce flood risks and could help cities combat extreme climate change.



**Breathe Clean**  
in East Herts



In collaboration with  
**Let's clear the air**



Department  
for Environment  
Food & Rural Affairs