

Getting Started



Beginners guide
to moving around
Guildford safely

www.zerocarbond.guildford.org

Happier Journeys, Healthier You

With Guildford's stunning natural landscapes, opting for walking and wheeling instead of a car can boost your happiness and health while preserving our local nature. Keep reading to learn how easy it is to get started!



Save money

According to Cycling UK, leaving the car at home can save you more than £700 a year in running costs. Studies also show that those savings are typically spent within the community, supporting local businesses instead of multi-billion pound corporations.

Boost health

Walking and wheeling every day can reduce your:

- risk of cancer by up to 60%
- risk of depression/anxiety
- exposure to air pollution



Did you know

Guildford has the worst nitrogen dioxide air pollution levels in the UK! Contrary to common belief, being inside a car actually intensifies exposure to this pollution. Sitting in traffic in your car exposes you to six times more pollution versus cycling through it

Where	Cycling to Guildford
Burpham	16 minutes
Godalming	30 minutes
Merrow	12 minutes
University of Surrey	9 minutes

Save time

When you factor in traffic, searching for parking, and walking to your intended destination.

The Guide

Step 1

Identify Frequent Trips

Think of journeys you take often in the car that are under 5 miles. These are perfect distances for walking or wheeling. Maybe it's a trip to the shops, the school run, or going out for a Sunday roast.

Step 2

Explore different routes

It's good to have a few options for getting from A to B. You might have a fast route, one more scenic for decompressing after a long day, and another that's safer in bad weather.

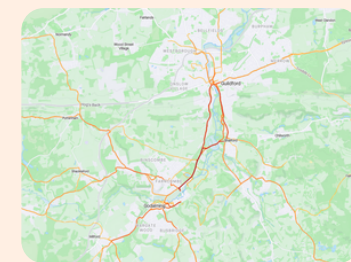


“When I started cycling to work, I took the same road I used to drive, and it was so satisfying sailing past the traffic I used to sit in. Then I learned about the Godalming Guildford Greenway, which is nicer, quieter, and much safer. It's now a journey I look forward to—the feeling of fresh air in my lungs, hearing birds singing, and all of life's problems melting away.

- Thomas, Godalming Resident

Tools to plan your route

- Strava.com
- Komoot.com
- cycle.travel/map
- bikemap.net
- Alltrails.com
- Surrey County Council cycling and walking



Step 3

Make it easy for yourself

Here's a fun fact - if something is difficult to do, chances are, you won't do it! If your bike currently lives in a cobweb-filled shed behind a fortress of garden tools, let's change that. Accessibility is key – make it easy to grab your bike or raincoat, and you will make active travel a seamless part of your routine.

Step 4

Invest in comfortable gear

Remember the Scandinavian saying, "There is no such thing as bad weather, only bad clothing?" Equip yourself for success with comfortable gear. Whether it's a pair of reliable walking shoes, a waterproof jacket, or a well-maintained bike and accessories, the right equipment enhances not just your comfort but your entire travel experience. For your bike, mudguards and pannier bags/baskets are game-changers and are often available secondhand.

Step 5

Find your tribe

Guildford has many groups that value and support active living. Join local walking or cycling groups to meet like-minded people, share experiences, and discover new routes together. Community support can be a powerful motivator on your journey.

FAQ

There are no safe routes for any of my journeys, what do I do?

If you can't find any safe routes near you, there are a few things you can do:

- Check again! Use our resources to make sure you haven't missed a hidden route.
- Combine transport modes - Can you cycle to a train station, drive to a park and ride, or walk along the river?
- Petition your local councillor and let them know you don't feel safe!

The weather is terrible! I need to drive.

Getting caught in the rain can be annoying, but on average, there are fewer than 10 rainy days per month.

I have mobility issues. How can I get involved?

The Surrey Coalition of Disabled People group help enable and empower disabled people and those living with a long-term health condition to be an active and central part of the community. Check out their site on the next page.

What do I do if I have a young family on the go?



Invest in a child-friendly bike seat, trailer or e-cargo bike (which can take up to 4 children!). www.cyclesprog.co.uk is also a great resource for family cycling



“My son got a bike just as he started school, so it was his decision really. The 10-15 min ride usually puts us in a good mood. We try not to use the car and have good waterproofs for drizzle. The rain has only stopped us 4 or 5 times this year. Even with all the terrible weather!”

- Bethan, Merrow Resident

Resources

Logo	Description	Link
	Resources for people with disabilities	surreycoalition.org.uk
	Advice for parents	cyclesprog.co.uk
	Practical cycling advice	cyclinguk.org
	Local bike user group	g-bug.org
	Earn points to spend with local businesses when you walk, wheel or take public transport!	betterpoints.app
	Sustainable shopping guide	ethicalconsumer.org

Learn more



zerocarbonguildford.org/active-travel

Zero is a community-led space run by Guildford residents. We provide common sense solutions to cutting down on waste, reducing emissions and protecting our local countryside. You can support us by signing up to our newsletter, coming to events, volunteering and donating!