

## **Travel Differently**

### **Give your car a break**

An astonishing amount of climate change pollution in the world comes from cars driven in the United States. Leaving your car at home just two days a week will reduce greenhouse gas emissions by an average of 1,600 pounds per year.

### **Use public transportation**

Using public transportation is a cleaner way to travel.

### **Walk**

Walking is not only one of the best choices you could make for your personal health, but the climate will thank you in return! The U.S. Surgeon General recommends at least 30 minutes of walking or bicycling a day — the equivalent of 1.5 miles of walking, or a commute by bicycle of 5 miles round trip.

### **Bike**

If you own a bike, use it! Bikes are perfect for in-between trips that are too far to walk, but don't necessarily require a car. The benefits to your body and the climate are plentiful. Replacing half of all short trips (3 miles or less) by walking or biking would do the same for the climate as replacing more than 25 million conventional cars of comparable models with hybrid-type fuel efficiency.

### **Drive Greener**

To improve fuel economy and reduce greenhouse gas emissions, go easy on the brakes and gas pedal, **avoid hard accelerations, reduce time spent idling**, if your car has to idle for more than **30 seconds shut it off**. It requires less gas to start a car than to leave it idling. Unload unnecessary items in your trunk to reduce weight. Be sure to keep your car tuned and check your tire pressure regularly. **Use cruise control in flat areas** and turn it off in hilly areas.

### **Combine trips**

Whenever possible, try to combine activities and errands into one trip. Save money on gas, save more of your free time and save the environment!

Rails-to-Trails Conservancy (RTC), a national non-profit organization, has created an online pledge to enable individuals to commit to "walking and biking more and driving less." Pledge-signers are doing more than just committing to personal action. **They are calling on policy-makers to increase "active transportation" (walking and biking) choices in their communities.** Visit [www.railstotrails.org/pledge](http://www.railstotrails.org/pledge) for more information. RTC also provides a free search engine for finding great rail trails in your area. Visit [TrailLink.com](http://TrailLink.com) and click "find a trail."