

Useful links

- Information on the **Smarter Travel Campus** programme
www.smartertravelworkplaces.ie/smarter-travel-campus/
- Find out more about **Leap Cards**: www.leapcard.ie
- For **bus timetables** and real time information check out...
www.buseireann.ie or
www.journeyplanner.transportforireland.ie
- Discover more about **Coke Zero Bikes** here:
www.bikeshare.ie
- Learn about **car sharing** at: www.gocar.ie
- Find out more about **walking and cycling** here:
www.getirelandactive.ie
- For information about **commuting to UCC** go to:
<http://commuting.ucc.ie>



UCC Health Matters
www.ucc.ie/en/healthmatters

09/2015

Smart Moves



A guide to **Active Travel** in UCC



UCC Buildings and Estates
Commuter Plan



Active travel – get moving while you're on the go

Walk, run, jog, cycle, rollerblade... that's what active travel means. Often we rely on cars and public transport, but making active travel choices is a really easy way to fit activity into your day. It is not only good for your health but for your pocket and the environment too!

Top tips to get started

- Try getting off the bus a stop early and walking the rest of the way
- Can you swap the car/bus journey to college for a cycle or a walk?
- If you need a few bits in the shop, walk or cycle instead of driving
- Choosing to use the stairs or walking up the escalator also means that you're getting your heart pumping

Don't have a bike? No problem!

The Coca Cola Zero rent-a-bike scheme is now up and running in Cork. 31 Bike stations are located throughout the city. 300 bikes provide a healthy and convenient means of transport (often quicker than the bus)

The service is available all year 7 days a week, from 5am to 12.30am. Annual subscription costs just €10 and the first half hour of every journey is free.

Registration can be done on-line at: www.bikeshare.ie

Coca-Cola Zero Bikes App is also available on the app store and google play store.

If you already have a bike, bicycle parking is available throughout the campus.

Forget the car—try public transport

To get to UCC, you can use city buses No 205 ('CIT/Rossa Avenue') or No 208 ('Bishopstown') from the bus station or at nearby St Patrick Street (outside Debenhams).

Check out buseireann.ie for timetables as well for real time information.

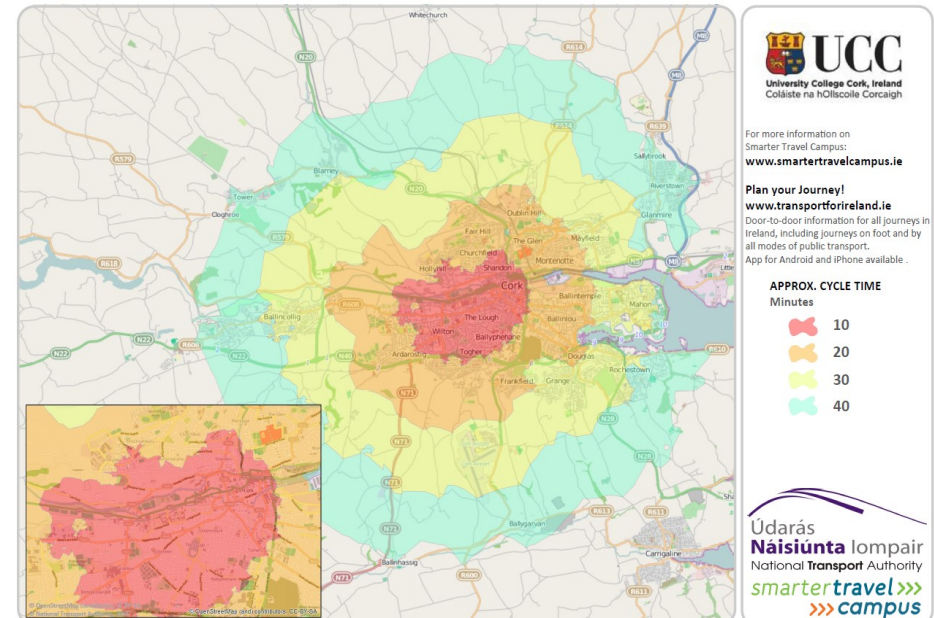
Be sure to get yourself a **Student Leap Card**. Cards are available from the SU office for €15. The card gives you incredible discounts with Bus Éireann, Iarnród Éireann and other carriers (Dublin Bus, DART, LUAS, ...). You can also Top Up your Student Leap Card and use it to pay discounted rates.

If you have to use the car, why not try the UCC free Park and Ride/park and walk? Find out more here: <http://commuting.ucc.ie>

Walk or cycle—beat the traffic

Nowhere in Cork City is more than 40 minutes walk away from UCC which is also less than a 15 minute cycle.

UNIVERSITY COLLEGE CORK CYCLE TIMES



UNIVERSITY COLLEGE CORK WALK TIMES

