



Welcome to your GoSmart Active and Sustainable Travel Guide for Stranraer.

This guide provides you with information you need to get more active and to travel sustainably in Stranraer.

It shows some of our traffic free paths for walking or cycling, signed longer-distance cycle routes and public transport information.

GoSmart is an initiative to encourage the residents of the region and visitors to Dumfries and Galloway to get more active and try out ways of travelling sustainably. We have information, ideas and incentives to encourage you to GoBike, GoBus, GoWalk and GoShare.

If you have suggestions or comments on how GoSmart could improve conditions for walking, cycling, or using the bus in and around Stranraer, let us know and we'll see what we can do. GoSmart Advice Team contact details are below:

Phone us free on: 0800 0234 586

Email us at: gsmart@dumgal.gov.uk

Write to us at: GoSmart Advice Team, Militia House, English Street, Dumfries DG1 2HR



Cycling is a great way to make short regular journeys, or to spend leisure time. Cycling regularly can bring lots of benefits:

A quick way about town:

Cycling can be a quick and reliable way to travel around town and when you get to your destination there is no time wasted trying to find a parking space.

A cheaper way:

You can buy a commuter bike for less than the monthly payment on a new car. Cycling just three miles to and from work every day could save something in the order of £200 per year in fuel for an average sized car.

A healthier way:

Cycling regularly is a great way of getting and staying fit. Adults should get 150 minutes of moderate exercise each week in bouts of 10 min or more.

This brings a whole host of proven benefits:

- **Feeling good**
Regular activity can make you feel fitter and more alive. People who exercise more are happier and less likely to suffer from mental health problems.
- **Having more energy:**
People who exercise more actually get less tired and jaded at work.
- **Better sleep, less stress:**
Exercise and fresh air help you to sleep and reduces stress levels.

But perhaps most of all, cycling is great fun. Give it a go and find out! Get in touch with our GoSmart Advice Team to find out how to start enjoying the benefits cycling can offer you.



30 Second Bike Check

1. **Lift the front end of the bike by the handlebar stem:**
 - Pat the front tyre to check the wheel is tight in the frame.
 - Squeeze the sides of the front tyre to check inflation.
 - Wobble the tyre/wheel from side to side to check there is no excessive bearing play.
2. **Return the wheel to the ground, apply the front and rear brakes:**
 - Check that the brake pads bear evenly on the rim.
 - Check that the cables inside the levers are free from fraying.
 - Check that there is no part of the mechanism missing.
 - Check by pushing the bike forward that the brakes work.
3. **Release the brakes, step over the front wheel and grip in between the knees:**
 - Grasping the handlebar grips, check for side to side and up and down movement.
 - Check that all levers on the handlebars are tightly fitted.
4. **Move towards the rear of the bike, grasp the saddle:**
 - Check for movements up and down and side to side.



5. **Lift the rear of the bike by the saddle:**
 - Pat the tyre in the direction of the rear drop-outs to check the rear wheel is tight in the frame.
 - Squeeze the sides of the rear tyre to check inflation.
 - Wobble the tyre/wheel from side to side to check for bearing tightness.
6. **Ask the rider to work the pedals by hand whilst you continue to hold the rear wheel off the ground by the saddle:**
 - Work the back gear lever from one extreme to the other (whilst rider pedals by hand) to check that the chain will not throw off the largest or smallest sprocket and jam.
 - Repeat using the front gear changer to ensure the chain will not throw off the chain rings.
 - Wobble the pedals side to side in turn to check there is no excessive play in bearings or in the bottom bracket.



Have you thought about taking the bus instead of the car?

It can:

- lower your carbon foot print.
- save you money- less petrol and fewer miles on your car.
- help avoid the parking dilemma and congestion by dropping you in the centre of town.

Traveline Scotland:

For instant public transport information or to plan a journey, contact Traveline on 0871 200 22 33

Go online at www.travelinescotland.com or download the app from the appropriate app store.



Why Walk?

Health:

Walking regularly is a great way of staying and getting fit. Walks can be tailored to every ability and do not have to be strenuous. Adults should get 150 minutes of moderate exercise each week in bouts of 10 minutes or more.

The feel good factor:

Regular activity can make you feel fitter and more alive! People who get regular exercise are happier and less likely to suffer from mental health problems.

With lots of local walks in the Stranraer area to enjoy, reduce your stress levels and enjoy the outdoors.

If your journey involves a car journey, try parking a bit further away and walk the last section. This would count towards your 150 minute a week exercise.



Why Car Share?

You can save a great deal of money by car sharing even just once or twice a week.

On average, people who car share can save as much as £771 a year!

There are also environmental benefits. By car sharing you can help reduce your own carbon footprint and contribute to reducing the congestion and pollution on our roads.

Try car sharing using DGTripsare at: www.dgtripsare.com

How can you get involved?

Simply register your details and enter your planned journey, where and when you are planning your trip and the system will automatically try and find a suitable match for you.

If you don't feel like using DGTripsare, then how about organising your own car pool?

Ask around your workplace and see who travels your journey to work - you may be surprised by how easy it can be to arrange to car share.



Cycle Shops

Cycle shops and Cycle Hire in and nearby Stranraer
R.S. Bowie, 24-26 Queen Street, Stranraer, DG9 7LQ
 Tel: 01776 702 836














Your Guide to Active Travel in Stranraer



Stranraer

Your Active Travel Choices

-  On-road Cycle Route
-  Traffic Free Path
-  Footpath
-  Railway
-  20mph
-  National Cycle Network
-  Bus Route
-  Bus Stop
-  One way system
-  Controlled Crossing
-  Cycle shop



SUC
Southern Upland Cycleway

SUC - Southern Upland Cycleway. This is mainly an on-road route that is being developed to provide a link between Portpatrick in the west and the Scottish Borders in the east.



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