



Fact sheet – Active transport

Number 5, 2013

Part of the [Tranzinfo Hot Topics](#) series, this fact sheet offers a selection of material on Active Transport.

Active transport involves travel using non-motorised forms of transport, especially walking and cycling. Public transport can be included as it usually involves physical activity at either end of the trip. Modal shift to active transport forms reduces dependence on private vehicles and has public health and environmental benefits.

Contents:

[Economic Evaluation](#)

[Tools & Practical Guides](#)

[Videos](#)

[Strategies & Case Studies](#)

[Portals](#)

Economic Evaluation

[Making the case for investment in the walking environment](#) (UK)

This report aims to bring together evidence on the economic, environmental, health, social and road safety benefits of investing in an improved walking environment.

[Evaluating active transport benefits and costs : a guide to valuing walking and cycling Improvements and encouragement programs](#) (Canada)

Discusses active transport demands and ways to increase walking and cycling activity. This analysis indicates that many active transport benefits tend to be overlooked or undervalued in conventional economic evaluations of transport projects.

[Cost and health benefit of active transport in Queensland](#)

Provides analysis of literature evaluating economic impacts of active transport, and offers recommendations to better assess active transport proposals from a cost-benefit perspective.

[Back to top](#)

Tools & Practical Guides

[Streetmix](#)

Streetmix is an online tool that lets you design, remix and share your neighbourhood streets. Add and manipulate road and road-related infrastructure such as bike lanes, footpaths and lane separation, and see how the results impact on the community (only works in some internet browsers, e.g. Firefox, Chrome. May have application to assist public consultations and project awareness campaigns.

[Changing transportation behaviours : a social marketing planning guide](#)

(Canada)

“If you want to influence transportation choices, this guide is written for you”.
A practical guide with worksheets and case studies

[Reclaim your streets: a community empowerment toolkit](#) (UK)

Resource aimed providing local residents with tools to promote local walking and create more walk-friendly streets and public spaces.

[WalkScore](#)

Walk Score rates over 10,000 neighbourhoods in almost 3,000 cities across the US, Canada, and Australia (also has Bike Scores and Transit Scores, and includes explanations of methodology).

[Active design guidelines: promoting physical activity and health in design](#) (US)

New York City guidelines aiming to raise awareness amongst building and street designers of opportunities to increase daily physical activity.

[Cycling aspects of Austroads Guides](#)

Contains key information that relates to the planning, design and traffic management of cycling facilities. Content is sourced from Austroads Guides, primarily the Guide to Road Design, the Guide to Traffic Management, and the Guide to Road Safety.

[Back to top](#)

Videos

[Active Access](#) (36 min)

European project aiming to encourage active transport on short trips. Range of videos on separate components of the project (see under Videos heading).

[Transforming of car tracks into bicycle lanes](#) (2 min)

Profile of an initiative in Munich, Germany, where dedicated cycling lanes were created from full-width car lanes.

[Camden Town - a pedestrian friendly street](#) (4min)

Encouraging walking in the Northern part of London through local area traffic calming measures.

[Integrating health, active transport and land use planning](#) (NSW, Australia)

A collection of video presentations from a session held in February 2013 at NSW Parliament House, aiming to promote a greater understanding of research evidence and key international resources linking health, active transport and land-use planning.

[Back to top](#)

Strategies & Case Studies

[Understanding the fear of bicycle riding in Australia](#)

Literature review which finds fear of motorised traffic to be disproportionate to actual levels of risk to cyclists.

[Cycle infrastructure design](#) (UK)

Includes general design parameters, signage issues, network management, and reducing vehicle speeds on cycle routes.

[Streets for people : compendium for South Australian practice](#)

Summarises national and international case studies for creating people-friendly streets (free to download, but need to register first).

[National cycling strategy 2011-2016 : gearing up for active and sustainable communities](#) (Australia)

The vision for the Strategy is to double the number of people cycling in Australia by 2016.

[Moving Australia 2030 : a transport plan for a productive and active Australia](#)

Position paper from a taskforce including the Australian Local Government Association, the Australasian Railway Association, UITP, the Heart Foundation and the Planning Institute of Australia.

[Living-end roads: make dead-end roads come alive!](#)

Case study of a project overseen by The International Federation of Pedestrians encouraging asset managers to look at their inventory of 'dead-end' roads (i.e. those that offer no exit for through car traffic) and to assess which of those are roads that could continue as a road or path for pedestrians or cyclists.

[Walking and cycling: local measures to promote walking and cycling as forms of travel or recreation](#) (UK)

UK National Health Service guidance document.

[Canada Walks : best practice and case studies](#)

Links to information on walking projects in Canada.

[Back to top](#)

Portals

[Cycling Resource Centre](#) (Australia)

Administered by the Australian Bicycle Council, this is designed to provide high quality information to planners, engineers, academics, and advocates with an interest in cycle planning and encouragement.

[Walk 21](#)

Access presentations and papers from the annual series of Walk 21 conferences, from 2000 to 2012.

[Back to top](#)

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Australia

ARRB Group, MG Lay Library
Centre for Automotive Safety Research Library
Commonwealth Department of Infrastructure and Regional Development Library
Hargrave-Andrew Library, Monash University
Main Roads Western Australia Library
Queensland Department of Transport and Main Roads Library
Roads and Maritime Services Library
SA Department of Planning, Transport & Infrastructure Library
Sinclair Knight Mertz Library
SMEC Library
Tasmanian Department of Infrastructure, Energy & Resources Library
University of Tasmania Launceston Campus, incorporating former Australian Maritime College Library
VicRoads Library
WA Department for Transport Library

New Zealand

Ministry of Transport Library
New Zealand Transport Agency Library
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