

the zone explained

This map has been prepared based upon a series of timed cycle rides across Peterhead. The map illustrates the distance that a healthy person can cycle within a modest amount of time.

The routes identified on the map are either on road cycle lanes, off road paths, quiet or traffic calmed roads.

If you live within the zone use the map to explore your own routes, test them out on a weekend first if you're thinking about commuting. Try cycling for a few days a week and enjoy the benefits of building an active lifestyle into your daily routine.



the no excuse zone

are you in the zone?

If you have any comments on the content of this leaflet or have further ideas for the development of the concept, please contact:

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the no excuse zone

PETERHEAD



change **your habit**

The no excuse zone is not anti-car. Private car use is an important part of modern life. But its worth considering a few facts when making your travel choices.

- **Did you know?** 56% of the working and travelling population of Peterhead live within 2km of their place of work.
- **Did you know?** 44% of commuters consider rush hour traffic to be the most stressful part of their working day.
- **Did you know?** 70% of adults do not achieve the minimum level of activity to be of benefit to their health.
- **Did you know?** Transport currently accounts for 24% of all CO2 emissions.

Cycling to work for one day a week can make a huge difference. Small changes can have a big impact.

enjoy **your ride**

Start your active lifestyle gently. Use our guide below and the map overleaf to help you. Consult a doctor before beginning exercise.

- **Get used to your bike.** Test your brakes, gears and tyre pressure. Build your confidence by going for short traffic free cycle rides.
- **Plan your route and test.** Check out our time tested routes one evening or during the weekend.
- **Make it easy on yourself.** Don't rush, the 15 minute zone is tested at a moderate pace.
- **Share your positive experiences.** Encourage others to join you. It can be fun cycling as a group.

Be Safe: check your bike regularly, plan your route and join others. Enjoy your ride and share your experiences.

you'll **feel great**

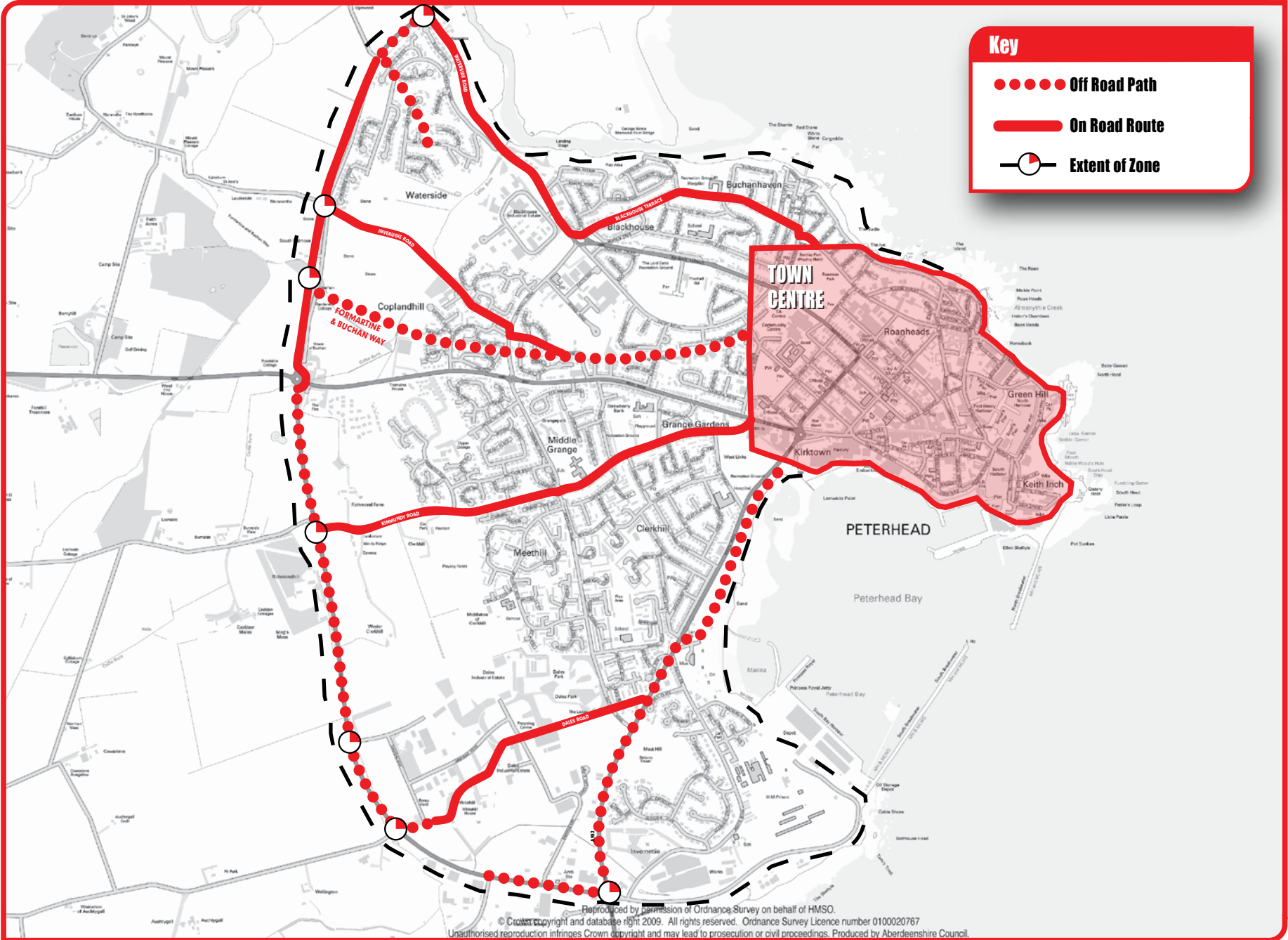
Cycling is a sustainable form of travel, good for your health and the environment. It can also save you money.

- **Reduce the risk of illness.** Cycling can reduce the incidence of Heart Disease, Stroke, Cancers, Stress and Osteoporosis.
- **Give yourself a boost.** Cycling can improve your self-esteem, mental well-being, motivation, concentration and your physical fitness.
- **Don't waste money.** Save money on gym membership; build exercise into your daily routine. Use the money saved on fuel for something special.

Use your bike for short trips to benefit your health and fitness, finances, local community and the environment.

PETERHEAD

the 15 minute zone



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