

Summary of Chapter 8

Frequent trips

- Frequent, or even daily, trips include commuting to work, going to school and buying food.
- Step 1
 - In general, for shorter journeys, it is better to reduce emissions by walking, cycling or using public transport such as a bus. Using a car is the worst choice. For longer journeys, in order of increasing emissions, it is better to use a coach, train or a car with at least one passenger.
 - There is huge scope for reducing the number of trips by car and the distances travelled. These include more walking and cycling, homeworking and car sharing.
- Step 2
 - To reduce your personal emissions either get rid of your car altogether or change to a less carbon emitting, but possibly second-hand, car. If possible sell on the car you are replacing.
 - Buy and use a bicycle
 - Practise eco-driving

Non-business travel and holidays abroad

- Steps 1 and 2
 - The biggest source of emissions from non-business travel and holidays abroad is long-haul flying.
 - On holiday, avoid flying as much as you can. Where practical, driving, especially with one or more passengers, creates less emissions per head than flying. High-speed trains within Europe are even better. Ferries generally have low emissions but cruise ship holidays can increase your footprint substantially.
- Step 3
 - Commercial aircraft will not fly regularly on low-carbon, renewable fuels for the foreseeable future.