1. About you

a) Where do you live on the Black Isle?
______________________________________________

b) How many people live in your household?
Children (0-17) _____ Adults (18-64) _____ Senior citizens (65+) _____

2. Public transport

Please use this question to tell us about how your household uses local public transport. Remember to include all of the bus and train journeys that are made by every member of your household.

- **Bus**
  - In a typical week, approximately...
  - a) How many journeys are usually taken by bus? _____
  - b) What is the total distance travelled? _____ miles

- **Train**
  - In a typical week, approximately...
  - c) How many journeys are usually taken by train? _____
  - d) What is the total distance travelled? _____ miles

3. Other comments

Please feel free to use the "Other comments" section below to let us know if you regularly use other forms of public transport or if you have any views on local services.

- Did you know?
  - The Highland Railcard offers a 50% discount on all rail travel on the Kyle and Wick lines.
  - A Megarider ticket allows unlimited travel on a Stagecoach bus route for a whole week.

What else could the Million Miles project do?

4. Million Miles

Transition Black Isle’s Million Miles project aims to help local people find better ways to travel by improving access to public transport, increasing active travel and encouraging lift-sharing. Our aim is to cut car travel on the Black Isle by 1% – around one million miles.

You can support our project by telling us about travel patterns in your household. The details you provide will help us find ways for people on the Black Isle to make healthier, cheaper and greener travel choices.

If you are happy for Transition Black Isle to keep in touch with you about our Million Miles project, please leave your contact details below.

- We may get in touch with you later in the project to find out how your household travel has changed – tick here if you would like to opt out of our monitoring but still receive information about our project □

- Date completed
________________________________________

5. Thank you for taking the time to complete our Travel Check!

Please contact Transition Black Isle if you would like more information:
07715 663781 / millionmiles@transitionblackisle.org / @TBIMillionMiles

www.transitionblackisle.org

6. Million Miles

Transition Black Isle is a registered Scottish charity (SC042309) and a company limited by guarantee registered in Scotland (SC88650) at Glachbeg, Allanglach Wood, North Kessock, Inverness, IV1 3XD.

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As the main aim of our project is to help people find alternatives to the car, we would like to know about car travel in your household. We recognise that many people in rural areas need a car to get about, so we want to help make car travel as green as possible.

### Main car

<table>
<thead>
<tr>
<th>a) Fuel type</th>
<th>Petrol ____ Diesel ____ Other ____</th>
</tr>
</thead>
<tbody>
<tr>
<td>b) Engine and/ Tax size ______ or band ______</td>
<td></td>
</tr>
<tr>
<td>c) Annual mileage __________________________</td>
<td></td>
</tr>
<tr>
<td>d) Number of trips made in a typical week ______________</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>e) Fuel type</th>
<th>Petrol ____ Diesel ____ Other ____</th>
</tr>
</thead>
<tbody>
<tr>
<td>f) Engine and/ Tax size ______ or band ______</td>
<td></td>
</tr>
<tr>
<td>g) Annual mileage __________________________</td>
<td></td>
</tr>
<tr>
<td>h) Number of trips made in a typical week ______________</td>
<td></td>
</tr>
</tbody>
</table>

### Second car

<table>
<thead>
<tr>
<th>i) How often do you and your household actively share your car journeys with friends, family or work colleagues?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never _____ Occasionally (once a month) _____</td>
</tr>
<tr>
<td>Regularly (once a week) _____ Constantly (most days) _____</td>
</tr>
</tbody>
</table>

### Lift-sharing

Visit [highland.liftshare.com](http://highland.liftshare.com) to see if you could share a lift.

### Fuel efficient driving

**j) How often do all of the drivers in your household apply basic fuel efficiency techniques?**

| Never ____ Occasionally ____ Regularly ____ Constantly ____ |
| (some trips) (most trips) (all trips) |

**k) How often do all of the drivers in your household apply advanced fuel efficiency techniques?**

| Never ____ Occasionally ____ Regularly ____ Constantly ____ |
| (some trips) (most trips) (all trips) |

#### Basic fuel efficiency tips (saving up to ~5%)
- Maintain your vehicle (check oil and tyre pressure)
- Don’t leave your engine idling when stationary
- Change up through gears early
- Remove heavy items
- Reduce your top speed

#### Advanced fuel efficiency tips (saving up to ~15%)
- Anticipate road conditions
- Drive smoothly to avoid strong acceleration and harsh braking

### 3. Active travel

It would be great to know about walking and cycling in your household. Not only is active travel free, but it is also a great way to get some exercise. Please remember to include all of the journeys made by every member of your household.

#### Walking

| a) How many journeys are usually walked? _____ |
| b) How many journeys are usually cycled? _____ |
| c) How many journeys are usually walked? _____ |
| d) What is the total distance travelled? _____ miles |

#### Cycling

| a) How many journeys are usually cycled? _____ |
| b) What is the total distance travelled? _____ miles |

### Community Mapping – making your active travel map

Transition Black Isle is encouraging local people to contribute to www.openstreetmap.org, which will help us create a map of walking and cycling routes on the Black Isle. Have a look at where you live and work on www.openstreetmap.org and see if there is any detail that you could add.

Our Community Cycling Trainers are running FREE bike training sessions across the Black Isle.