

# Planning your journey to work

We encourage our visitors and staff to walk, cycle, use public transport or car share, as part of a healthy lifestyle and to reduce the company's carbon footprint.



If you live with a couple of miles of your workplace, you may consider walking to work.

- Download the free walkit app to plan your journeys on foot or use [walkit.com](http://walkit.com) to plan your route.



Cycling is good exercise as well as an efficient way of getting to work.

- Plan your route online at [cyclestreets.net](http://cyclestreets.net) or download their free app. Cyclestreets caters for both confident and novice cyclists.
- If cycling all the way is not for you, go part the way on the train. Find out about our secure cycle storage at: [networkwestmidlands.com/cycling](http://networkwestmidlands.com/cycling)



Catching public transport can often be the quickest way of getting to work.

- Plan your journey on bus, train and tram and find information on ticket prices, timetables and maps at [networkwestmidlands.com](http://networkwestmidlands.com)
- For those who travel regularly, paying by direct debit is likely to be the most cost effective way to get to work.
- Download the netnav app to plan your door to door journey.
- Download the nwm app to get real-time next departures from your chosen bus stop.
- Free park and ride spaces are available at some railway stations. Find out more at: [networkwestmidlands.com](http://networkwestmidlands.com)



Save money, reduce stress and be part of the pollution solution.

- Ask if your company has a special car share website of its own to match you up with another colleague.
- Tips for drivers including advice on journey planning, roadworks and Birmingham's Clean Air Zone can be found on our website [networkwestmidlands.com/ways-to-travel/driving/](http://networkwestmidlands.com/ways-to-travel/driving/)