

What Is Active Transportation?

Active transportation refers to any form of human-powered transportation – walking, cycling, using a wheelchair, or skateboarding.

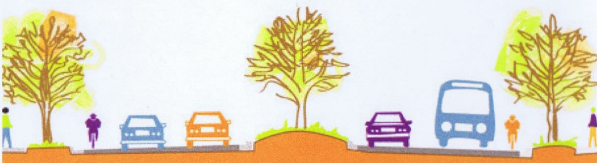
There are many ways to engage in active transportation, whether it is walking to the bus stop, or cycling to school/work. And carpooling counts too as it's more active socially and important in creating a more sustainable future.



Transportation systems impact health for better or worse. Historically, they have been designed to accommodate non-active modes of transportation, especially the car.

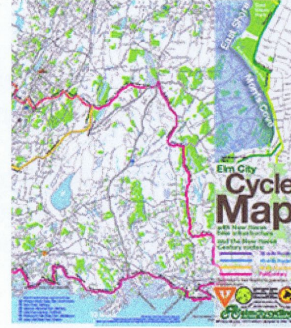
Unnecessary congestion and air pollution have become customary and our waistlines are growing. Luckily, more communities are

creating safe places to walk, bicycle, and catch public transit within walking distance of home or work. This goal is to ensure that the healthy choice is also the easiest one.



September: Go Car Lite!

In September, goNHgo invites you to celebrate sustainable forms of transportation and “put away” your car. You are encouraged to use trains, buses, and bicycles, to carpool, and to use active modes of transportation like walking. It's the perfect time to check out all the ways to get around in the New Haven region.



We will bring together organizations and individuals to try out active transportation; leverage institutional relationships with employees to promote alternative transit use; and create a healthier more sustainable region.

In September we will set a foundation, then throughout the rest of the year you can find resources at goNHgo to help you plan your commute.

goNHgo lead organizations:

New Haven Transportation, Traffic and Parking
CTrides
CTTransit
Yale Transportation Options
Healthy City/Healthy Climate Challenge
New Haven/Leon SCP

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goNHgo is a new active transportation resource to encourage healthier transportation options in the greater New Haven area.

goNHgo provides key resources and information to allow businesses, organizations and individuals to:

1) Explore new transportation options

2) Offer communities options that promote health and save money

3) Reduce cost of single occupancy vehicle travel, and reduce related congestion and pollution

goNHgo: Your #1 resource for transportation information & options to make getting into and around the New Haven area easier than ever.

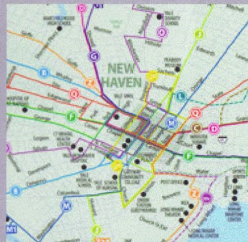


New Haven: A Leading Active Transportation City

New Haven is quickly moving ahead to create an environment where leaving your car at home is easy:

- Expanded train service has been added on Metro-North and Shoreline East and more than 16 trains a day on the New Haven-Hartford-Springfield Line coming soon.
- CTTransit will have GPS on all buses in 2016.
- New Haven is improving cycling infrastructure and working to create more complete streets.
- The new state transportation plan has \$5 million for expanding bike trails.

And already commuters in New Haven are 27.3 percent car-free!



Resources For Commuters

goNHgo offers connections to transportation options, maps, schedules, tools and websites, including:

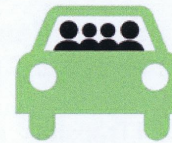
- New Haven Bike Map
- Street Smarts Bike Safety Handbook
- Shuttle Routes
- Metro-North Trip Planner
- Shore Line East Trip Planner
- Transit App
- CTrides: CTrides helps commuters find the best way to get to work or school and offers information & resources for travel options throughout Connecticut.
- Guaranteed Ride Home
- Google Maps



Resources for Employers

We all know the benefits of sustainable commuting, but it requires planning. goNHgo has resources to make it easier for you and your employees to develop a routine that saves you money and time.

CTrides Custom Planning - Professionals will work closely with you and your managers to help put together a successful, custom-designed program of services for your worksite, at no cost to you.



Best Workplaces for Commuters - A membership program with national recognition that offers qualified employers and membership benefits.

NuRide - Join NuRide and get rewards when you walk, bike, telecommute, carpool, vanpool, take the train or bus, or work a compressed week. It's free and easy to do, and fun to track your staff's emissions reductions on the interactive site.

Street Smarts - Educates everyone who uses the street, whether they drive, bike, or walk, how to share the road.

Benefits

The benefits of using more active methods of transportation range from saving you money to improving your health and the local environment. The goNHgo website helps people understand the benefits of changing the way you commute and travel.



Economic: You can save large amounts of money if you choose to participate in more current methods of commuting. Car maintenance, fuel, parking, and time in traffic can all add up.



Environment and Public Health: Expanding the availability and use of a variety of transportation options will prevent chronic diseases and improve environmental health, while stimulating economic development and ensuring access for all people.

Think Outside the Car

Living car-free in New Haven is possible because many goods and services are within bicycling and walking distance. Additionally, an increasing number of transportation options are available including university and work shuttles, trains, buses, Zipcars, and car rentals. These provide access to virtually anywhere, without the financial or logistical burdens of car ownership. Car-free transportation offers a faster and more relaxing way to travel.

