

Bridge of Allan Community

ACTIVE TRAVEL ACTION PLAN 2018

ACTIVE TRAVEL HUB
STIRLING



Produced by

in partnership with



Forth Environment Link
LINKING PEOPLE AND THE ENVIRONMENT





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Summary and background

This action plan has been created with the input of your community, to benefit your community. Through surveys, conversations and focus groups, we have learned about what people who live and work in Bridge of Allan think about walking and cycling. We have combined these experiences with our own knowledge and experience of active travel in Stirling, to create a set of recommendations that can be used by anybody in the community who wants to contribute towards making Stirling a Cycle Friendly City. The plan is designed to offer practical and achievable steps that can be taken by community councils, schools, groups, families or individuals to help overcome barriers to walking and cycling.

The data collected through consultation will be shared directly with Stirling Council's Active Travel team. There are many ways that groups and individuals can get involved in promoting active travel, learning new skills and making connections with others. This plan has a list of practical recommendations to overcome barriers to active travel within your community. **To provide the best chance of making an impact, we advise strongly that interested parties come together and form an active travel steering group. Forming a group would open up opportunities to apply for funding from various sources that could help the community to make real changes and improvements that could benefit all who live and work in the area.** Stirling Active Travel Hub (Stirling AT Hub/The Hub) can help to facilitate this.

Why promote active travel in your community?

Walking or cycling for everyday journeys (active travel) offers benefits to both individuals and their community. Some of the most significant benefits are:

- **Healthier and happier communities**

Walking and cycling are fantastic forms of exercise that greatly improve both physical and mental health. It is important that communities feel able to build active travel into their daily routines, given that physical inactivity contributes to over 2,500 early deaths in Scotland each year.

- **Safe routes to schools and nursery**

All Stirling Council schools and nurseries are in the process of implementing new school travel plans. Every plan emphasises the importance of increasing walking and cycling. An environment that supports active travel to school offers huge physical, psychological and environmental benefits to the pupils, their families and the wider community.

- **Better places to live and work**

Active travel can make your community a more attractive and safer place to live by reducing the number of short journeys made by car. Fewer cars mean less congestion, easier journeys and roads that are safer for all road users. This will also improve air quality, which will help to improve the health of everybody in the community.

WHO WE ARE

Forth Environment Link & Stirling Active Travel Hub

Forth Environment Link (FEL) works with communities on a range of environmental, active travel and local food issues. FEL's vision is to link people and the environment for a greener, healthier future. With funding from Transport Scotland, FEL has operated the Stirling AT Hub since early 2013. The hub is there to support anyone who wants to build more active journeys into their everyday lives. We can assist with route planning, bike trails, events, training and advice – all of our services are free of charge and accessible to all.

Links to existing plans and policies

This action plan is designed to complement existing community plans. With many common goals and outcomes, it would be sensible to communicate and collaborate as much as possible in our actions.

Stirling Council – “Walking and Cycling to a Healthier Stirling” (2017)

- To increase the percentage of people walking and cycling in Stirling
- To increase the percentage of children and students walking and cycling to/from places of education in Stirling

Bridge of Allan Community Council – Active and Thriving Community 2018-2022

- Currently developing a new community action plan with an emphasis on health, activity and well-being
- We are seeking to capitalise on links between the two plans and develop ideas in partnership
- Bridge of Allan CC are very keen to support active travel, as well as addressing other physical activity and transport issues

Wallace High School Travel Plan (2015)

- Promote procedures to protect the security of bicycles brought to school and encourage active and safe travel through the use of bicycles
- Continue to investigate safe walking and cycling routes to school, taking into account distance and traffic, and responding to community and transport route changes over time

Community consultation

Over the last few months the Stirling AT Hub has collected the views of people living and working in Bridge of Allan through work with the Community Council, Bridge of Allan Primary School, Wallace High School and Beaconsfield School.

Top five concerns raised in Bridge of Allan

- 1** Traffic
(amount and speeding)
- 2** Infrastructure
(lack of dedicated – especially traffic-free – active travel facilities)
- 3** Safety
(while walking and cycling)
- 4** Weather
(as a barrier to walking and cycling)
- 5** Time/distance
(limiting active travel participation for usual everyday journeys)

Top three most helpful activities to encourage cycling

From the 95 question responses, the top three 'helpful' or 'very helpful' activities were:

- 1** Greater knowledge of routes, free maps, custom route planning
- 2** Dr Bike – free bike check-ups
- 3** Bike maintenance sessions

117
FACE **FACE**
TO
interactions

95
SURVEYS

87
comments

Survey responses

Of the 95 survey responses:

84%

have access to a bike

31%

would like to make everyday journeys by bike, but currently don't

49%

currently walk for everyday journeys at least once a week

80%

taking part in the consultation was their first interaction with FEL/Stirling AT Hub

“Roads too busy, inconsiderate drivers, fear of getting into an accident.”

“Heavy traffic, especially at school drop-off and pick-up times. Some of the most bike-unfriendly driving is other parents dropping-off their children at school! Every school should have a 500m cordon for all except staff and disabled access.”

The most common concerns were about traffic speed, quantity and driver behaviour. While there are some traffic-free routes that lead to Bridge of Allan, within the village itself, there is actually very little infrastructure that is separated. Active travel to the primary school can be particularly challenging due to the area being extremely busy with traffic. A fear of sharing space with traffic can exist at any age however, and seemingly acts as a significant barrier to the community as a whole.

“I have kids so always worry about safety ...I dread the thought of taking all kids on family cycle – (just not safe enough).”

Almost all studies into cycling find that safety concerns are foremost in why people decide not to travel by bike for everyday journeys. While the common perception is that cycling is unsafe, in reality, the chances of being involved in a serious accident remain low. That said, perceptions are hugely important as to how we make decisions, so there is still work needed to change how cycling is viewed. This can be achieved through behaviour-change activities and implementing high-quality infrastructure that is accessible enough for anybody to use.

“I personally don't like shared pathways... It's not great to be bumping on and off a pavement to go back to the road once the path ends when you are on a road bike and don't like sharing them with pedestrians/dog-walkers when they are in such a restricted space.”

“...incomplete infrastructure so cyclists have to constantly switch between sharing with pedestrians or car. Neither likes us.”

Similarly to sharing with traffic, sharing with other path users is not without its challenges. This can be extremely serious, as seen recently with an incident of two cyclists colliding on Airthrey Road's cycle path. It is extremely important for all path users to act responsibly and with respect for those around them.

“Access to some areas from where I live doesn't have safe cycle path. Work is too far for me to cycle, but... would love to do part public transport – part bike – except no regular trains during peak hours and school drop etc.”

There was a fairly common perception that it is difficult to find enough time to travel actively. The distance of typical journeys, and the need to co-ordinate journeys with other people were also problems. It is possible that some of these barriers could be overcome with some planning and changes in habit. Similarly with the weather, there is suitable clothing available to overcome almost all weather conditions with some planning ahead.

Infrastructure issues

- **Airthrey Road cycle path:** *N.B. this section is part of the proposed Sustrans Community Links Plus (CL+) route, which should mitigate issues reported here by implementing a segregated, two-way cycle route on the north side of the road, with separate space for pedestrians. On-going consultation required.*

This is a very busy route for active travel, used by students travelling to the university and Wallace High School. The current cycle path on the south side of the road is too narrow for two-way traffic to move safely. This path was recently the subject of a Bridge of Allan Community Council discussion, after two cyclists had a serious head-on collision. It was agreed that more could be done to clarify the signage of this section, and to encourage city-bound cyclists to use the on-road cycle lane on the north side of the road.

- **Keir Street (NCN 765):** This is a very busy stretch of road with no cycling provision. This is concerning as the road is part of NCN 765 and offers one of the main access points to Bridge of Allan Primary School. Many issues were reported around irresponsible parking on Keir Street, blocking walkways and impeding access for active travel. Access to the park area is also challenging as a result of the above issues.

“Lack of cycle tracks from Keir Roundabout to Bridge of Allan – could be made a lot better.”

- **Cornton Road cycle path:** Concerns have been raised about cars not stopping to allow pedestrians and cyclists to cross at the zebra crossing. A post about this cycle path on the Bridge of Allan Community Council Facebook page caused a strong reaction from the public. Though opinions varied somewhat, it was generally agreed that the current prioritisation at junctions (i.e. cyclists give way to turning traffic) is dangerous and does little to encourage cycling on this piece of infrastructure. Several cyclists indicated that they will not be using this infrastructure as a result. The preferred solution would be to give cyclists and pedestrians priority at the six places where the path crosses a side road.

“Cars are stopping for the junction anyway, so what would be wrong with stopping for the cyclists?”

“I’ll continue to cycle on the road then! Why should I stop at every side road when I can just keep riding on the main carriageway?”

From Making Space for Cycling guidance:

“All cycle tracks along primary streets should have priority over side roads, including junctions with secondary streets. The cycle track and footway must not change height across this junction.”

This is a summary of some features that could be improved, reflecting comments collected through consultation and the experiences of the Stirling AT Hub, Stirling Council and Cycling UK staff that are familiar with the network.

Recommendations

This Action Plan should contribute towards the **"Planning of Action"** component of Cycling Scotland's Cycle Friendly Community.

ISSUE	ACTION	CYCLE FRIENDLY COMMUNITY AWARD CRITERIA
Lack of knowledge on bike maintenance & local infrastructure/routes	Pop-up Stirling AT Hub sessions with Dr Bike; free maps and route planning; bike maintenance classes	Barriers Needs & Opportunities
Community-level plans should incorporate active travel agenda	Community council to incorporate active travel into wider community goals around health, wellbeing, accessibility and safety	Community Engagement Partnership & Stakeholder Working
Safer and greater levels of active travel to schools; cycle training; school travel plan outcomes	Schools and nursery to implement Cycling Scotland's Play on Pedals and Bikeability programmes; implement travel plan actions	Partnership & Stakeholder Working Barriers Needs & Opportunities
Airthrey Road/ Sustrans (CL+)	Short term, improving signage and engaging users of best practice for using this infrastructure. Longer term, the community's views should be considered as part of Sustrans CL+ project consultation process	Community Engagement Partnership & Stakeholder Working
Cornton Road Cycle Path	Establish steering group to work with Stirling Council on implementing changes to junctions as part of wider community work	Community Engagement Partnership & Stakeholder Working



WHO?

Stirling AT Hub,
Recyke-a-bike

Bridge of Allan
Community Council,
Stirling AT Hub, schools

Bridge of Allan Primary
School and Wallace
High School, Bridge
of Allan Nursery

Stirling Council, Bridge
of Allan Community
Council, University of
Stirling, Wallace High
School, Stirling AT Hub

Stirling Council, Cornton
and Bridge of Allan
Community Councils,
Stirling AT Hub

WHAT?

Stirling AT Hub to organise pop-up
hubs and classes as part of outreach
programme 2018/19

Active and Thriving Community Plan
2018-2020; Bridge of Allan Primary
School Travel Plan; Wallace High
School Travel Plan

Liase with Stirling Council if any
further training or guidance needed;
Contact: Jennifer Abernethy
(abernethyj@stirling.gov.uk)

Clearer signage/promotional campaign
on best use of existing shared use
facilities until CL+ can be completed.
Sustrans & Stirling Council to develop
CL+ project to ensure it best meets
users' needs travelling to and from
Bridge of Allan

Campaign to have changes included
in 2018/19 programme. Existing
consultation will be fed directly
to council

FUNDING?

These services will be provided free
of charge, as part of the Hub's funded
outreach activities

Please contact Stirling AT Hub for the
latest information on the different funding
sources available

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Next steps

This Active Travel Action Plan offers some suggestions of the barriers faced by the community, and some actions which may help to overcome them. While some of these actions are undeniably large, especially around infrastructure, there are things that every individual can do to contribute towards making Stirling a more active, healthier and greener place to live and work.

Small changes can make a big difference; from learning a new skill to helping report problems you encounter or taking part in activities with like-minded individuals to apply for funding - there is something for everyone to get involved in. Here are some useful places to get started:

I WANT TO...	WHO CAN HELP?	PHONE / EMAIL / WEBSITE
<p>Work with others in my community to secure funding for active travel improvements</p>	<p>There is funding available for communities who want to see changes in infrastructure, or gain access to training and activities. The Stirling AT Hub can help to bring people together to form a steering group who can work towards Cycling Scotland Cycle Friendly Community Award and assist with funding applications</p>	<p>01786 474160 stirlingath@forthenvironmentlink.org More info on award: cycling.scot/our-programmes/cycle-friendly/community Details of funding opportunities will be on this page when the fund is open</p>
<p>Comment on existing and/or future walking and cycling infrastructure (paths, crossing points etc)</p>	<p>Speak to the Stirling AT Hub at Stirling train station or via contact details. They will collect comments and periodically pass on queries to Stirling Council</p>	<p>01786 474160 stirlingath@forthenvironmentlink.org stirlingactivetravelhub.org</p>
<p>Report a problem with roads, pavements or paths in my community</p>	<p>Contact Stirling Council online. Forms exist for reporting all manner of environmental problems</p>	<p>01786 404040 info@stirling.gov.uk my.stirling.gov.uk/forms/</p>
<p>Get my bike repaired and/or learn how to fix it myself</p>	<p>Stirling AT Hub and Recyke-a-bike regularly hold free Dr Bike sessions and Mug O' Tea and a Spanner evening classes to teach basic bike repair skills</p>	<p>01786 474160 stirlingath@forthenvironmentlink.org To book: eventbrite.co.uk and search for 'Stirling Active Travel Hub'</p>

National Active Travel Delivery Partners

Sustrans

"The national walking and cycling charity."
sustrans.org.uk



Cycling UK

"The national cycling charity. Our mission is to enable millions more people to cycle"
cyclinguk.org



Cycling Scotland

"Cycling Scotland is the nation's cycling organisation. We help create and deliver opportunities and an environment so anyone anywhere in Scotland can cycle easily and safely."
cycling.scot



Energy Saving Trust

"From planning your journey with any mode of transports to living with an electric car, our experts' tips should be your first stop to achieving a greener journey."
energysavingtrust.org.uk



Paths for All

"We want to get Scotland walking, everyone, everyday, everywhere."
pathsforall.org.uk



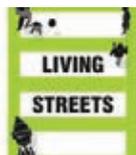
Forth Environment Link

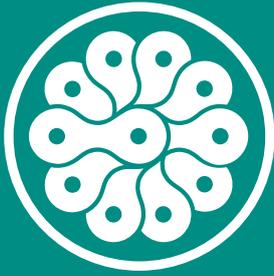
"Forth Environment Link (FEL) works with communities on a range of environmental, active travel and local food issues. FEL's vision is to link people and the environment for a greener, healthier future"
forthenvironmentlink.org



Living Streets

"The UK charity for everyday walking. We want a nation where walking is the natural choice for everyday local journeys."
livingstreets.org.uk





**ACTIVE
TRAVEL HUB**
STIRLING

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