



Active Travel

A plan for walking and cycling in the
Liverpool City Region



Our ambitious
plan for an
active travel
revolution



**LIVERPOOL
CITY REGION**
COMBINED AUTHORITY

METRO MAYOR
LIVERPOOL CITY REGION

A people-powered future

Why are we developing a local plan for cycling and walking?

In May 2019 the Liverpool City Region Combined Authority declared a Climate Emergency. We understand the pressing threat of Climate Change and the urgent need to act. Enabling people to get out of their cars and walk and cycle more, particularly for short journeys is an important part of this step change for the City Region.

People riding bikes and walking played a crucial role in our past and will play an important role in our future. Cycling and walking will shape how we get about in our region. It's good for our health, for air quality and our environment, for the local economy, and for making our streets more liveable. People living in the city region understand this. Our own research shows that 71% of residents support the creation of safe separated cycling and walking routes to encourage more people to ride bikes and walk more often, particularly for shorter journeys.

Progress is being made. Since 2015 the City Region has brought in new high quality cycling and walking infrastructure schemes, increased coverage of areas with 20 mph speed limits and introduced a range of



supporting programmes to get people on their bikes and walking more. This has led to a year on year increase in trips producing considerable economic, health and environmental benefits for everyone.

However we still have a long way to go. Despite an increase in the number of trips by bike and foot, these still only count for 2% of all journeys made in the city region. Only 30% of residents think that cycling and walking safety is currently good. That's why we want to invest in safe, good quality cycling and walking routes in a network that gets them from door to door for everyday trips for work, for school, for shopping or for leisure.

It's time for us all to work together to realise the role that cycling and walking can play in our city region. We know the answers, the public is supportive and we have seen cities like London, Seville and Oslo implement changes quickly with great results. The Liverpool City Region (LCR) **Local Cycling and Walking Infrastructure Plan (LCWIP)** is just the start of the new active travel revolution.



How will the plan work?

Two-thirds of all journeys taken in the Liverpool City Region are less than 5km, but right now, around 50% of these are still taken by car.

The LCWIP sets out a high level approach for how we can encourage more people to take these journeys on foot or by bike by creating a safe, integrated and well linked network of walking and cycling routes.

A great deal of research has helped inform the development of the plan. The LCWIP outlines 31 key routes needed across the city region to help more cycling and walking.

These routes will be complemented by a network of local cycling and walking routes, including residential streets and routes through green spaces which will help make active travel more attractive. A number of routes have been chosen to be implemented:-

Phase 1

- Liverpool City Centre - Speke (6.8km upgraded cycleway)
- Seaforth – Southport (15km new and upgraded cycleway)
- Prescot – Runcorn (7.4km new and upgraded off-road cycleway)
- Liverpool Loop Line (6km upgraded cycleway)
- St Helens (6.3km new and upgraded cycleway)
- Leasowe – Seacombe Ferry Terminal (3.7km new cycleway)
- Runcorn Links (new and upgraded cycleway)

Phase 2

- New Brighton – Birkenhead
- Runcorn – Daresbury
- East Lancashire Road (Haydock to Liverpool)

Phase 3

- Liverpool City Centre to Childwall
- Knowsley Cycle Route (Kirkby to Speke)
- Birkenhead to Hooton
- Bootle to Liverpool City Centre
- St Helens to Widnes
- Runcorn Busway



What will these new routes look like?

Benefits of the walking and cycling plan

Helping reduce emissions

Walking and cycling can have a massive impact on helping achieve the Liverpool City Region's ambition to be carbon neutral by 2040 while helping to tackle the growing climate change emergency.

- An evaluation of cycling and walking schemes delivered through the Local Sustainable Travel Fund walking and cycling schemes have helped reduce carbon by 1600 tonnes per year. This is the equivalent to filling 16 Olympic sized swimming pools.
- Investment in sustainable travel has seen a reduction in car kilometres, leading to a cut in congestion worth £25m to the LCR economy.



Active travel is accessible and inclusive. Making it easier to walk and cycle for everybody regardless of ability means more people in the Liverpool City Region can enjoy the benefits.

National research shows that:

- 6 out of 10 people could cycle to a local train station within 15 minutes.
- 85% of households live within a 6 minute walk of their nearest bus stop.

Addressing Accessibility

Increasing how much someone walks or cycles may increase their overall level of physical activity, leading to associated health benefits. These include:

- Reducing the risk of coronary heart disease, stroke, cancer, obesity and type 2 diabetes.
- Keeping the musculoskeletal system healthy.
- Promoting mental wellbeing.

An increase in walking or cycling can also help.

- Reduce car travel, leading to reductions in air pollution, carbon dioxide emissions and congestion.
- Reduce road danger and noise.
- Make public spaces more welcoming and provide opportunities for social interaction.
- Provide an opportunity for everyone, to participate in and enjoy the outdoor environment.

Improving Health

Making Our Roads Safer

Supporting Business

New 20mph Zones aimed to address the high number of road traffic accidents occurring in the most disadvantaged communities, providing a safer environment for people to walk or cycle.

£36m reduced accident savings were made and cycling in low-speed zones increased by 32% across Merseyside.

People who walk and cycle on a regular basis have been shown to be healthier and happier at work. Encouraging more people to walk and cycle can help give the Liverpool City Region economy a boost. Research from NICE shows that:

- People who are physically active take 27% fewer sick days each year than their colleagues.
- Businesses see walking and cycling as key to attracting and retaining the staff they need to thrive.
- Businesses are increasingly prioritising offices with high quality cycling facilities.

People who walk and cycle visit the high street more frequently and spend more money there compared to people in cars.

- Walking and cycling improvements can increase retail spend by up to 30%.
- Cycle parking delivers five times the retail spend per square metre than the same area of car parking.
- Over a month, people who walk to the high street typically spend up to 40% more than people who drive.

Walking and cycling already makes an important contribution to the UK's economy and encouraging more people to walk and cycle will provide a further boost. Investing in walking and cycling is a cost effective way to unlock these benefits which includes significant savings to the NHS.

- Typically, for every pound spent on walking and cycling, £13 of benefits are returned to the economy.
- An evaluation of previous active travel schemes highlights that investment in walking and cycling in the LCR has contributed £42m of GVA to the LCR economy.
- If 20% of the LCR cycled regularly, this would benefit 300,000 people and could save 700 lives a year.

Revitalise Town Centres

Value for the Economy



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All of the Combined Authority constituent local authorities are working together with Merseytravel and key stakeholders to develop and implement the LCWIP. You can follow the progress on the plan on Combined Authority website

www.liverpoolcityregion-ca.gov.uk/activetravel