

City of Cambridge Sustainable Transportation

CitySmart



FAST. FLEXIBLE. FUN

WALK

Cambridge was recently voted as the top city for walking by *Prevention* magazine. The city has a mix of housing, stores, services, workplaces, and parks all within easy walking distance. Walking is not only good for the environment but also great for your personal health. A recent Harvard study showed that walking at a moderate pace for up to 3 hours a week can cut the risk of heart as much as 40%.

<http://www.cambridgema.gov/CDD/Transportation/CitySmart/citysmartbybike/biketrends.aspx>

BIKE

for a healthy, and environmentally friendly way of getting around? Here it is! There are numerous options for biking in the City of Cambridge. Debuting to wide acclaim is

the city's Hubway bikeshare program. The system is fully integrated among participating municipalities, including Boston, Brookline and Somerville. There are also numerous bike paths, bike facilities, shops and fixit stations for you to use. Read more about bicycle trends here:

<http://www.cambridgema.gov/CDD/Transportation/gettingaroundcambridge/hybike/biketrends.aspx>

TRANSIT

The transit options are quite literally endless. With 33 MBTA bus lines and six subway stations, there are now many ways to travel around Cambridge. The subway transit options serve over 100,000 riders per day and the bus routes carry approximately 85,000 riders per weekday. This form of transportation is critical to maintaining the City of Cambridge as a livable city.

<http://www.cambridgema.gov/CDD/Transportation/gettingaroundcambridge/bytransit.aspx>

CAR

Traveling by car alone can be wasteful. Luckily, the city has carshare, carpool and vanpooling options for you to take advantage of.

<http://www.cambridgema.gov/CDD/Transportation/CitySmart/citysmartbycar.aspx>

Did you know? The cost of driving not only affects your wallet, it also affects the **environment**. The average car emits 160 lbs. of **carbon monoxide**, 16 lbs. of **VOCs**, 16 lbs of **nitrogen oxide** and smaller amounts of other **toxic materials**. Why not take advantage of the many alternative ways of transportation?

