

# Cost estimates for active travel interventions

The following table provides cost estimations for active travel (walking and cycling) interventions. Data provided is to be used as a guide line only, to enable users to provide ball-park figures for funding applications or equivalent. Actual costs may vary depending on economic climate, location and purchasing leverage.

If you are unsure which estimate is most relevant to your site, the Sustrans Active Travel Workplace Toolkit provides an in depth review of interventions: [www.activetravelcymru/toolkit](http://www.activetravelcymru/toolkit). Additionally, documents and contact details cited in the 'contacts and decision making' column in the table below can provide further support and assist with site specific queries.

In some cases, a Human Resource cost may be involved in managing the 'action'. This cost is not included in the cost estimation column and should be added as appropriate. Additionally, some interventions such as the Cycle to Work Scheme may initially require additional resourcing within the finance team, but no capital is required other than for marketing materials. As above, this is not covered in the estimates table.

In many cases marketing materials may be required to advertise schemes, events and opportunities. These materials will incur a cost but this may vary widely across sites. It is advised that a 'general marketing' lump sum is estimated.

It is recognised that some cost estimates may require more in depth planning i.e. traffic calming and cycle lane provision. In order to provide realistic cost projections, further technical advice should be sought.



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government



Action	Contacts, resources and decision making	Cost estimates
<p align="center"><b>Cycle maintenance training</b></p>	<p>Prices range depending on ratio of trainers: adults and the number of sessions provided.</p> <p><b><u>Decision making: Target audience</u></b></p> <p>Deciding what your objectives for the maintenance session are, in advance of booking will ensure you get the right package. What is your main focus:</p> <ul style="list-style-type: none"> <li>- staff to bring their own bikes to be checked over for road worthiness, or to learn to mend their own bikes?</li> <li>- support 'champions' or provide support for the masses?</li> <li>- training provided as part of pool bike sign-off (for approval for loan) or for anyone who wishes to ride a bike?</li> </ul> <p><b><u>Contacts</u></b></p> <p>Contacts below provide cycle maintenance and cycle safety training throughout Wales. The Cycle Touring Club (CTC) will provide contact names of individuals in your area who provide the same training.</p> <p><b>Cycle Training Wales: Nick Canham</b> <a href="mailto:nick@cycletrainingwales.org.uk">nick@cycletrainingwales.org.uk</a> 07971719626  <a href="http://www.cycletrainingwales.org.uk">www.cycletrainingwales.org.uk</a></p> <p><b>Cycle Experience: Andrew Dade</b> <a href="mailto:Andrew@cycleexperience.com">Andrew@cycleexperience.com</a> 07740 467 322  <a href="http://www.cycleexperience.com">www.cycleexperience.com</a></p> <p><b>Cycle Touring Club: Gwenda Owen</b> <a href="mailto:Gwenda.owen@ctc.org.uk">Gwenda.owen@ctc.org.uk</a> 07825081097  <a href="http://www.ctc.org.uk/DesktopDefault.aspx?TabID=4749">www.ctc.org.uk/DesktopDefault.aspx?TabID=4749</a></p>	<p>Depending on site requirements, number of trainers and session length (full or half day):</p> <p>Approx £150- £390 per day</p> <p>(Contact providers for a more accurate assessment of your requirements and costs)</p>
<p align="center"><b>Cycle safety training</b></p>	<p>See above links for contacts. Considerations include:</p> <p><b><u>Decision making: Type of training</u></b></p> <ul style="list-style-type: none"> <li>- Beginners or refresher courses?</li> <li>- For how many people?</li> <li>- Aiming to get certificates or just increase confidence of attendees?</li> <li>- 1-2-1 tuition, group work or train-the-trainer sessions?</li> </ul>	<p>See above.</p>

<p><b>Bike breakfasts</b></p>	<p><b><u>Decision making: What set-up?</u></b></p> <ul style="list-style-type: none"> <li>- When will breakfasts be provided? During Bike Week?</li> <li>- How many people per day?</li> </ul>	<p>Approx £2.50 per person per day</p>
<p><b>Active travel maps</b></p>	<p><b><u>Contacts</u></b>  <b>Cycle City Guides</b> (used previously by Sustrans)  <a href="http://www.cyclecityguides.co.uk">www.cyclecityguides.co.uk</a> - this is just one of many organisations that offer this service.  Maps can be developed which show the hospital site as the centre, with the surrounding active travel routes, facilities, services and public transport stops/stations/ hubs.</p>	<p>Approximately £2000 for 2000 maps (includes design, cartography and print)</p>
<p><b>Signing walking and cycle routes on site</b></p>	<p><b><u>Contacts</u></b>  Walking and cycle route stickers and advice for signs on-site can be sought through Sustrans Cymru contact: <a href="mailto:claire.plowright@sustrans.org.uk">claire.plowright@sustrans.org.uk</a>  For plastic/ metal signs off-site contact your Local Authority. Most Local Authorities are aware of the Sustrans stickers for way marking and do not require contact prior to use.</p> <p><b><u>Decision making: Number of signs</u></b>  The number of signs required will depend on:</p> <ul style="list-style-type: none"> <li>- complexity of site</li> <li>- number of entrances/ exits</li> <li>- cycle paths surrounding site</li> <li>- proximity of transport hubs to site</li> <li>- availability of space</li> </ul>	<p>Stickers( showing end destination and time for both walkers and cyclists)- 40p each</p> <p>Permanent signs (Plastic/ metal) £120- £240 (sign +post) with additional costs for labour and design.</p>
<p><b>Bike storage</b></p>	<p><b><u>Decision making: Which type of stand?</u></b>  The documents below provide background information on which type of stand is suitable for your site. Where possible, it is best to also provide shelter over the bike storage area.</p> <p><b>Sustrans Active travel workplace toolkit</b>  <a href="http://www.activetravelcymru/toolkit">www.activetravelcymru/toolkit</a></p> <p><b>Cycle parking info sheet:</b>  <a href="http://www.sustrans.org.uk/webfiles/Info%20sheets/cycle%20parking%20info%20sheet.pdf">www.sustrans.org.uk/webfiles/Info%20sheets/cycle%20parking%20info%20sheet.pdf</a></p>	<p>A basic stand for two cycles ~£100 (Includes supply and installation).</p> <p>A quality cycle locker costs ~£500 per cycle, installed.</p>

	<p><b>Workplace cycle parking guide:</b>  <a href="http://www.tfl.gov.uk/assets/downloads/businessandpartners/Workplace-Cycle-Parking-Guide.pdf">www.tfl.gov.uk/assets/downloads/businessandpartners/Workplace-Cycle-Parking-Guide.pdf</a></p>	A shelter for 20 cycles ranges from £1,000-£5,000 upwards.
<b>Pool bikes</b>	<p><b>Decision making: What type of bikes?</b> (see the documents listed under bike storage for more info)  The type of bike you purchase depends on:</p> <ul style="list-style-type: none"> <li>- frequency of use,</li> <li>- type of use i.e. used to loan out to staff to encourage uptake of cycle to work scheme, or mainly for business use (site to site),</li> <li>- level of integrated transport intended e.g. folding bikes are useful for train journeys</li> <li>- leisure or business prioritised e.g. Lunch time trips to nearby town centre/ shops</li> </ul> <p>The decision of which bikes may also be influenced by the number you would ideally like to have. Also, consider how the bikes will be maintained- Will this be a key contact on site or external support?</p>	<p>Hybrids: between £250 and £300  Folding bikes: between £350 and £450  Mountain bikes: you should look to spend a minimum of £300  Plus insurance, storage and maintenance</p>
<b>Accessories</b>	<p>Providing accessories with the pool bikes ensures the use is available for all.</p>	<p>Helmet: £35  Rear and front light: £30  A good lock (should ideally be a 'D' lock, with optional cable for attaching through quick release wheels): £40  High visibility vest or reflectors: £10 each/ pair</p>
<b>Lockers</b>	<p>The cost cited does seem very low at the cheapest end (the data is from 2002), but it gives a broad indication of price based on case studies.  <b>DfT publication: Making Travel Plans Work:</b>  <a href="http://www.dft.gov.uk/pgr/sustainable/travelplans/work/ngtravelplansworklessons5783.pdf">www.dft.gov.uk/pgr/sustainable/travelplans/work/ngtravelplansworklessons5783.pdf</a></p>	<p>The 2002 DfT publication 'Making travel plans work' quotes:  10 lockers ~£300- £1000</p>
<b>Showers and changing facilities</b>	<p>Again, the figure provided seems quite low, but obviously this very much depends on the facilities already available and the possibility of re-development of existing buildings. It would be beneficial to speak with your Estates and/ or Facilities department on site for a greater level of detail on this subject area.</p>	<p>The 2002 DfT publication 'Making travel plans work' quotes: Two sets of shower and changing facilities  ~ £3,000 - £8,000</p>

<p><b>Showers and changing facilities (cont.)</b></p>	<p>If funding is not readily available for shower facilities, it is not the end of active travel for the site. The link below explains:  <a href="http://www.everydaycycling.com/edc/news/WiseWords/wise_words_sweat_free_commuting.aspx">www.everydaycycling.com/edc/news/WiseWords/wise_words_sweat_free_commuting.aspx</a></p> <p>Alternatively, identify the showering and changing facilities on site and make sure staff are aware of them. There may well be ample facilities on site already.</p>	
<p><b>Cycle lanes (on site)</b></p>	<p><b>Decision making: Which designs work best?</b>  <b>The London cycling design standards: A guide to the design of a better cycling environment (TfL, 2005)</b>, particularly Chapter 7. p133 provides surfacing materials costs and p144-5 provides details on construction costs of e.g. lighting and cycle facilities.  <a href="http://www.tfl.gov.uk/assets/downloads/businessandpartners/lcds_chapter7.pdf">www.tfl.gov.uk/assets/downloads/businessandpartners/lcds_chapter7.pdf</a></p> <p><b>Technical Guidelines</b>  The Sustrans website also provides a wide variety of technical guidelines which describe and explain the requirements of building new cycle lanes and redeveloping existing infrastructure. These documents can help you to decide broadly which types of measures you could implement on your site:  <a href="http://www.sustrans.org.uk/default.asp?SID=1149001882109">www.sustrans.org.uk/default.asp?SID=1149001882109</a></p> <p>Both of these sources of information are used by developers in for Sustrans infrastructure projects across Wales.</p>	<p>To paint on cycle lanes to improve existing segregation of traffic, approx £850 for labour for 1 day. Additional cost may include materials, design and size of site.</p> <p>NB: paint type and design may vary depending on road surface and space availability.</p>
<p><b>Traffic calming measures/ infrastructure</b></p>	<p><b>Decision making: What to install</b>  This covers a wide variety of interventions, where measures can vary greatly in cost i.e. sleeping policemen, bollards, chicanes, traffic lights, pavement improvements, etc.  Your Local Authority Highways department should be able to provide cost estimates for a range of such measures.</p>	<p>N/A</p>