



Would you like to learn more about promoting walking and bicycling in your community?



The New Hampshire Department of Transportation (NHDOT) has produced a guide to empower state residents and business owners to become more engaged in developing walking and bicycling infrastructure in their local communities. If you have ever wished it were safer or easier to walk, bicycle, or access transit in your community check out *Your Guide to Promoting Walking and Bicycling Accommodations in New Hampshire!*

COMPLETE GUIDE AT: http://www.nh.gov/dot/programs/bikeped/documents/NHDOT_BPGuide.pdf



2 BACKGROUND

2.1 | How Walking and Bicycling Benefit a Community

If you are reading this guide, you are probably already convinced roads should support more than just motor vehicles. However, you may have to persuade community members and decision makers that walking and bicycling accommodations are worth the time, effort, and money required to implement and maintain them. Below is a list of key benefits of bicycling and walking, most of which benefit the individuals using these modes of transportation and the community as a whole.



WALKING & BICYCLING BENEFITS...

THE PEOPLE WHO WALK & BICYCLE

- A person who walks or rides a bicycle may experience all kinds of **health benefits**, including blood pressure, a healthier weight, a lower risk of chronic diseases, and improved mental health.
- A person who walks or rides a bicycle can **save money** on motor vehicle maintenance and insurance.

THE COMMUNITY

- Walking and bicycling foster a **greater sense of community** by creating more opportunity for social interaction.
- Pedestrians and bicycles consume less roadway space than motor vehicles, leading to which benefits those who are traveling by any mode and those who live near busy roads.
- Reduced motor vehicle emissions results in **less air pollution** and therefore a **healthier environment**.
- Improved walking and bicycling infrastructure **reduces the risk of crashes and injuries** who walk, ride bicycles, and drive.
- Improved walking and bicycling infrastructure gives people more **transportation choices**, especially important for children and others who do not drive.
- Homes in walkable neighborhoods are more likely to have **higher property values** than homes in car-dependent neighborhoods.
- Pedestrians and bicycles cause much less wear-and-tear to infrastructure than motor vehicles, leading to **reduced maintenance costs**.

THE PLANET

- More people choosing to walk and ride bicycles instead of drive to their destinations **reduces greenhouse gas emissions**, leading to a reduced effect on climate change and a healthier planet.

The Guide walks the reader through the benefits of walking and bicycling, how local and state planning processes work, and how **YOU** can get involved each step of the way. It also includes a visual guide to important types of walking and bicycling designs.

