

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!



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.

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.



THE PEOPLE WHO WALK & BICYCLE

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

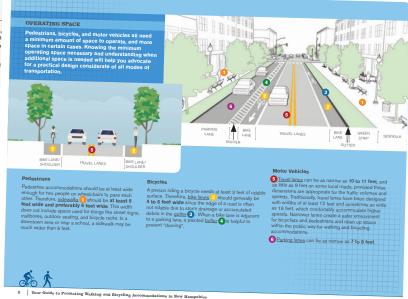


- Walking and bicycling foster a greater sense of community by creating more opportunit
- Pedestrians and bicycles consume less roadway space than motor vehicles, leading to which benefits those who are traveling by any mode and those who live near busy roat
- Reduced motor vehicle emissions results in less air pollution and therefore a healthier
- 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 choice
- especially important for children and others who do not drive.
- Homes in walkable neighborhoods are more likely to have higher property values that homes in car-dependent neighborhoods.
- Pedestrians and bicycles cause much less wear-and-tear to infrastructure than motor leading to reduced maintenance costs.



More people choosing to walk and ride bicycles instead of drive to their destinations greenhouse gas emissions, leading to a reduced effect on climate change and a hea

2 Your Guide to Promoting Walking and Bicycling Accommodations in New Hampshire





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https://www.nh.gov/dot/programs/bikeped/contactus.htm