Kilkenny Local Authorities Active Travel Town Submission





Mr John Mulholland Director of Services Transportation

Name and Address of Local Authority	Kilkenny Local Authorities
Contact person/proposed project manager	Mr Kieran Fitzgerald, Senior Engineer, Kilkenny Borough Council
Telephone	056 7794500
e-mail	Kieran.fitzgerald@kilkennycity.ie
Town proposed for the implementation of programme of walking and cycling measures	Kilkenny
Population of town	26,000
Planned duration of project/works (months).	60 Months
Planned start date	2012

Section 1 - Introduction

Kilkenny Local Authorities adopted their **Mobility Management Plan** for the City and Environs in 2009. The plan outlined a strategy for improved accessibility in the city and environs leading to reduced congestion, a safer pedestrian and cycling environment, reduction in emissions leading to better health.

The plan identified a number of infrastructural improvements complementary to the existing network of narrow lanes , reduced street widths in the mediaeval core , and the existing (predominantly unsurfaced)pathways along the River Nore . In addition the Plan outlined a range of methodologies towards achieving modal shift by raising awareness, publicity and information with particular emphasis on community engagement , schools and the work place .

This followed various studies on travel modes and recreational needs based on the Kilkenny Cycle Network Study 2002 and the Kilkenny Open Space , Sports and Recreation Study 2002. The Kilkenny City Local Area Plan 2005 adopted a strategy for the mediaeval core of the City and identified key routes for pedestrian/cyclist use in a traffic calmed environment with emphasis on shared space and reduced vehicle speeds.

Kilkenny Local Authorities commenced implementation of the various strategies in 2007 with the construction of the Watershed, a multi-disciplinary sports complex on the South-Eastern extremity of the City. The next phase was the construction of the

Kilkenny City Centre Landscaping project adjacent to Kilkenny Castle which removed in excess of 100 car-parking spaces from the City Centre.

Works on the provision of the orbital cycle and pedestrian network commenced in 2006 and these works are approximately 85% completed. Works on the provision of the radial network commenced in 2009. The radial routes lead from the orbital route to the shared space core of the City and are also approximately 85% complete .

In 2010 an implementation team consisting of representatives of Kilkenny Local Authorities (County and Borough), Health Service Executive, Kilkenny Sports Partnership and Waterford Institute of Technology was established to oversee the implementation strategy and establish methodologies for the measurement of modal shift.

In 2010 an application for funding under the Department of Transport's Smarter Travel Programme was unsuccessful though a shortlisting was achieved. To date in excess of €20m has been expended by both Councils from their own resources in support of active travel and recreational infrastructure.

The programme is continuing in 2012, albeit at a slower pace, and both Local Authorities have allocated funds towards the completion of other elements of the jigsaw. Kilkenny Borough Council will complete two further town centre cycle links this year and Kilkenny County Council propose to complete another phase of the Orbital Network.

Section 2 - Project Proposal Details

2012 - Completion of the Ring Road Orbital Cycle and Pedestrian Network

It is proposed to extend the existing orbital network , which currently terminates at the Watershed Roundabout , to the Callan Road Roundabout . This will complete the Orbital Route and will provide approximately 12km of uninterrupted off-road cycle and pedestrian routes around the environs of the City. This will provide off-road cycling facilities and footpaths compliant with the NTA National Cycling Manual .The estimated cost is €550,000 and works are programmed to commence in August 2012.

2013 - Provision of the Quaylink City Centre Pedestrian Bridge

The Quaylink pedestrian bridge has been included as an objective in the Kilkenny City and Environs Development Plan and is a vital component of the Mobility Management Plan. It will link the cycling and pedestrian infrastructure which has already been provided by Kilkenny Borough Council (The River Route) and the Department of Transport's Jobs Initiative funding 2011. The objective is to complete the Pedestrian and Cycle Link from McDonogh Junction Retail Centre and Transport Hub to the City Centre Retail Area in High St, Kieran St. and Market Yard .The project is in the design stage with mandatory environmental screening underway. Public Consultation will commence in July 2012 with construction works programmed for summer 2013. The estimated all-in project cost is €600,000.

2014 - Extension of existing cycleways on Freshford Road and Callan Road.

It is proposed to extend the existing Freshford Road cycle-track outwards from it's existing terminal point at St James Park to serve the existing Hospitals (St Luke's and Auteven) and link the existing residential and industrial areas in Talbot's Inch to the City Centre. The link which will also serve both St. Canice's and CBS Primary Schools and Loreto Second Level Convent will be a combination of off and on road tracks with traffic calming measures and crossing points provided adjacent to the entrances to St. Luke's Hospital. This proposal will also link to the existing Talbot's Inch Riverside Walking and Pedestrian Route which also includes outdoor Tone Zones.

An extension is also proposed from the College Road Cycleway (provided under the 2011 Jobs Initiative Scheme funded by the Department of Transport) to the Kilkenny Ring Road Orbital Route and thence to the residential areas on the Callan Road and the education complex at Seville Lodge . This route will utilise both on and off road Pedestrian and Cycle facilities to provide linkage to St. Kieran's College second level school, the outreach campus of Maynooth University and Waterford Institute of Technology , the School of the Holy Spirit Primary School and the offices of the Environmental Protection Area .

The overall cost of both schemes is estimated at €350,000.

2015 - Boardwalk at Greensbridge.

The proposed boardwalk at Greensbridge is seen as a key component of the Mobility Management Plan and is described as the Bridgeway. Greensbridge is a mediaeval structure and one of the two city centre bridge crossings of the River Nore. It carries significant traffic and carries only a single footpath which is a cantilevered structure on the upstream side of the Bridge. Cyclists must travel on the road carriageway. It is proposed to provide a dedicate cycleway on the upstream side which will link the existing river route to the Nore Linear Park. The preliminary design has been completed and the project cost is estimated at €600,000.

2016. Boardwalk at Ossory Bridge:

The Kilkenny Orbital Route is restricted at Ossory Bridge and cyclists must leave the cycleway and travel on the existing carriageway for the full length of the river crossing. This is not ideal as Kilkenny Ring Road has daily traffic volumes in the order of 20,000 vehicles with a high percentage of Heavy Commercial Vehicles. The proposal is to link the existing cycleways on both sides of the Bridge by means of a boardwalk cantilevered off the side of the existing bridge. The project cost is estimated at €440,000.

2.1 Behavioural Change Interventions:

A programme of interventions is designed to promote behavioural change in the School, Workplace and Residential Communities.

Schools Programme:

The schools programme will be overseen and monitored by the Department of Health, Sport and Exercise Science at Waterford Institute of Technology. The programme commenced in 2011 and has focused on an intensive behavioural change programme to be carried out over 2 years (2011/2012) in 2 girl's second-level schools in the City. The interventions have been designed to achieve greatest modal shift with minimum investment.

Initially a **Smarter Travel Module** was developed for Transition Year students and was delivered in an 8-week programme. This programme was designed to address the main barriers to walking and cycling. The number of students targeted is approximately 1000. The following interventions have been provided

Training: a- to improve bicycle proficiency and road safety

b-supply of consumables to improve bicycle maintenance

Education: supply of active travel resource booklet for parents

provision of an active travel resource pack per student (to include route map, mobility diary and interactive resource

booklet)

Marketing a. Supply of branded active travel equipment (jackets, helmets

etc)

b. Events e.g. cycle chic fashion show , bicycle breakfasts ,

active travel promotional days.

c. Active Travel Related 'Young Scientists Programme'

Infrastructural Upgrading of bicycle parking equipment

Lockers for storage of equipment.

On-site signage for cyclist safety

On-site line painting.

Safety Assessment of routes to school

Walking Bus for schools

Development of Park & Stride Sites

Research Baseline Survey of travel behaviour and attitudes to active travel

Parent and student

Qualitative and Quantitative data entry.

Verification of active travel levels

Data Analysis and report.

The cost of this pilot programme is €50,000 over the two year period.

All surveys and data analysis will be carried out under the direct supervision of Department of Health, Sport and Exercise Science at Waterford Institute of Technology.

On completion it is proposed to include two additional schools for the 2013/2014 period and repeat the process for 2015/2016.

The Environment Section also provides support to the SE An Tasice Travel Officer who liaises with city schools undertaking the Travel Theme. The Council provides funding support for initiatives that promote the smarter travel message to the wider community (competition prizes, subsidized cycles training, and awareness raising events like the St Patrick Day Parade). The annual expenditure is €5,000

Three city primary schools have recently completed the travel theme and have been awarded the travel flag. This year one school started the two year theme and by 2016 two more schools will have started working on the travel theme.

It is anticipated that other schools who are not far enough advanced in the Green School Programme may take on the Active School Challenge which is being promoted locally through the HSE Health Promotion Unit. Should schools participate in this, it will further advance the behavioral change intervention as a proportion of this programme also focuses on smarter travel to school. Schools who participate in the Active School Challenge will be given similar funding opportunities for subsidized cycles training and public awareness raising events.

Analysis of behavioral change is completed by two methods over the 2011-2016 period. An Taisce complete pre and post surveys of schools that undertake the travel theme to assess the programmes success in modal shift while the Borough Council has engaged WIT to complete behavioral analysis in schools and the general public on a rotating two year basis. The initial survey period was in April 2011 and further assessment will take place in 2013 and again in 2015.

Workplace:

This element of the programme has been designed and overseen by the Health Promotion Unit of the Health Service Executive. Monitoring and evaluation will be undertaken by Waterford Institute of Technology. It is proposed target two workplaces bi-annually in a manner similar to that described in the schools programme. The programme commenced in 2012 and is concentrating on public service employees for 2012/2013. The target group is about 1000 employees

The module includes awareness raising with management , training , education , marketing , research , evaluation , infrastructural improvements within the worksite , research and evaluation . The programme is estimated to cost €25,000 for each two year module.

Residential and Community:

Engagement has commenced with resident's groups and it is proposed to include 6 groups in total from 2011/2016. Concentrating on areas of differing socio-economic circumstances the project has designed and overseen by the Community and Development Section of Kilkenny County Council with assistance from the HSE. Monitoring and evaluation will be undertaken by WIT as before. The total cost of evaluation is estimated at €25,000 for each two year module.

The programme is estimated to cost €25,000 over each 2 year period.

Section 3 - Project Costs

For each project element provide	Estimated Cost €	Requested DTT&S contribution €
2012- Ring Road Orbital Cycle and Pedestrian Network	550,000	400,000 (350K+ 50K Monitoring & evaluation)
2013 – Quay Link Bridge	600,000	400,000 (350K+ 50K Monitoring & evaluation)
2014 – Cycleway Extensions	350,000	250,000 (200K +50K Monitoring & evaluation)
2015 – Greensbridgeway	600,000	400,000 (350K +50K Monitoring & evaluation)
2016 – Ossary Bridgeway	440,000	400,000 (350K +50K Monitoring & evaluation)

Draw Down Dates for All Schemes is October/November of the relevant year

Section 4 - Evaluation & Delivery

A comprehensive programme to monitor the effectiveness of the Kilkenny Programme is underway. The methodology is

- (a) In 2011 a survey to measure baseline levels of active travel was conducted in both Kilkenny (the intervention site) and Clonmel (the control site) . The participants were all 5th and 6th class primary students, all 1st, 2nd and 5th year secondary school students and parents /guardians of both. Total Cost €60,000
- (b) In 2011 a manual count of cyclists, pedestrians and parked bicycles was carried out in each location. Total Cost €36,000
- (c) These surveys will be repeated annually until 2016.
- (d) Since 2010 Pedestrian, Cyclist and Traffic counts are carried out on a monthly basis on the 3 main streets in Kilkenny City. Annual Cost €11,000.
- (e) From 2012 onwards bicycle and pedestrian counts will be undertaken at various locations on the orbital cycleway and the radial routes into the City. These counts will be repeated regular intervals. Annual Cost €4,000
- (f) Traffic Surveys are completed regularly on all routes into the City Centre and on Kilkenny Ring Road. In addition car-parking information (both on-street and in dedicated car-parks is monitored on a monthly basis. (Carried out inhouse)
- (g) As previously stated WIT are undertaking research and evaluation of the interventions in Schools, Workplace and Community.

Section 5 – Project synergies:

As outlined previously the proposed schemes aim to dovetail into the existing pedestrian and cycle network in Kilkenny. Specifically the schemes address some of the shortfalls in the existing network at pinch points & at areas of potential conflict in the city. The behavioural change programmes are currently ongoing and these schemes will ensure funding is secured for their continuation into the future. Kilkenny's objective to becoming the 10 minute City as outlined in our Smarter Travel Stage 2 Bid is brought a significant step forward by the completion of the proposed schemes. The idea of shared space for the core city area within the Gateways ties in with Kilkenny's application to on Board Failte for funding the Medieval Mile. The scheme as for an upgrade of High St to Dean St, incorporating the shared space principals at the pedestrian portals.

Section 6 - Project Promotion and Information Dissemination

The Smarter Travel Group has engaged in extensive information dissemination to date.

These include

- (a) Promotion in local print media and radio. It is proposed to continue with quarterly bulletins on local radio and newspaper.
- (b) Participation in local popular events. The Smarter Travel Group participate in local events e.g Piltown Agricultural Show, St Patrick's Day Parade.
- (c) Continued participation in the Kilkenny Christmas Market. Run over three weeks a cabin is hired from the event organisers and information is disseminated on the benefits of active travel. Gift packs (promoting active travel) are also available.
- (d) Continue the practice of Town Hall style meetings. A number of these open meetings have been held to date and are held outside of normal working hours. Chaired by the current Mayor this forum encourages debate and has attracted large attendances to date.
- (e) Continue promotion of **Smart Saturday** (a day-long fun event) which encourages mass participation in a range of alternative travel modes with novelty style events to stimulate audience reaction. The programme is designed to encourage participation by all sections of the Community. In addition the most events are located on the newly completed and car-free space adjacent to Kilkenny Castle. It is estimated that the event attracted an audience of 8000 in 2011. Annual Cost €20,000 (See enclosed flyer from 2011)
- (f) Continue use of social media to publicise smarter travel events.
- (g) Continued use of the Local Authority Websites for promotion of Active Travel Events and dissemination of information on the Active Travel Programme.

Appendix 1 - Modal Shift Estimates

Modal Shift Estimates:

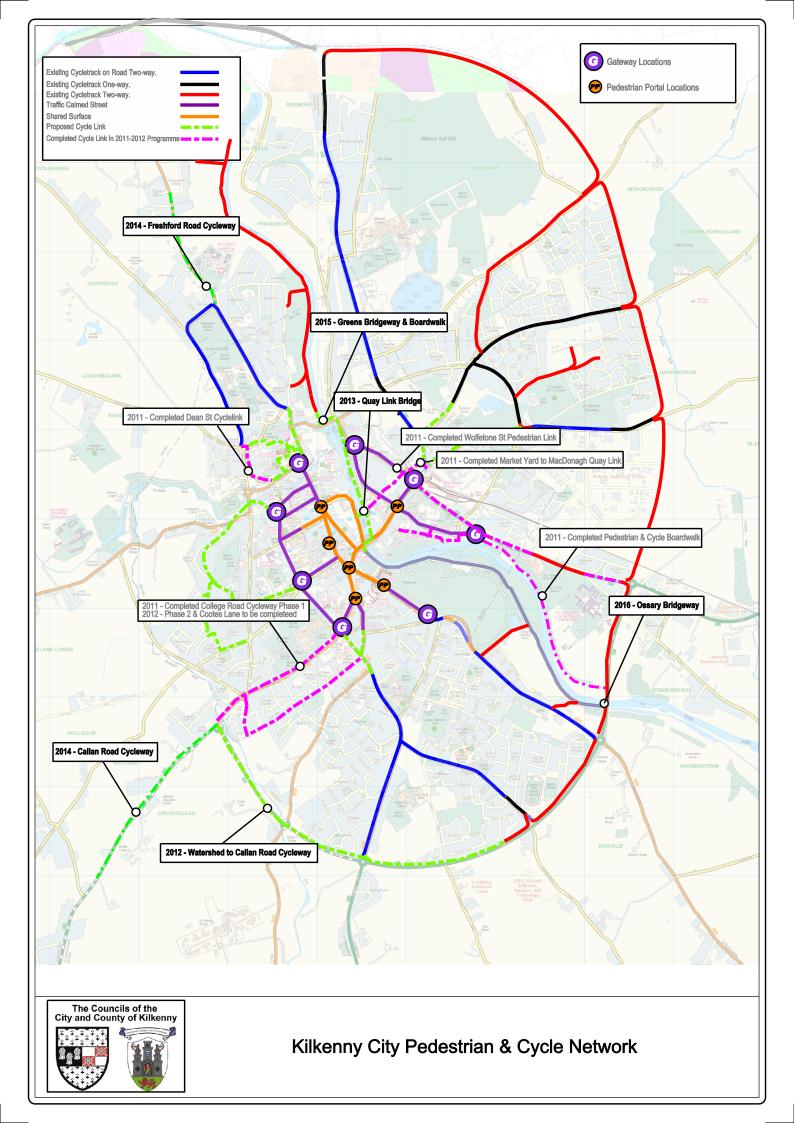
	Walk	Cycle	Bus	Car	Car Pass	Other	Total
2006 Census	24.9%	4.0%	3.5%	45.1%	18.2%	4.3%	100%
With Smarter Travel	29.4%	7.7%	3.9%	36.2%	17.5%	5.3%	100%
Change in Percent points	+4.5%	+3.7%	+0.4%	-8.9%	-0.7%	+1.0%	0%
Change in Percent	+19%	+90%	+10%	-20%	-4%	+25%	0%

Wider Outcomes:

Objective - Outcome	Monetised (€m NPV) 5 years	Monetised (€m NPV) 30 years	Quantitative	Qualitative	Comment / Input assumption
Health & Safety					
Health & Fitness	0.40	3.37	0.1 lives saved per year due to reduced mortality Reduction in absenteeism of 90 days per year		Additional 200 people would achieve active health benefits
Environment					
Carbon	0.34	2.90	Reduction in CO ₂ emissions of 2,200 tonnes per year		18% reduction in vehicle kilometres
Air Quality	0.37	3.14	Reduction in non- CO ₂ emissions of 151 tonnes per year		18% reduction in vehicle kilometres
Equality of Access					
Mobility Impaired People			2249 or 10% of Persons in Kilkenny with a disability in 2006 Census	2116 or 26% of households in Kilkenny without cars in 2006 Census	Families with young children will also benefit
F					
Vehicle Operating Cost	5.89	38.83	Baseline estimate of 96 million vehicle km per annum	Derived from Kilkenny Traffic Model	18% reduction in vehicle kilometres
Quality of Place	0.42	1.84		Applies in City Centre	Includes traffic and public realm improvements
Tourism	4.41	29.07	Increase in spend leading to 60 additional jobs		10% increase in tourism
	44.01	70.10			
Grand Total	11.81	79.16			

NPV- Net Present Value

Appendix 2 – Route Map, Scheme Photos & Smarter Saturday Programme 2011





Ossary Bridgeway

Existing footpaths on Ossary bridge are less than 1.5m wide with a speed limit of 100km/hr. The existing footpath and cycle network terminate both sides of the bridge requiring cyclists to dismount while crossing the bridge. The Bridgeway will provide dedicated pedestrian and cycle facilities across the Nore River and link the existing facilities either side.

Watershed to Callan Road Pedestrian & Cycleway

Existing pedestrian and cyclist facilities terminate 150m west of the Watershed Sports
Complex on Kilkenny Ring
Road. The route is widely used by the puiblic as a leisure walk and cycle. At this location pedestrians and cyclists merge onto the 100km/hr carriageway edge and walk along the hard shoulder through 3 additional roundabouts before reaching the Callan Road and the College Road Cycleway (Completed 2011)



Quay Link Pedestrian Bridge

The scheme provides pedestrian linkage from the Market Yard/Bateman Quay Pedestrian & Cycle facilities funded under the Smarter Travel Jobs Initiative Round 1 in 2011 and the Mac Donagh to Johns Quay portion of the scheme. This bridge is the final link in the chain from the Railway Station in Kilkenny City to the City Centre via the safer, less trafficked back lanes.



Greens Bridgeway & Boardwalk

Greens Bridgeway will provide dedicated pedesterian and cycle facilities across Greens Bridge and link via a new Boardwalk to the Nore River Route Recreational Cycle & Walking Trail. It also connects the Park and Sride Sites in the East of the City to the Schools in the West

Freshford Road Cycleway

Continue the existing cylelanes to link with the Hospital and the residential areas in the North West of the City. The area is located within the existing 50km/hr speed limit



Callan Road Cycleway

Provide dedicated off road cycle and pedestrian facilities from the residential areas in the west of the city to link in with the College Road Cycleway and Watershed to Callan Pedestrian & Cycleway





FAMILY FUN DAY - Saturday 25th June 2011

PROGRAMME OF ACTIVITIES

Start time	Start Point	Event	Details
11am	Castle Park	FUN & GAMES	Join the members of Kilkenny City Harriers for some fun and games in the park - suit all ages.
11.30am	Bus from Padmore & Barnes	NORE VALLEY WALK (10km)	Kilkenny LEADER Partnership through "Trail Kilkenny" has developed a series of walks around the country. Join Martin Rafter & Eoin Hogan for a leisurely walk by the banks of the Nore. Get a demo on the new Trail Kilkenny i-phone app. To book phone 7752111.
1pm	Town Hall	MOBILITY WALK (3km)	Organised by Kilkenny Recreation & Sports Partnership - this walk is suitable for Mums/Dads with buggies, wheelchair users and anyone interested in a leisurely walk through the city.
1pm	Parade	RING ROAD CYCLE	Cycling is a great way to get around Kilkenny - join members of Marble City Cyclers & have a go!
2pm	Town Hall	FAMILY FUN RUN (5km)	5km Run led by Tom Kennedy & Fit for Life Group. Do it at your own pace - walk, jog, run through the city.
2pm, 3pm, 4pm	Town Hall	CITY CENTRE TRAIN TRIP	Join Ivan Sheridan on his new Kilkenny Train and take a tour with the kids through the city.
2.30, 3.30 & 4.30pm	Health Promotion Stand Town Hall	WALK FOR HEALTH (2km) & TREASURE HUNT	Join health promotion staff for a "walkshop". Learn about how to get the most out of your walk and hints & tips for being active.
2 - 4pm	Town Hall	VIDEO ON HEALTHY LIVING	Learn about the positive health effects if we change our travelling habits from fuel to foot & pedals!
2 - 6pm	High Street/Parade	UNICYCLE & TRICK CYCLIST WORKSHOP	Be entertained for the afternoon with skilled uni-cyclists jugglers and try your skills on a uni-cycle!
3-5pm	Parade	BIKE 'HEALTH CHECK' CLINIC	Is your bike functioning as best it can? FREE bike consultation & minor repairs.
3pm	Town Hall	PUPPET SHOW	Puppet show highlighting the benefits of getting around by walking and cycling.
3pm, 4pm, 5pm	High Street	CITY HISTORIC CYCLE	Led by Jason Morrissey, pedal around the city and learn about our wonderful historic sites.
3-5pm	High Street	ELECTRIC CAR DEMOS	Have a spin in an electric carand see the benefits for your pockets!
4pm	High Street	CELEBRITY CHALLENGE	Who is the fittest sportsperson in Kilkenny? Stationary 5km bike challenge on watt bikes.
4pm	Kieran Street	HIGH NELLIE COMPETITION	Who has the best kept High Nellie in Kilkenny? Dust off your old bike and cycle on down to the Parade. Prize for the best kept old spokes!
5pm	Town Hall	FANCY DRESS CYCLE	Have a bit of fun and pedal through the city in the funniest costume you can create!
5pm	High Street	SCHOOLS RICKSHAW COMPETITION	Which school in Kilkenny have the fittest teachers?!! Rickshaw race from High Street to Parade via Kieran Street. Teacher will have to pull two members of staff in a rickshaw!
5pm	Town Hall	TALK ON REDUCING CO2	Reducing CO2 Emissions - how & why? Talk on the positive environmental effects if we change our travelling habits from fuel to foot & pedals!
5pm	Parade	SKATING DEMONSTRATIONS	Local Kilkenny Skaters give a demonstration on their skills.
All Afternoon	Main Stage	LIVE MUSIC PERFORMANCES	Enjoy music from young and not so young Kilkenny bands and musicians. Headlined by THE BROKEN SPOKES! MC Martin Bridgeman.
All Afternoon	Mayors Walk	HEALTHY DELICIOUS FOOD	Enjoy delicious food from Kilkenny Farmers Market operators. Learn about growing your own food.
All Afternoon	Majors Walk	GIANT CHESS & BOULES	Enjoy a leisurely game of chess or Boules on the Mayors walk with Age Friendly County Alliance
All Afternoon	Parade	TRADE STANDS	Displays and information from businesses/clubs / organisations & associations involved in 'smarter travel' and health & fitness.
6pm	Main Stage	PRESENTATION OF PRIZES	Join our entertaining MC for presentation of prizes.



FAMILY FUN DAY -Saturday 25th June 2011

smartertravel>>> changing the way kilkenny moves

By changing our everyday journeys we can get around quicker, save money and add to our health & well-being. The table below provides some information that may be useful to you in your everyday trips around Kilkenny.

FROM	то	km	* WALKING	* CYCLING	* DRIVING TIME	* Avg Cost DRIVING	 Avg SAVINGS €
Callan Road Roundabout	Parade	1.4	16min	6min	3min	0.28c	145.60
Bennettsbridge Road Roundabout	Parade	1.6	19min	6min	2min	0.32c	166.40
Kells Road Roundabout	Parade	1.8	22min	7min	4min	0.36c	187.20
Hebron Road Roundabout	Parade	2.3	28min	9min	7min	0.46c	239.20
Johnswell Road Roundabout	Parade	2.6	31min	10min	8min	0.52c	270.40
New Orchard Road Roundabout	Parade	2.9	35min	12min	8min	0.58c	301.60
Castlecomer Road Roundabout	Parade	3.3	39min	13min	6min	0.66c	343.20
Waterford Road roundabout	Parade	1.9	23min	8min	3min	0.38c	197.60
McDonagh Junction	Parade	0.9	10min	4min	2min	0.18c	93.60
Dublin / Carlow Road Roundabout	Parade	2	24min	8min	6min	0.4c	208.00
Watershed	Parade	2.1	25min	8min	4min	0.42c	218.40
Purcellsinch Business Park	Parade	3.1	37min	12min	4min	0.62c	322.40
St Lukes Hospital	Parade	2.2	26min	9min	6min	0.44c	228.80
Full Ring Road							
from Callan Rd to 'Comer Rd rounda	bout	7.9	94.8mir	32min	9min	1.58c	821.60
Linear Park - Riverside Drive to Weir	& Back	4.8	57.6min	19min	n/a		
Outer Lap of Castle Park		1.9	23min	8min	n/a		

- Walking time in min (avg 1km 12 minutes)
- Cycling time in min (avg spd 15km ph or 4 minutes per km)
- Driving time taken between 1 & 3pm on Tue May 31st 2011
- * Avg cost in cents if driving (av family car ref AA Ireland)
- * Avg savings based on (10 trips per week) annually

DID YOU KNOW

We have 50km of bicycle lanes and 65 bicycle parking spaces in the city

Bicycle Parking Locations:

Market Yard, Canal Square, The Parade, Friary Street, County Hall, The Library Johns Quay, Kieran Street, Johns Green This day is organised by the Kilkenny Smarter Travel Office whose aim is to promote and encourage people to get around by walking, cycling, using public transport and other forms of sustainable transport.



























