There are many benefits that can be realised by cycling regularly instead of making car journeys.

Cycling is an ideal way to interact with the environment whilst causing it no harm. CO2 emissions from cycling are virtually zero, so if you cycle regularly, your carbon footprint will be much smaller than if you drive the same journeys. To check how much carbon you are saving use the "Check CO2 emissions" link and enter the distance of your journey, it will show you the amount of carbon that would be emitted from the equivalent car journey. For example a 3 mile journey in a small car emits 0.6kgs of CO2 or 1.2kgs in a large car. If you can save this amount from just one cycle journey, just think how much you can save over a whole year!