

# Cut the Cost of your Commute

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### Save money and reduce the environmental impact of your drive to work

Canadian workers pay dearly for their daily commute in time, money and environmental impact. The average Canadian's commute is 24.5 minutes with some cities taking a higher toll on their commuters like Toronto with an average of [32.8 minutes](#) and Montréal with 29.7 minutes. 82% of commuters travel in vehicles and the average Canadian household drives a staggering [26,400 kilometres](#) annually, averages \$10,000 in vehicle expenses, and uses 2,000 litres of gas which produces 4.6 tonnes of greenhouse gas pollution.

There are many ways you can mitigate your impact on the environment and reduce the time and money you spend on travel.

**Carpool:** Meet new people and enjoy some company on your way to work. Find people along your commute to share your ride by asking colleagues at work or by using online sites like Kangaride, [Carpool](#), [Carpool Canada](#) and Rideboard.

These forums aren't just for commuting, so the next time you're planning a road trip, check to see if anyone is going your way.

**Biking:** A [recent study](#) found that if just 14% of urban travel was by bike, we could cut carbon emissions by 11%. Biking to work for even just a couple of days a week will reduce your costs and help you to stay fit. Giving up your gym membership in favour of biking to work will increase your savings even more.

**Drive Smarter:** Try to miss the daily commuting rush by coming in earlier or leaving later, you will reduce your travel time and improve gas mileage by not getting stuck in stop/start traffic.

Working from home for a couple of days a week is also an excellent way to reduce costs and increase productivity. A [recent review](#) by Stanford University found that employees who worked from home increased their production by 13%.

If you must drive, choose a fuel-efficient, low-emissions car.

Don't exceed the speed limit – most cars operate at [top fuel efficiency](#) when travelling at 80-90 km/h.

If you have to stop for more than a minute, turn off the engine. For every 10 minutes of idling, you burn just over a cup of gas.

Tires which are not properly inflated can have a significant impact on your fuel efficiency. Check the

manufacturer's guidelines and ensure that your tires are properly inflated at all times.

Check that your gas cap is securely fastened. In the U.S., 147 million gallons of gas evaporate each year from gas caps which don't close properly.

Carrying less weight in your trunk will reduce your fuel consumption. Be sure to remove items you store in your trunk as soon as possible.

Remove ski and bike racks, flags and other objects that may reduce your car's aerodynamics and negatively affect your fuel efficiency.

Plan to run all your errands on the same day so you make fewer trips during the week and plan shopping trips with friends.

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