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Get on board with Go North East this Catch the Bus Week

Next week, Go North East, the region's largest bus company, will be getting on board with [Catch the Bus Week](#) (1-7 July).

The nationwide campaign aims at driving awareness of the benefits of catching the bus and Go North East will be joining in, with a series of offers and competitions on their [Facebook](#), [Twitter](#) and [Instagram](#) pages throughout the week.

Travelling by bus comes with plenty of benefits, and here are some of them courtesy of research commissioned by [Greener Journeys](#):

- Travelling by bus is good for your health – it's a third less stressful than commuting by car.
- If everyone switched just one car journey a month to the bus there would be one billion fewer car journeys on our roads – saving 2m tonnes of CO2.
- Catching the bus reduces congestion, saving the UK economy up to £11 billion a year.
- Catching the bus frees your head and hands, relieving you of congestion woes and parking stress, so you can make the most of your extra time – allowing you to relax with a book or catch up with friends.
- A third of drivers consider driving a chore because of high fuel costs and increased congestion.
- Buses are a cost-effective way to cut carbon emissions and congestion, therefore reducing our carbon footprint and improving air quality.
- Buses are a vital driver of economic growth in the UK – every £1 spent on bus infrastructure generates up to £8 of economic benefits.
- Two-thirds of bus users have said that buses create strong community ties.

The company recently announced a [£12million investment](#) in 54 high-specification environmentally friendly buses, nine of which are full-electric, to help revolutionise bus travel across the region.

Martijn Gilbert, Managing Director at Go North East, said: “Buses play a vital role in connecting our communities, improving air quality and helping reduce congestion, with one fully loaded double-decker capable of taking up to 75 cars out of traffic jams.

“With great features including contactless payments plus free Wi-Fi and USB charging points on many of our buses, as well as the environmental and active health benefits of bus travel, there's never been a better time to get on board.

“Catch the Bus Week is a nationwide initiative to get people to re-think bus use and give today's modern bus services a try.”

For more information about Go North East, and the benefits of bus travel,

visit gonortheast.co.uk or search for 'Go North East' on Facebook or Twitter.

[Go North East website](#)