

Where in Lerwick are you going?	Distance from Viking Bus Station (m)	Walking		Cycling		Average for a medium sized car	
		<i>Time (mins)</i>	<i>Calories burnt</i>	<i>Time (mins)</i>	<i>Calories burnt</i>	<i>Pennies saved</i>	<i>CO₂ saved (g)</i>
<i>Museum</i>	270	4.1	18	1.1	11	3.3	55
<i>Toll Clock</i>	551	8.3	35	2.2	21	6.7	113
<i>Library</i>	582	8.7	39	2.3	22	7.1	119
<i>Anderson High</i>	1096	16.4	70	4.4	42	13.4	224
<i>Hospital</i>	1203	18.0	78	4.8	48	14.7	246
<i>Co-op</i>	1228	18.4	80	4.9	50	15.0	251
<i>Clickimin</i>	1278	19.2	83	5.1	53	15.6	261
<i>Tesco</i>	1353	20.3	87	5.4	56	16.5	276
<i>Northlink</i>	1386	20.8	92	5.5	58	16.9	283