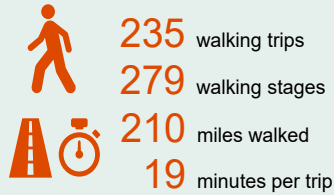


# Walking Factsheet, England: 2021

## Summary [\[NTS0303\]](#)



## Gender [\[NTS0601\]](#)



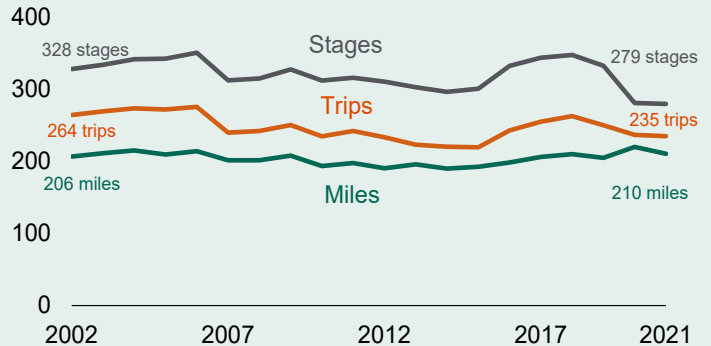
## Trends [\[NTS0303\]](#)

In 2021:

**Trips** 1% since 2020

**Stages** 0% since 2020

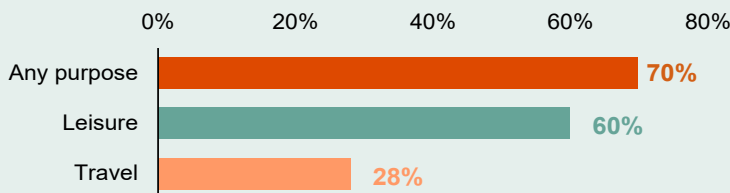
**Distance** 4% since 2020



A **Trip** is a one-way course of travel with a single main purpose. A "walking trip" is one where the greatest part was walked. A new **stage** is defined when there is a change in the mode of transport. Trips consist of one or more stages.

## Purpose [\[ALS, CW0303\]](#)

Proportion of adults walking at least once a week by purpose, November 2020 to November 2021

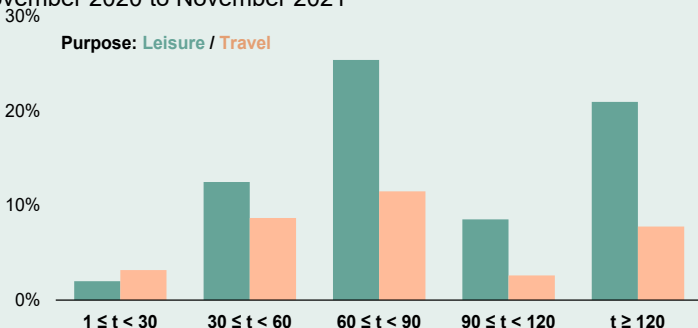


Seven out of ten adults walked at least once a week. More adults walked for leisure than for travel.

**Leisure** is for the pleasure or value of the activity  
**Travel** is getting from A to B **Any** is leisure or travel

## Usual time spent per day [\[ALS, CW0304\]](#)

Proportion of adults walking, by purpose and minutes per day, November 2020 to November 2021



When adults walked for more than 30 minutes, they were more likely to be walking for leisure rather than travel.

## Car access [\[NTS0702\]](#)



People without access to a car walk more and further than those that have access to a car.

## Disability [\[NTS0711\]](#)



On average, adults without a disability made more trips and travelled further by walking than those with a disability.

## Travel purpose [\[NTS0409\]](#)



**Escort Education** is escorting or accompanying a child or children to school.

**Sources:** NTS, National Travel Survey 2021 (any walking on the public highway)

ALS, Active Lives Survey 2020 to 2021 (aged 16+ only, walks are at least 10 minutes)

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