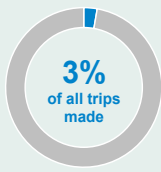


# Cycling Factsheet, England: 2020

## Summary [NTS0303]



20 cycling trips  
21 cycling stages  
88 miles cycled  
30 minutes per trip

## Gender [NTS0601]



13 trips  
50 miles



28 trips  
127 miles

Men cycle 2 times as many trips and more than 2 times further than women.

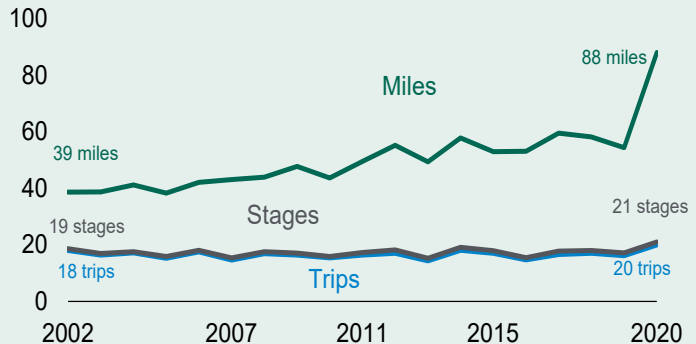
## Trends [NTS0303]

In 2020:

**Trips** 26% since 2019

**Stages** 23% since 2019

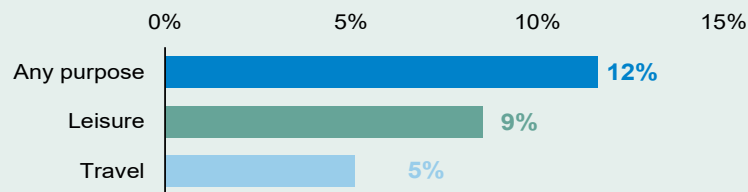
**Distance** 62% since 2019



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

## Purpose [ALS, CW0302]

Proportion of adults cycling at least once a week, by purpose, mid-November 2019 to mid-November 2020

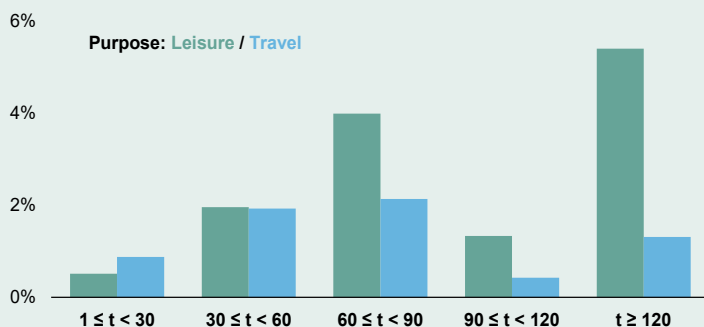


Just over one in ten adults cycled at least once a week. More adults cycled for leisure than for travel.

**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 cycling, by purpose and minutes per day, mid-November 2019 to mid-November 2020



When adults cycled for over 1 hour, they were far more likely to be cycling for leisure rather than travel.

## Car access [NTS0702]



34 trips  
146 miles



18 trips  
78 miles

People without access to a car cycle almost twice as much as those that have access to a car.

## Disability [NTS0711]



24 trips  
117 miles



8 trips  
21 miles

Adults without a disability cycled more than twice as many trips and over five times further than those with a disability, on average.

## Travel purpose [NTS0409]



20% of cycling trips are for **commuting or business**



55% of cycling trips are for **leisure purposes**

**Leisure purposes** include visiting friends, entertainment, sport, holiday and day trip.

**Sources:** NTS, National Travel Survey 2020 (any cycling on the public highway)

ALS, Active Lives Survey November 2019 to November 2020 (aged 16+ only, any cycling)

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