

# Walking Factsheet, England: 2020

## Summary [NTS0303]



236 walking trips  
281 walking stages  
220 miles walked  
19 minutes per trip

## Gender [NTS0601]



265 trips  
231 miles



207 trips  
208 miles

Women make more walking trips, and walk further than men.

## Trends [NTS0303]

In 2020:

**Trips**



5% since 2019

**Stages**

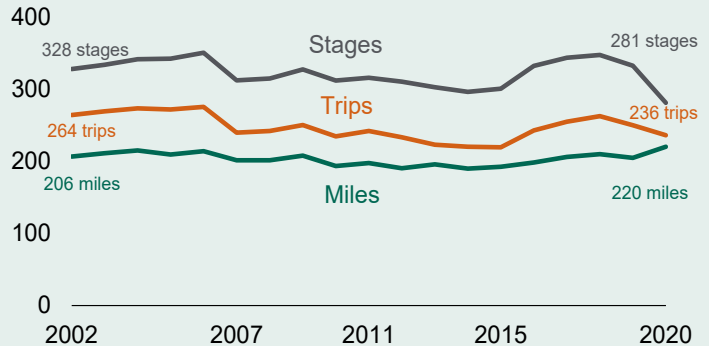


16% since 2019

**Distance**



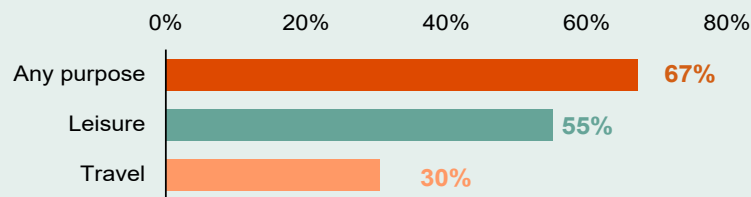
7% since 2019



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, mid-November 2019 to mid-November 2020

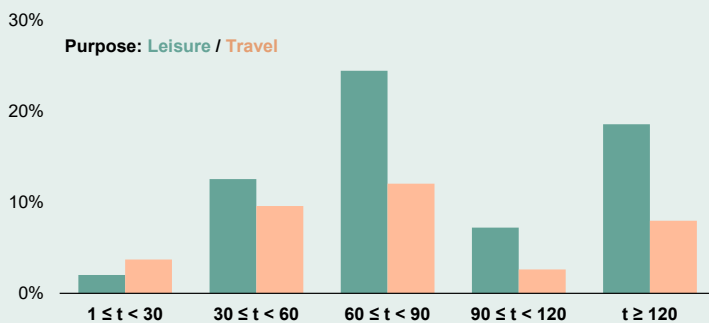


Nearly seven out of ten adults walked at least once a week. More adults walked for leisure than for travel.

**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, mid-November 2019 to mid-November 2020



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

## Car access [NTS0702]



281 trips  
276 miles



229 trips  
210 miles

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

## Disability [NTS0711]



238 trips  
244 miles



192 trips  
132 miles

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

## Travel purpose [NTS0409]



48% of walking trips are for **just walking**



16% of walking trips are for **education or escort education**

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

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

ALS, Active Lives Survey 2019 to 2020 (aged 16+ only, walks are at least 10 minutes)

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