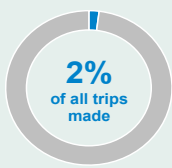


# Cycling Factsheet, England: 2021

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



15 cycling trips  
15 cycling stages  
55 miles cycled  
26 minutes per trip

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



7 trips  
22 miles



24 trips  
89 miles

Men cycle more than 3 times as many trips and more than 4 times further than women.

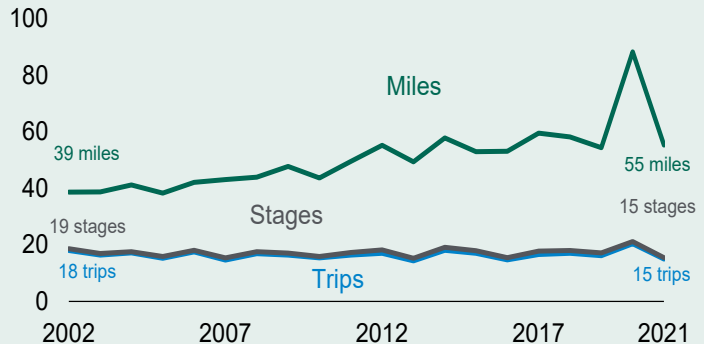
## Trends [\[NTS0303\]](#)

In 2021:

**Trips** 27% since 2020

**Stages** 27% since 2020

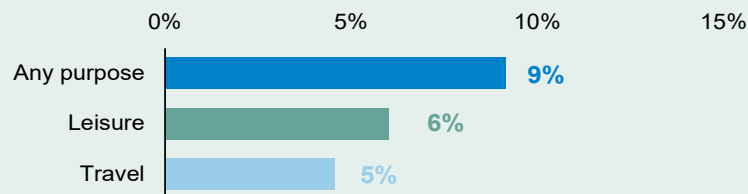
**Distance** 37% since 2020



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

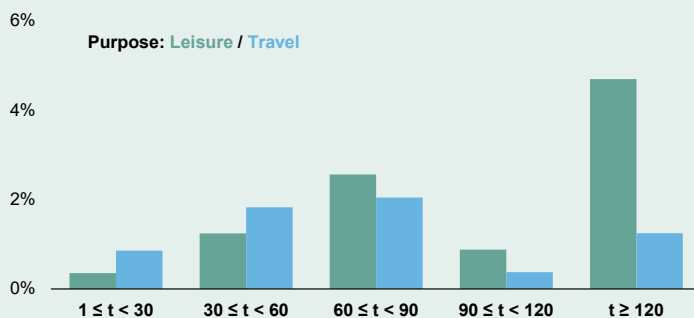


Just under one in ten adults cycled at least once a week. More adults cycled for leisure than for travel.

**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 2020 to mid-November 2021



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

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



26 trips  
78 miles



13 trips  
51 miles

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

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



17 trips  
71 miles



4 trips  
13 miles

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

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



29% of cycling trips are for **commuting or business**



46% of cycling trips are for **leisure purposes**

**Leisure purposes** include visiting friends, entertainment, sport, holiday and day trip. This does not include shopping trips.

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

ALS, Active Lives Survey November 2020 to November 2021 (aged 16+ only, any cycling)

Follow @DfTStats