

Walking Factsheet, England: 2022

Summary [\[NTS0303\]](#)



267 walking trips
318 walking stages
221 miles walked
18 minutes per trip

Gender [\[NTS0601\]](#)



289 trips
230 miles



244 trips
211 miles

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

Trends [\[NTS0303\]](#)

In 2022:

Trips



14% since 2021

Stages

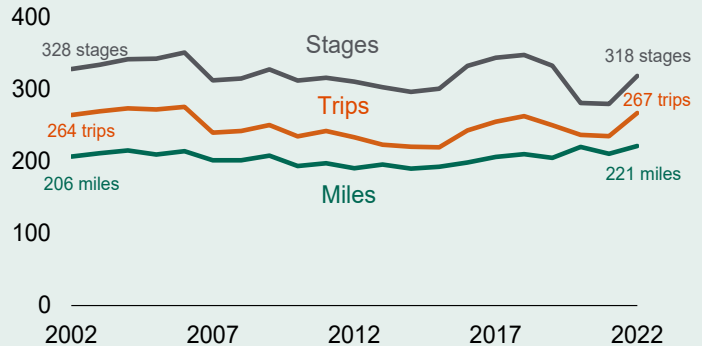


14% since 2021

Distance



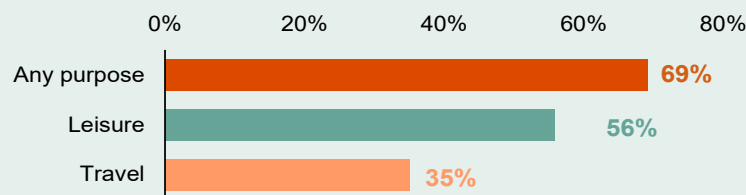
5% since 2021



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 2021 to November 2022

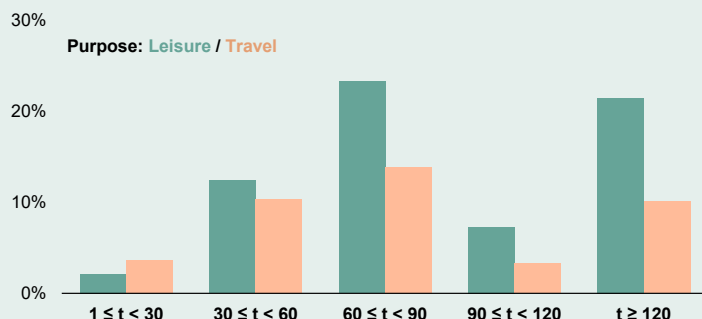


Around seven out of ten adults walked at least once a week. More adults walked for leisure than for travel.

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 2021 to November 2022



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

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



370 trips
303 miles



248 trips
206 miles

People without access to a car walk around 50% more and further than those that have access to a car.

Disability [\[NTS0711\]](#)



267 trips
237 miles



221 trips
173 miles

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

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



34% of walking trips are for **just walk**



20% 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 2022 (any walking on the public highway)

ALS, Active Lives Survey 2021 to 2022 (aged 16+ only, walks are at least 10 minutes)