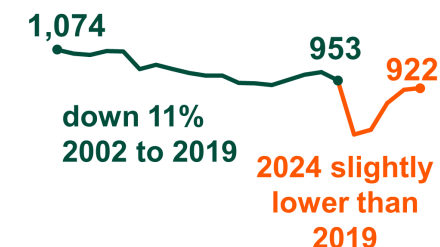




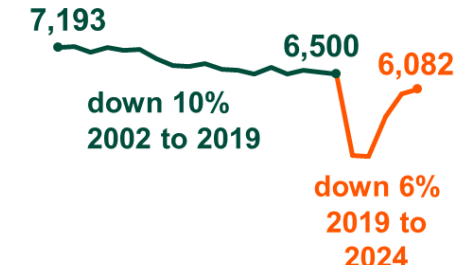
Trips [\[NTS0101\]](#)

Average trips per person per year



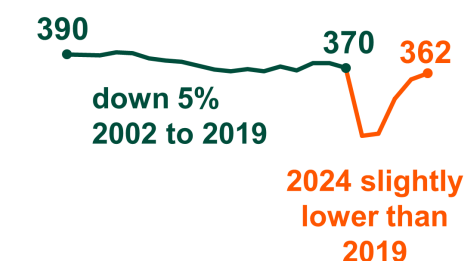
Distance [\[NTS0101\]](#)

Average distance (miles) per year



Time [\[NTS0101\]](#)

Average time (hours) per year

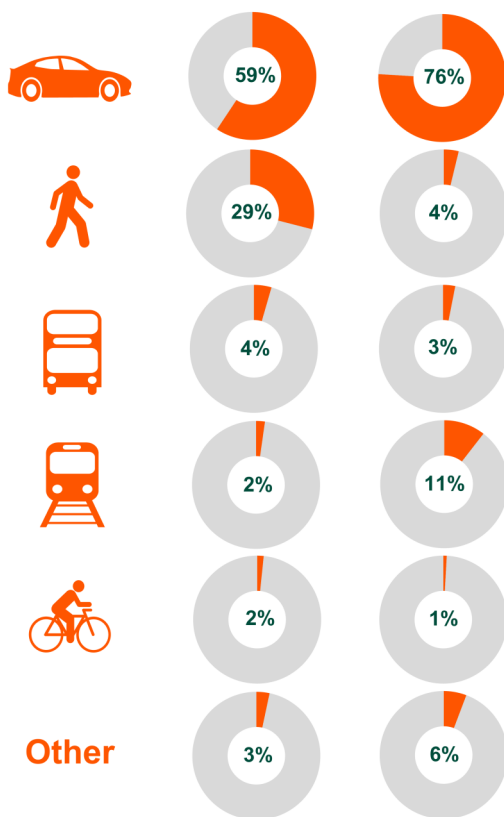


How we travelled [\[NTS0303\]](#)

Modal share

Trips

Distance



People made 922 trips on average in 2024, or 18 trips a week. This was similar to 2023 (915 trips on average), but slightly lower than 2019 prior to the coronavirus (COVID-19) pandemic, when people made an average of 953 trips per person.

People travelled an average of 6,082 miles in 2024, this was a slight increase compared to 2023 (5,974 miles on average) and a 6% decrease from 6,500 miles in 2019.

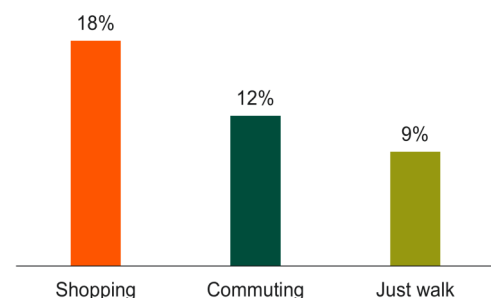
On average, people spent around 362 hours travelling in 2024 (around 60 minutes per day), a slight increase compared to 2023 but slightly lower than the 370 hours of travelling in 2019.

Cars remained the most popular mode of travel, making up 59% of all trips in 2024 (a decrease of 2 percentage points from 2019), and 76% of all miles travelled (a decrease of 1 percentage point from 2019). The proportion of trips that were walked was higher in 2024 than in 2019, with a 3 percentage point increase to 29% of all trips in 2024.

The most common trip purpose in 2024 was shopping, with 18% of journeys being made for this purpose. Journeys for the purpose of commuting represented 12% of average trips in this year. 'Just walk' was the third most common trip purpose in 2024, accounting for 9% of all trips. These 3 were also the most popular purposes in each of the past 4 years.

Why we travelled [\[NTS0403\]](#)

The most common trip purposes were:

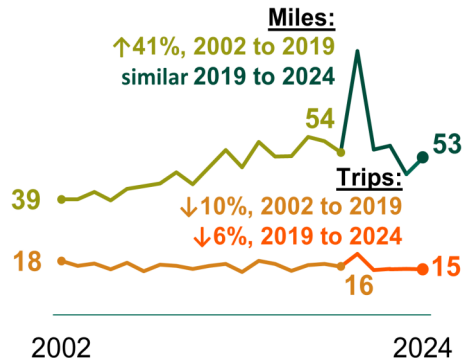


Similarly, in 2019 the 2 most common trip purposes were shopping and commuting, while the third most common trip purpose was personal business.

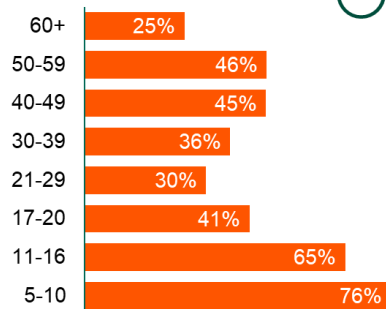


Cycling [NTS0303, NTS0608]

Average cycling trips per person per year

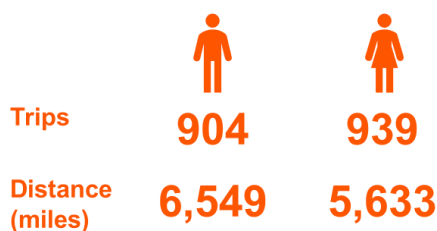


People with access to a pedal cycle, by age (2023 to 2024)

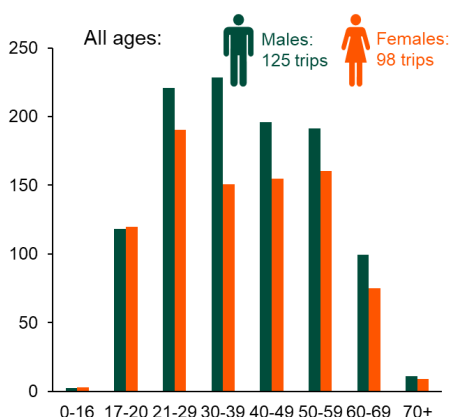


Sex [NTS0601, NTS0611]

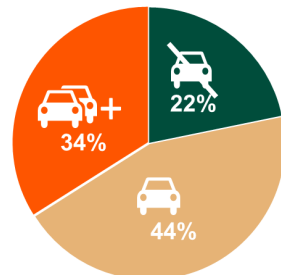
Average trips and distance per person per year, by the sex of the respondent



Commuting trips per person per year, by age and sex



Car ownership [NTS0205]



78% of households owned at least one car

Licence holding [NTS0201]



75% of individuals (17+) held a driving licence



80% of males



71% of females

People made 15 cycling trips on average in 2024. This was similar to 2023, and slightly lower than in 2019 (16 cycling trips). People travelled an average of 53 miles by pedal cycle in 2024, similar to 2019 (54 miles per person). In 2023 to 2024, people aged between 5 and 10 were most likely to own or have access to a pedal cycle (76%). People aged 60 and over were least likely to own or have access to a pedal cycle, with 25%.

In 2024, males made 4% fewer trips (904 trips per person) than females (939 trips per person) but travelled 16% further (6,549 miles per person by males, compared to 5,633 miles per person by females). In 2024, males made an average of 125 commuting trips per person (a decrease of 23% on 2019), while females made an average of 98 commuting trips per person (a decrease of 17% on 2019).

Looking at households in England, 78% own at least one car, an increase of 4 percentage points since 2002. In 2024, 75% of English residents aged 17 and over held a driving licence. Around 80% of males and 71% of females held a licence. For males, this percentage is unchanged since 2002, but for females, driving licence holding has increased by 9 percentage points in the same period.

In 2024, the proportion of trips to and from school by walking made by children aged 5 to 10 was 5 percentage points higher than in 2019. The proportion of trips to and from school made by car decreased by 4 percentage points for children aged 5 to 10 but increased by 5 percentage points for children aged 11 to 16.

Trips to and from school by main mode and age [NTS0613]

