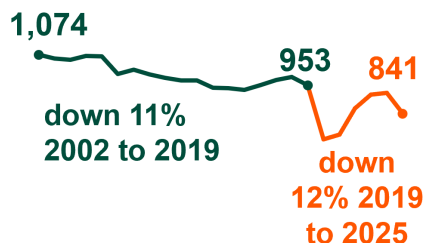




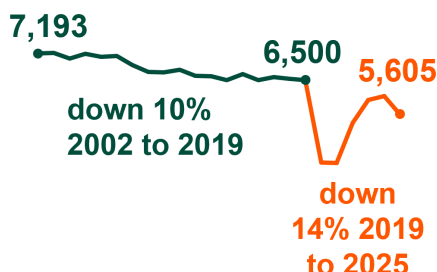
## Trips [NTS0101]

Average trips per person per year



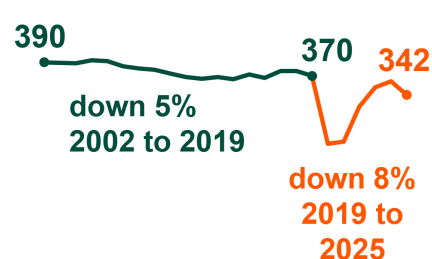
## Distance [NTS0101]

Average distance (miles) per year



## Time [NTS0101]

Average time (hours) per year

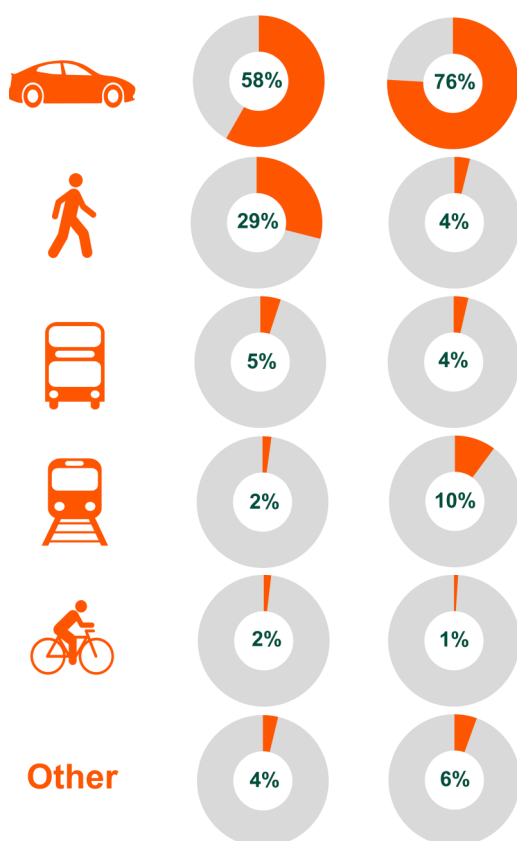


## How we travelled [NTS0303]

Modal share

Trips

Distance



The introduction of the digital travel diary in 2025 is associated with lower recorded rates for some types of trips. This has resulted in a fall in the overall average number of trips recorded per person, with the most notable impacts on short walks, trips by car, and trips made for shopping, personal business and leisure purposes. Statistics based on interview questions are not affected. More details can be found in the [NTS background quality report](#) and [technical report](#) for 2025.

People made 841 trips on average in 2025 (or 16 trips per week). This was a decrease of 9% compared to 2024 (922 trips on average), and a decrease of 12% compared to 2019 (953 trips on average).

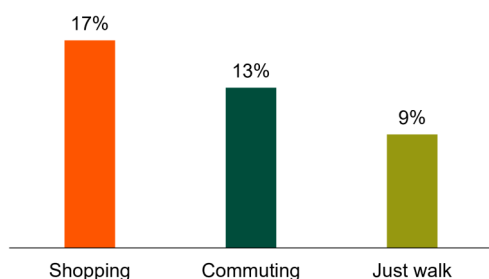
People travelled 5,605 miles on average in 2025. This was a decrease of 8% compared to 2024 (6,082 miles on average), and a decrease of 14% compared to 2019 (6,500 miles on average).

People spent 342 hours on average travelling in 2025. This was a decrease of 6% compared to 2024 (362 hours on average), and a decrease of 8% compared to 2019 (370 hours on average).

Cars remained the most popular mode of travel, making up 58% of all trips in 2025 and 76% of all miles travelled. In 2025, 29% of all trips were made by walking.

## Why we travelled [NTS0403]

The most common trip purposes were:

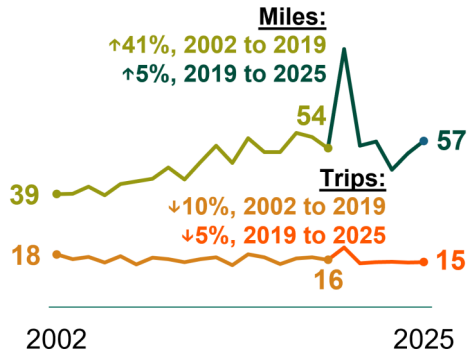


The most common trip purpose in 2025 was shopping (17%). Trips for the purpose of commuting represented 13% of average trips in this year. 'Just walk' was the third most common trip purpose in 2025, accounting for 9% of all trips. These 3 were also the most popular purposes in each of the past 5 years.

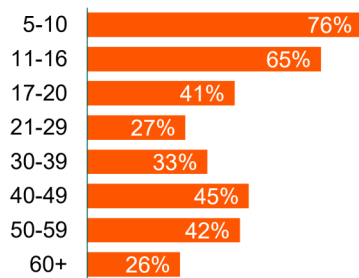


## Cycling [NTS0303, NTS0608]

Average cycling trips per person per year

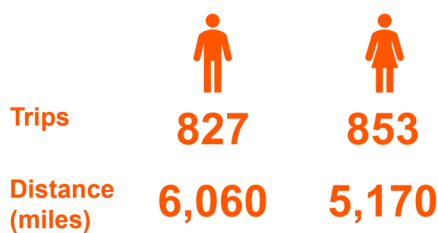


People with access to a pedal cycle, by age

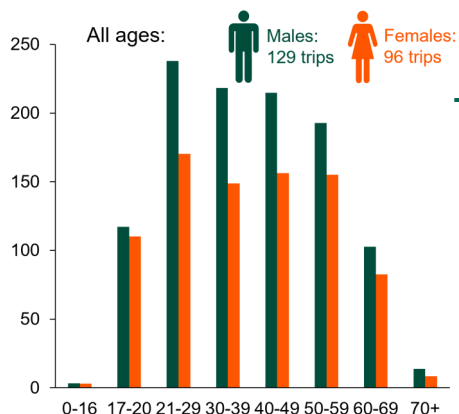


## Sex [NTS0601, NTS0611]

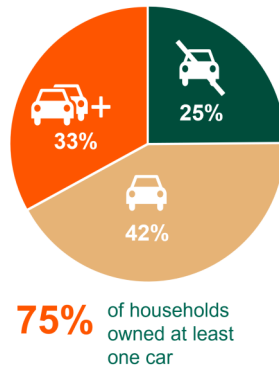
Average trips and distance per person per year, by the sex of the respondent



Commuting trips per person per year, by age and sex



## Car ownership [NTS0205]



## Licence holding [NTS0201]



**74%** of individuals (17+) held a driving licence



**79%**  
of males



**69%**  
of females

People made 15 cycling trips on average in 2025. This was similar to 2024, and slightly lower than in 2019 (16 cycling trips). People travelled an average of 57 miles by pedal cycle in 2025, slightly more than 2019 (54 miles per person). In 2025, people aged between 5 to 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 26%.

In 2025, males made a similar average number of trips to females (827 trips per person by males compared to 853 trips per person by females) but travelled 17% further (6,060 miles per person by males, as opposed to 5,170 miles per person by females). In 2025, males made an average of 129 commuting trips per person (a decrease of 20% on 2019), while females made an average of 96 commuting trips per person (a decrease of 19% on 2019).

Looking at households in England, 75% owned at least one car in 2025. Around a third (33%) of households had two or more cars in 2025, 42% had one car and 25% no cars. In 2025, 74% of English residents aged 17 and over held a driving licence. Around 79% of males and 69% of females held a licence.

For children aged 5 to 10, 47% of trips to and from school were made by walking in 2025, down from 51% in 2024, while 45% were made by car. For children aged 11 to 16, walking remained the most common mode of travel to school in 2025 (38%), followed by car (27%) and local bus (19%).

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

