

Summary sheet | 2011 National
Cycling Participation Survey

Why Cycling Participation Matters



Active and
sustainable
communities
matter to us all

The National Cycling Strategy aims to double the number of people who ride a bicycle in Australia by 2016.

Increasing the number of people riding a bicycle for transport and recreation will benefit Australia by improving health, productivity, environment and community liveability.

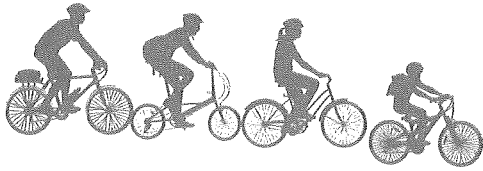
More people riding a bicycle will:

- > help reduce urban traffic congestion (estimated to cost Australia \$20 billion a year by 2020 if we do nothing)
- > improve air quality and reduce noise in our neighbourhoods and cities (making where we live healthier and happier)
- > reduce the carbon emissions from transport (currently responsible for 15% of Australia's carbon footprint and increasing)
- > get more people in the community healthier and fitter and so reduce the cost we all bear for inactivity (estimated to now cost Australians more than \$13.8 billion each year)

Riding a bicycle for transport and recreation benefits individuals by:

- > improving their health and wellbeing (regular bicycle riding makes you happier, healthier and live longer)
- > reducing personal and family expenses (ditching one family car and cycling to work can save up to \$800 a month)
- > saving time, especially on short trips (when travel time is measured from door to door journeys up to 5 km are generally faster by bicycle)
- > connecting people to their community and environment
- > providing all ages with a sense of freedom and fun.

Even if you don't ride a bicycle, you benefit when others do with less congestion, a cleaner environment and healthier, more liveable communities.



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Australian Cycling Participation



Cycling participation by age group in Australia

In a typical week around 18% of Australians ride a bicycle for transport and recreation.

3.6 million people ride for recreation, leisure or sport.

1.2 million people make at least one transport journey by bicycle each week. This includes trips to school, university, work, the shops and to visit friends and family.

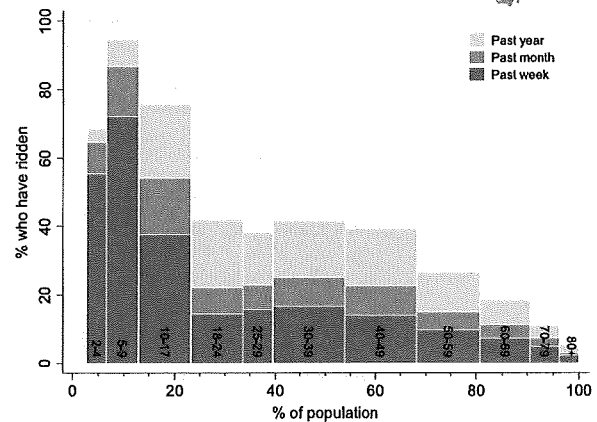
The Northern Territory, ACT and Western Australia have cycling participation rates significantly higher than the national average. NSW has lowest rate of participation.

Children have the highest levels of cycling participation:

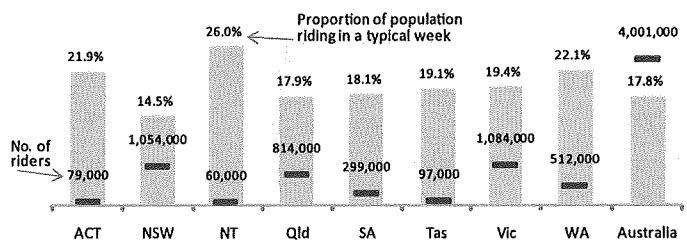
- > nearly 1/2 of all 2 to 4 year olds
- > nearly 2/3 of all 5 to 9 year olds, and
- > 1/3 of all 10 to 17 year olds ride a bicycle in a typical week.

Men and boys are more likely to ride a bicycle than women and girls: 22% of males and 13% of females ride in a typical week. The gender difference is smallest for children under 10.

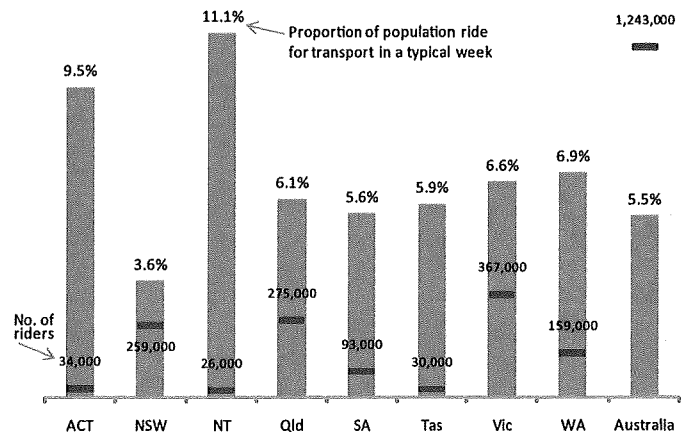
All states and territories see a dramatic decrease in participation in adulthood. This is especially marked in people aged 40 and over.

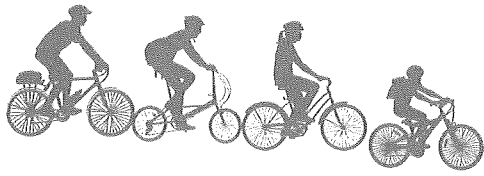


Cycling participation by state and territory



Cycling for transport by state and territory





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Australian Capital Territory Cycling Participation



The ACT has cycling participation rates significantly higher than the national average.

Around 22% of the ACT population ride in a typical week, increasing to 32% in a month and 46% over a year.

Around 46% of children aged under 10 and 43% of 10-17 year olds ride each week. The ACT is one of the few jurisdictions to maintain an even rate of cycling participation for all children aged under 18.

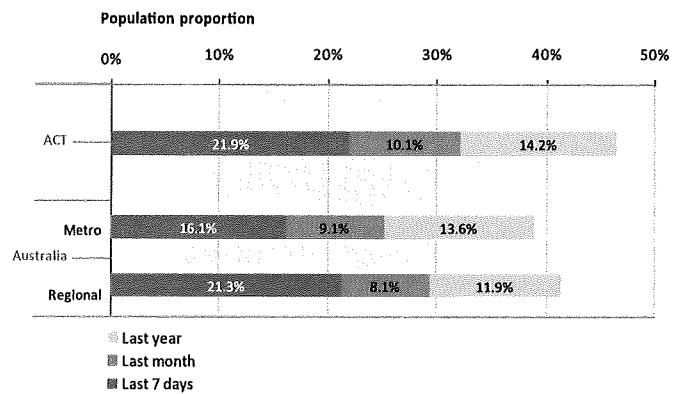
The ACT has the highest participation rate of adults aged 18-39, 19% of people in this age bracket ride in a typical week. There is a significant difference in the rate of cycling between men and women. More than half the men but only 13% of women aged 18-39 ride each week.

There's a significant drop in participation for people aged 40 and over with 18% of men and 8% of women riding a bicycle in a typical week.

The ACT has the second highest proportion of people who ride a bicycle for transport. About 34,000 people cycle for transport on at least one occasion a week.

Two thirds of households in the ACT have access to a bicycle. The highest level of access in Australia.

Cycling participation as a proportion of resident population



Purpose for cycling travel by ACT residents who rode in the past 7 days

