



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.