

WHY CYCLE TRACKS MATTER?



CYCLE TRACKS SUPPORT ACTIVE LIVES

PHYSICAL ACTIVITY GUIDELINES



(moderate to vigorous intensity)



(moderate intensity)

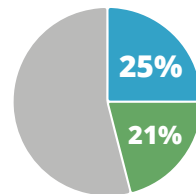
LESS THAN 1 IN 5 SCHOOLCHILDREN



AND 1 IN 2 ADULTS REACH RECOMMENDED WEEKLY LEVELS



25% of adults in Dublin currently cycle and a further 21% would cycle if roads were safer.



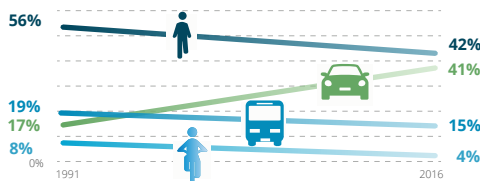
Source: World Health Organization

Source: Sport Ireland, 2018; CPPIA and 2019 ISM Studies

CYCLE TRACKS SUPPORT STUDENTS ACTIVE TRAVEL

BETWEEN
1991 & 2016
cycling and walking to school fell sharply in Dublin while car travel increased by over **140%**

DUBLIN STUDENTS TRAVEL TRENDS 1991 - 2016



Safety concerns are the #1 barrier preventing more cycling to school.



Source: CSO CENSUS

CYCLE TRACKS SUPPORT MORE WOMEN CYCLING

27% of adults who cycle in Dublin are female vs.



Females are more confident cycling with cycle tracks



50% in Central Europe

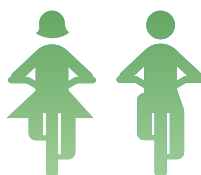


ONLY 10% of teenagers who cycle in Dublin are female.

Source: NITA Bike Life Report 2019

CYCLE TRACKS SUPPORT GENERAL HEALTH

30+ MINUTES OF MODERATE INTENSITY CYCLING PER DAY reduces risk of heart disease and stroke, lowers stress, strengthens muscles and maintains bone strength



Teenagers who cycle are less likely to be overweight as adults



Source: Institute for Exercise & Sports Science, University of Copenhagen.

CYCLE TRACKS SUPPORT CARBON REDUCTIONS



Cycling produces less than 2% the carbon of a petrol/diesel car or 5% of an e-car.

Source: www.ecf.com

FEELING VULNERABLE TO CARS IS THE #1 BARRIER TO MORE PEOPLE CYCLING.



CYCLE TRACKS ALLOW PEOPLE OF ALL AGES AND ABILITIES TO CYCLE.

