

BUT THERE IS POTENTIAL FOR MANY MORE OLDER PEOPLE TO CYCLE

60-69
YRS



27% of 60-69 year olds own a bicycle but only **1 in 9** regularly use their bike

CYCLE
PATHS



42%

would cycle (more) if more **dedicated cycle paths**

E-BIKES



e-bikes support older people's cycling. In the Netherlands one third of all distance cycled is by e-bike!

MORE CYCLING WILL BENEFIT HEALTH IN LATER LIFE

Cycling could make a valuable contribution in promoting active ageing and prolonged independence and good health.



Physical activity declines with age to the extent that by 75 years only 1 in 10 men and 1 in 20 women **are sufficiently active for good health.**

ABSENCE OF OLDER PEOPLE CYCLING IS GETTING NOTICED

Public figures are starting to draw attention to the unequal distribution of cycling amongst the population.



*"At the moment cycling is disproportionately young and male and that's because of the conditions. I suppose those are the people who feel able to cycle...What I want to see from these changes, and I think we will see, is far more women doing it, far more **older** people doing it".*

London's Former Cycling Commissioner Andrew Gilligan discussing the Mayor of London's plans for cycling in the capital.

cycle
BOOM

DESIGN FOR LIFELONG
HEALTH & WELLBEING

www.cycleboom.org

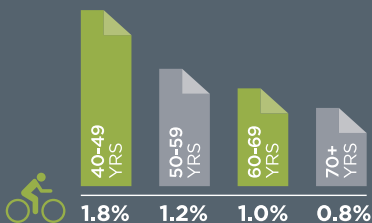
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Cycling in Later Life in the UK

LOW LEVEL OF CYCLING AMONG OLDER PEOPLE IN THE UK

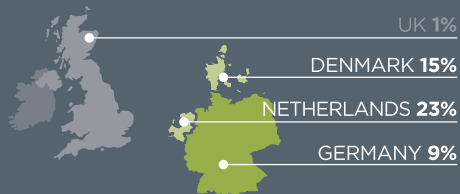
The share of journeys made by bicycle is low for all age groups, but particularly low in older age.



DIFFERENT STORY ELSEWHERE

Cycling is an important method of transport in older age in other parts of Northern Europe.

Share of journeys by people aged 65+



LACK OF CONFIDENCE OR CAPABILITY TO CYCLE ON UK ROADS

Nearly half of older people feel it is physically difficult for them to cycle and only **one in five** are confident cycling on roads.

