

**MORE  
PEOPLE CYCLE  
MORE  
OFTEN  
AFTER  
TRAINING**

THE  
NUMBER OF  
PEOPLE  
**CYCLING**  
**3-5 MILES**  
EACH WAY  
**INCREASED**  
FROM  
**9% to 27%**

**TRAINEES  
HAVE A MORE  
CONFIDENT  
CYCLING  
STYLE**

AFTER TRAINING MORE  
PEOPLE THOUGHT  
CYCLING ON ROADS WAS  
**LESS**  
**DANGEROUS**

Weekly journeys  
more than  
**doubled**

**34%** of people  
are making  
**savings of**  
**around £10-£30**  
**per week**

**BEST PIECE OF ADVICE TO  
GIVE TO A FRIEND?**

70% of people said:

**“GET SOME CYCLE TRAINING  
BEFORE GOING ON ROAD”**

**WHY ARE PEOPLE CYCLING LESS?**

**26% said:**

**BECAUSE OF**

**THE WEATHER**

[www.cycletraining.co.uk](http://www.cycletraining.co.uk)

(the full survey can be found on our website)

