



HOW DO PEOPLE TRAVEL TO WORK...

...AND HOW FAR DO THEY TRAVEL?



but more people cycle to work than take a motorbike, so on two wheels we are greener!



10% travel more than 10 miles in each direction!

OF ALL THESE COMMUTERS, ONLY 37% HAVE EVER WALKED TO WORK

THE TOP THREE REASONS WHY PEOPLE HAVE WALKED TO WORK ARE...



WALKING IS THE NATION'S FAVOURITE EXERCISE - 44% OF PEOPLE SAY SO!



weightlifting is the least favourite with only 5% enjoying it!



women prefer swimming...



...and men prefer cycling!

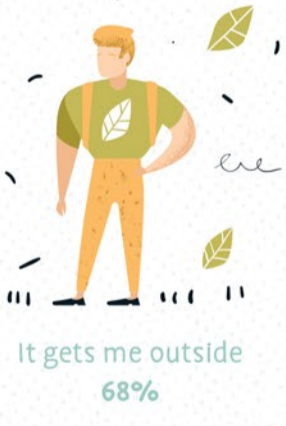


Double the amount of people prefer individual sports (like tennis or golf) to team sports



THE AVERAGE PERSON WALKS 8.2 MILES PER WEEK (9% WALK MORE THAN 20 MILES PER WEEK!)

THE MAIN REASONS WHY PEOPLE ENJOY WALKING ARE:



35% of people who enjoy walking are in it for the nice views

unsurprisingly, the main reason why people don't enjoy walking is the bad weather in the uk



the most popular tourist walk is the Hadrian's Wall National Trail (from Tyneside to Cumbria)

And the good news is a whopping 85% have said the amount of walking they do now compared to 12 months ago has either increased or stayed the same!



ADVENTURE IS OUT THERE!