



Interreg



Danube Transnational Programme

Danube Cycle Plans

10 reasons why to promote cycling

„Cycling is by definition the best way of solving the problem of pollution in cities. Investments in safe and separated cycle infrastructure networks as part of the National Recovery and Resilience Plans would be a no-brainer and no-regret.“

Frans Timmermans, European Commission Executive Vice-President



Clean Air

Air pollutants such as nitrogen oxides (NOx) and particulate matter (PM) are caused to a great extent by motorized traffic. In many cities people are exposed to concentrations of PM and NOx exceeding the health-compatible limits. Cycling, which emits neither NOx nor PM, significantly improves air quality, especially where it is most needed: in cities.



Economic Benefits

For every kilometer people cycle, society earns at least € 0.68. Good walking and cycling accessibility increases the attractiveness and economic potential of shops. On a monthly average, pedestrians and cyclists spend 40% more money than those who come to shop by car.



Health and Lifestyle

Cycling contributes to a healthier and safer society 23 per cent of adults and 81 per cent of adolescents do not meet the global minimum WHO recommendations for physical activity. Regular cycling to work reduces the total risk of mortality by about 10 per cent.

Safety

On European roads 2160 cyclists die every year, similar to 10 years ago. The health benefits of active exercise still outweigh the associated risks or costs with a mean rate of 9 to 1. Sustainable mobility measures can effectively contribute to tackling urban safety problems and achieving the EU's goal of halving the number of deaths and serious injuries in road accidents by 2030.



Resilience

Sustainable transport strengthens the resilience of cities. The more integrated and diverse the possibilities that sustainable mobility offers in the city, the more efficient and resilient the whole transport system.

Efficiency and Use of Space

Bicycle transport needs 8 times less space for parking than a car, while driving 28 times less space. It is most efficient mode of travel for distances of up to five kilometres.



Climate

The objective of Paris Agreement (limiting temperature rise to well below 2 °C) will require reducing GHG emissions by 80 to 95 per cent by 2050. Transport is the only sector in which GHG emissions have increased since 1990. Replacing car trips with cycling and walking reduces GHG emissions and fuel consumption.

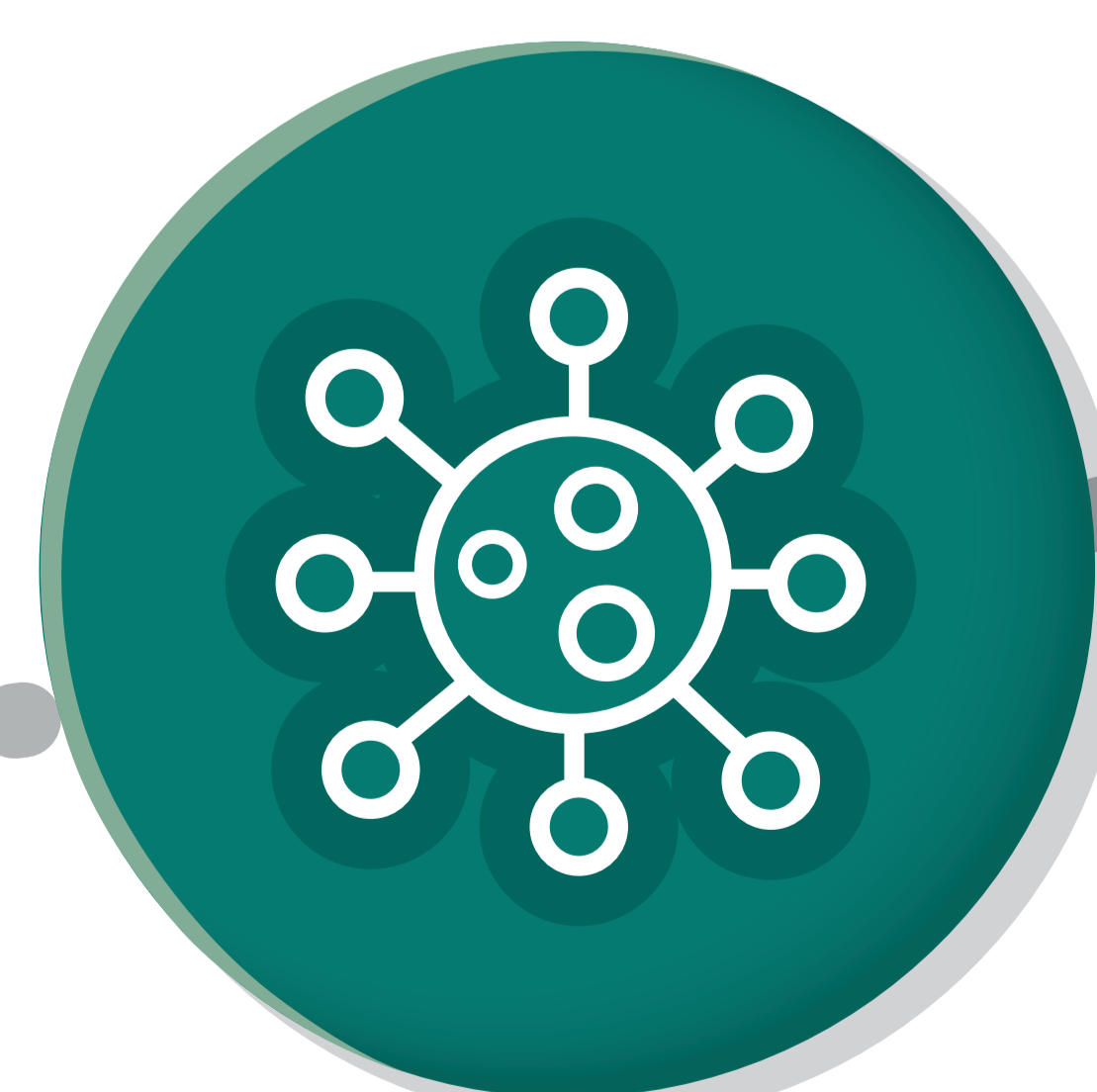


European Union

European policies, including the Green Deal and the EU Strategy for the Danube Region, explicitly aim to promote sustainable mobility and particularly zero-emission modes like cycling and walking and their combination with public transport.

COVID

During the pandemic, cycling emerged as an effective way to support physical distancing, to meet the minimum requirement for daily physical activity and an effective mode of transport for essential trips.



Benchmarking

European countries support cycling during the first wave of COVID in 2020. Finland spent per capita € 7.76, Italy € 5.04, France € 4.91, Britain € 4.80, Lithuania € 2.61, etc. What about your country?

Policies, plans and promotion for more people cycling in the Danube region

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