

# How people travel - walking



-  **200** walking trips per person per year on average in 2014
-  **181** miles travelled walking per person per year on average
-  **18** minutes per walking trip on average



Walking is the second most common mode for trips, but accounts for a small share of distance, as walking trips tend to be shorter than average.

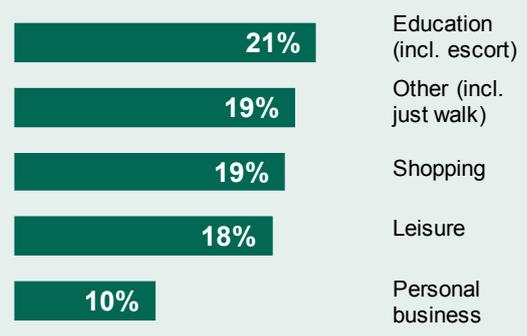
## Trends

Trends in trips and distance from 1995/97 to 2014 (index: 1995/97=100)



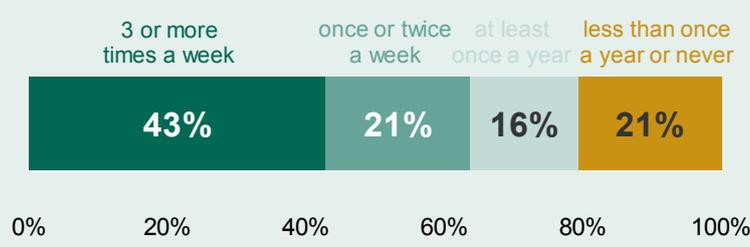
## Purpose of walking

Top five purposes as proportion of trips, 2014

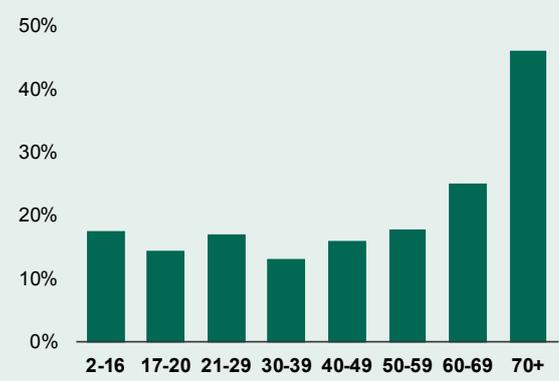


## Frequency of walking

64% of people aged 2+ walk for 20 minutes at least once a week.

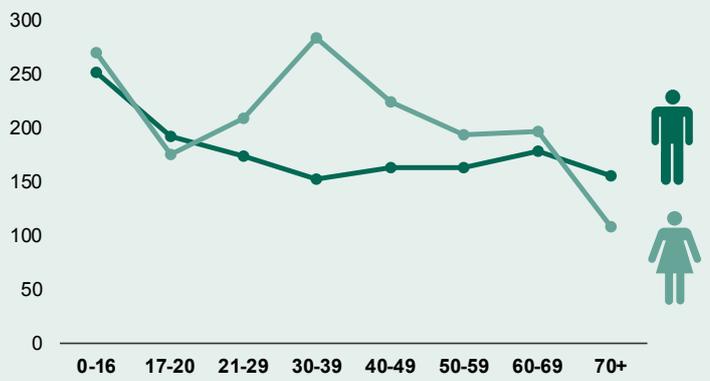


Proportion who walk for 20 minutes less than once a year or never, 2014



## Walking trips by age and gender

Trips per person per year by age and gender, 2014



Women make more walking trips than men on average, with the greatest difference for those aged 30-39.

## What is a walk in NTS?

A **walk trip** in the NTS is one where walking is the main mode in terms of distance. Walks under 50 yards and off the public highway are excluded. Walks over 50 yards but under 1 mile are recorded only on day 7 of the travel diary and weighted up. **Distance** figures include walks made as part of any trip.

## Related data sources

DfT publishes statistics on walking at local area level as part of the annual [Local Area Walking and Cycling statistics](#)