Importance of walking and cycling Non-motorised Transport (NMT) for Making Cities and Communities Liveable and Sustainable

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Mobility patterns; distribution of trip distances

- Long-distance trips: Distances more than 30 km (7%)
- Middle-range trips: Distances 5 to 30 km (30%)
- Short-distance trips: Walking & cycling, Distances up to 5 km (63%)

Perception of importance; allocated resources

- Distribution of...
  - financial resources and investments
  - staff in administrations
  - focus of available data
  - number of experts in the field
  - legislative powers
  - financial rewards / punishments for users
Comparison of mode share according to distance, “main mode” trips, time spent and trip stages

Data source: Federal Statistical Office (FSO) and Federal Office for Spatial Development (ARE): Microcensus mobility and traffic 2010
Global Imperatives

Global Action Plan on Physical Activity 2018 - 2030
Importance of walking and cycling Non-motorised Transport (NMT) for Making Cities and Communities Liveable and Sustainable

Three areas of impact:
• transport
  ★ efficiency, capacity and fiscal viability
• people
  ★ equity, safety and health
• cities
  ★ resilience, vitality and competitiveness
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Walking in Sydney, Australia

Walking accounts for **92%** of trips made within the city centre

**52%** of journey time is spent waiting to cross the road
QUICK FACT 1

New public square improves mobility and accommodates 700 more people during rush hour

MEASURE: Pedestrianising a road segment
LOCATION: Dublin, Ireland

Download FLOW’s “15 Quick Facts for Cities” in 7 languages!

www.h2020-flow.eu
Using Public Transport is also Walking

Access

Time

Resonance

Source: Helge Hillnhünter
Public Transport needs more Walking

Current walkshed of Southern Ave station. The area with the orange dotted border contains over 1,200 households that could be within a half mile of Metrorail if a direct pedestrian connection were built.

Source: Washington Metropolitan Area Transit Authority
Public Transport delivers more Walking

MTR Hong Kong and Stockholm

And walkability: connectivity, permeability, safety
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A comprehensive framework for safe walking

- Reduced Road Danger
- Spatial Planning
- Spaces and places for people
- Increased inclusive mobility
1 CREATE ACTIVE SOCIETIES

SOCIAL NORMS AND ATTITUDES

Create a paradigm shift in all of society by enhancing knowledge and understanding of, and appreciation for, the multiple benefits of regular physical activity, according to ability and at all ages.

2 CREATE ACTIVE ENVIRONMENTS

SPACES AND PLACES

Create and maintain environments that promote and safeguard the rights of all people, of all ages, to have equitable access to safe places and spaces, in their cities and communities, in which to engage in regular physical activity, according to ability.

3 CREATE ACTIVE PEOPLE

PROGRAMMES AND OPPORTUNITIES

Create and promote access to opportunities and programmes, across multiple settings, to help people of all ages and abilities to engage in regular physical activity as individuals, families and communities.

4 CREATE ACTIVE SYSTEMS

GOVERNANCE AND POLICY ENABLERS

Create and strengthen leadership, governance, multisectoral partnerships, workforce capabilities, advocacy and information systems across sectors to achieve excellence in resource mobilization and implementation of coordinated international, national and subnational action to increase physical activity and reduce sedentary behaviour.

More active people for a healthier world
Activity friendly neighbourhood = 48 to 89 minutes more physical activity per week

Residential density, number of public transport stops, number of street intersections and parks within walking distance.
Cost Benefit Analysis of Active Travel Intervention = 10:1
Positive health effects + reduction in carbon emissions
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The impact of public realm improvements on existing business performance

- 40% increase in footfall and trading
- 30% increase in retail sales
Great Queen Street London

crowding on the footways 20%

traffic speeds 27%

Cost Benefit Ratio 37:1
Economic uplift £28M

Images: Tim Long
Thank you!

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