

PROMOTE CYCLING



Societal Benefits

The economic benefit of cycling, walking, wheeling in Ireland is +€3bn every year

Equivalent to foregoing 2.2 million flights Dublin to London

160,000 tonnes of greenhouse gas emissions are saved



Source: Walking and Cycling Index 2023

Your carbon output

Choosing to bike instead of drive just once a day reduces your transport carbon emissions by 67%

Cycling your 4km journeys instead of driving can save 200kg of CO₂ each year

Bikes will be one of the most important ways to help cities reach net zero emissions



Source: Walking and Cycling Index 2023 & Rothar.ie



Your Finances

The annual cost of running a car in Ireland in 2024 is €10,691

Biking to work can save you a lot of money to spend elsewhere

Every year, people choosing active travel add €3 billion to the economy



Source: AA Ireland & Walking and Cycling Index 2023



Your Health

Active travel prevents a total of 5,844 serious long-term health conditions in Irish people every year

Engage in low impact exercise, improve your cardiovascular fitness

Boost your mood, reduce stress



Source: Walking and Cycling Index 2023



Wellbeing

**Incorporate exercise into
your commute**

**Contribute less to
traffic congestion**

**Help improve air
quality in your
community.**



Source: AA Ireland

