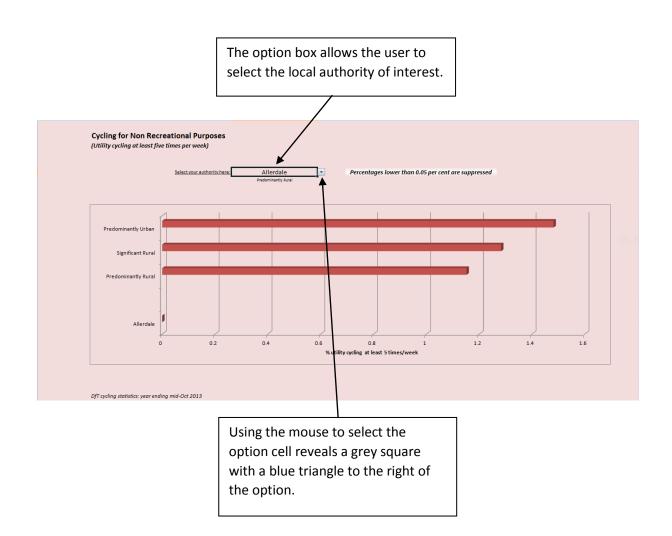
A simple guide to RSN online spreadsheets - Cycling for Non Recreational Purposes (Utility cycling at least five times per week)

The Government has an ambition for increased levels of cycling, and it is easy to see how it would be beneficial both in easing road congestion as well as increasing rates of physical activity. The following analysis takes a look at the use of cycling for non recreational purposes.

The differences between values for rural and urban settings are to be expected given the relatively longer distances to key services in rural areas. It is worth considering however that the benefits would be equally available to rural communities, but the provision of cycling infrastructure might require a refined approach.

To use the analysis, please follow these simple steps.





The bar chart shows the averages for Predominantly Urban, Significant Rural and Predominantly Rural areas, and also the case for the selected authority.

I hope this helps and the spreadsheet provides a useful snapshot of the situation in your area. If you have any comments or suggestions, please contact dan.worth@sparse.gov.uk