Exploring characteristics and motives of long distance commuter cyclists

Longer distance cycling is a commuting mode that contributes to sustainability and public health objectives, but little is known about current long distance cyclist's motives. The paper explores longer distance commuter cyclists, their characteristics, practice and motives. Longer distance, commuter cyclists (>5 km from home to work) have more mobility options, higher incomes, and a longer education than other commuter cyclists. The main motive for longer distance cycling is physical exercise, followed by reduced costs and time used for traveling. The long distance commuter cyclists surveyed are very positive about their commute - pointing to positive experiences, better mood, and stress relief as experiences related to their cycle trip to work. Policy support should devote attention to unlocking the potential that may be embedded in individuals combining their exercise and travel time, budgets to promote active travel to work as well as the role of psychological benefits as a factor in promoting and sustaining cycling practices.

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