Exploring characteristics and motives of long distance commuter cyclists - DTU Orbit (25/08/2019)

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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.

General information
Publication status: Published
Organisations: Department of Transport, Transport policy and behaviour, Metropolitan University College
Contributors: Hansen, K. B., Nielsen, T. A. S.
Number of pages: 7
Pages: 57-63
Publication date: Sep 2014
Peer-reviewed: Yes

Publication information
Journal: Transport Policy
Volume: 35
ISSN (Print): 0967-070X
Ratings:
BFI (2014): BFI-level 2
Scopus rating (2014): CiteScore 2.44 SJR 1.458 SNIP 1.831
Web of Science (2014): Impact factor 1.492
Web of Science (2014): Indexed yes
Original language: English
Keywords: Bike, Distance, Commute, Experience, Stress
DOIs: http://dx.doi.org/10.1016/j.tranpol.2014.05.001
Source: PublicationPreSubmission
Source-ID: 92850621
Research output: Contribution to journal › Journal article – Annual report year: 2014 › Research › peer-review