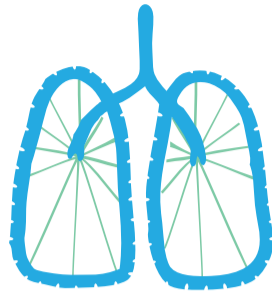


# BIKE WEEK

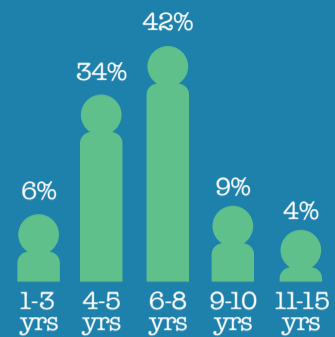
JUNE 10TH - 18TH

Findings from our National Survey\*

6 OUT OF EVERY 10 ADULTS CYCLE FOR FITNESS



We FIRST LEARNED to cycle at..



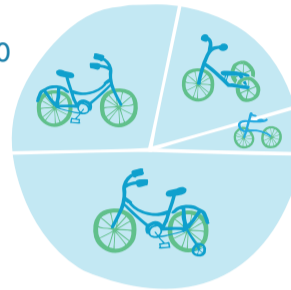
The TYPE OF CYCLING we enjoy most is..

- 74% Leisure / recreational
- 14% Commuting
- 6% Mountain biking
- 5% Touring
- 1% Triathlon



Our FIRST BIKE was a..

29% Bike with no stabilisers

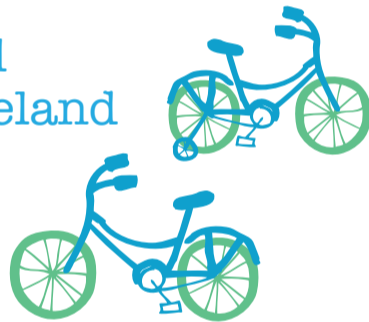


16% Tricycle

50% Bike with stabilisers

4% Balance bike

Almost half of all households in Ireland HAVE TWO OR MORE BIKES

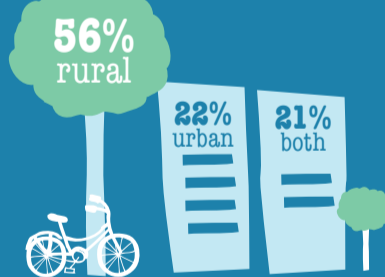


More than half of all adults

CURRENTLY OWN A BICYCLE



The LOCATION we enjoy cycling in the most is..



1 in 3 CYCLE ONCE A WEEK



WE CYCLE FOR

- 60% Fitness and health
- 47% Fun
- 35% Environment
- 24% Independence
- 22% A clear head (to improve mood)
- 12% Speed



When cycling WE WEAR..



- 41% Lights
- 39% Helmet
- 29% Reflective gear
- 13% Cycling specific clothing
- 4% Face mask



Visit [www.bikeweek.ie](http://www.bikeweek.ie) for events happening near you

\*Survey of 1,000 nationally representative adults, Amárach Research



An Roinn Iompair  
Turasóireachta agus Spóirt  
Department of Transport,  
Tourism and Sport