

The benefits of cycling

5% of journeys are made by bike, and the car continues to dominate. Yet cycling has many advantages

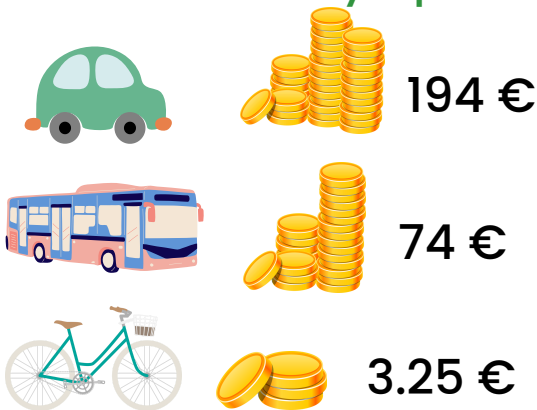
Cycling **saves time, money** and has a positive impact on our **physical and mental well-being**. Good for our health and that of the planet, getting around by bike can sometimes be **quicker** than by car.

Good for the environment and health

The bicycle is a **major solution** to the ecological transition. Cycling emits **no greenhouse gases** or fine particles. Less pollution, **less noise**, less traffic jams... Getting around by bike helps to make our environment **more pleasant to live in!** In Paris, for example, even if cars only account for 12% of journeys, they represent 35% of transport-related gas emissions.



Monthly budget comparison for a 10 km daily trip



Information box

- Transport accounts for 24% of household expenditure
- The average purchase cost of a bicycle is 8% of the cost of a car.
- The average maintenance cost of a bicycle is 10% of the cost of a car.

Sources : [INSEE](#), [Ademe](#).

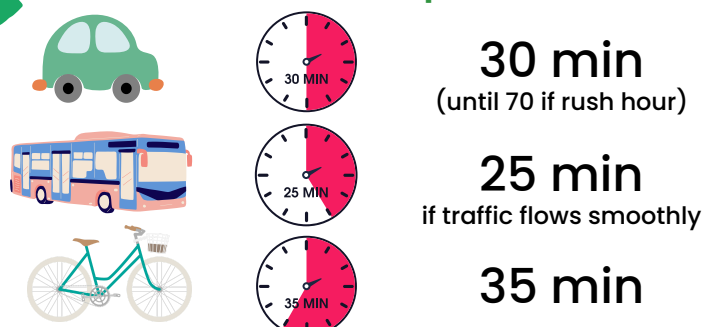
Cycling faster than driving

Polytechnician Jean-Pierre Dupuy has calculated **the time lost to the automobile**. According to his 1967 calculations, the **bicycle is the clear winner**. He calculates not so much pure speed as **the time spent paying for the vehicle**. It adds up :

- **the time spent paying** for the vehicle,
- its maintenance, the petrol and ancillary costs,
- the time spent looking after it and riding it,

in relation to the total annual mileage. Whether they live in the city or the country, **they lose a great deal by using their vehicle**.

Average time comparison for a 10km trip



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