

IRVINE



M BILITY

SUMMIT 2025



Cycling as a Mobility Option

Transportation

Health

Education

Employment

Perceptions/image, conflicts

Impressions from Copenhagen

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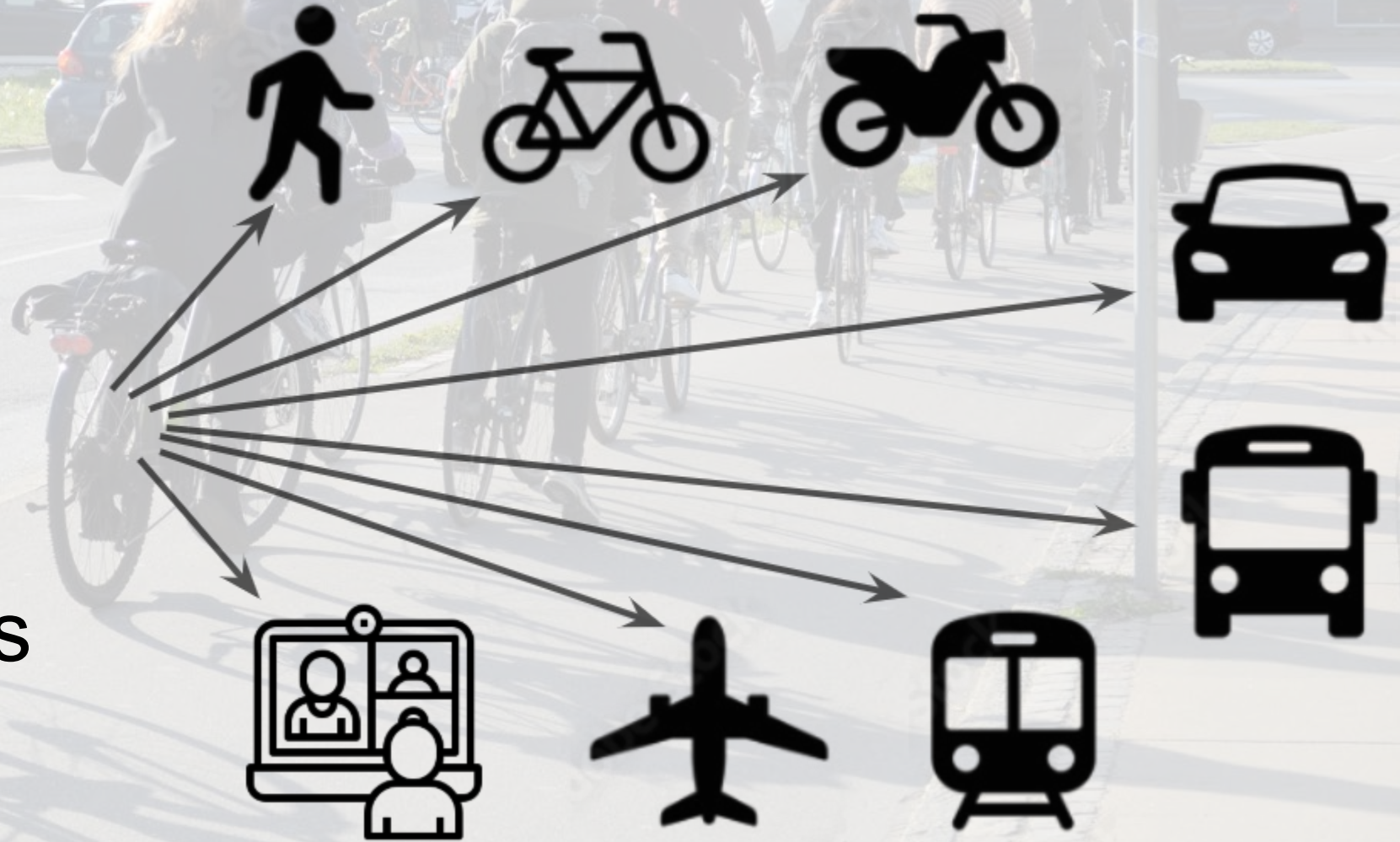
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Thomas Krag



Mobility

- is linked to **human activities**
- usually linked to getting from A to B
- always involves a **choice**



The Mobility Law

Everybody with access to a car will use the car for all transportation purposes

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If, however, from a rational point of view (time and money) non-car alternatives are far more favorable, the car will be opted out.

Mobility-mix

The choice of a means of transport is not a once for all decision - it's something to be considered trip by trip.

Mobility-mix

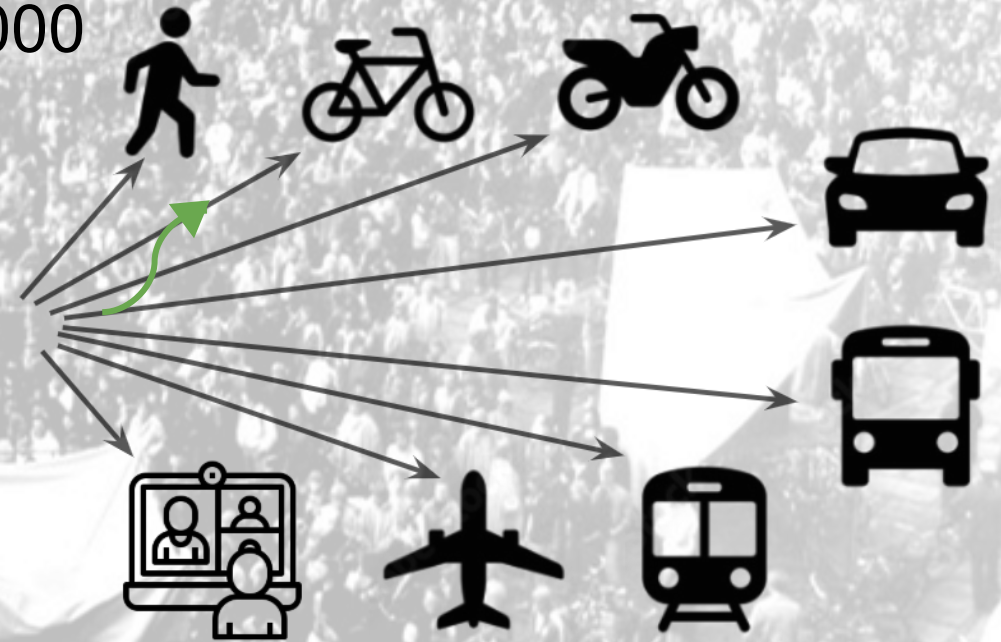
The choice of a means of transport is not a once for all decision - it's something to be considered trip by trip.

Need for a change of habits
- which is very hard!

Most of us will initially oppose changes
and invent good reasons why.

Presentation

- Citizen of Copenhagen and suburbs
- Learned cycling at the age of 7 (and a driver's license at the age of 47)
- Volunteer in Danish Cyclists' Federation since 1976
- CEO of Danish Cyclists' Federation 1986-2000
- Consultant in Mobility 2000-





Copenhagen Town Hall
Square, 1979. 30,000
cyclists gathered.
Photo: Søren Svendsen



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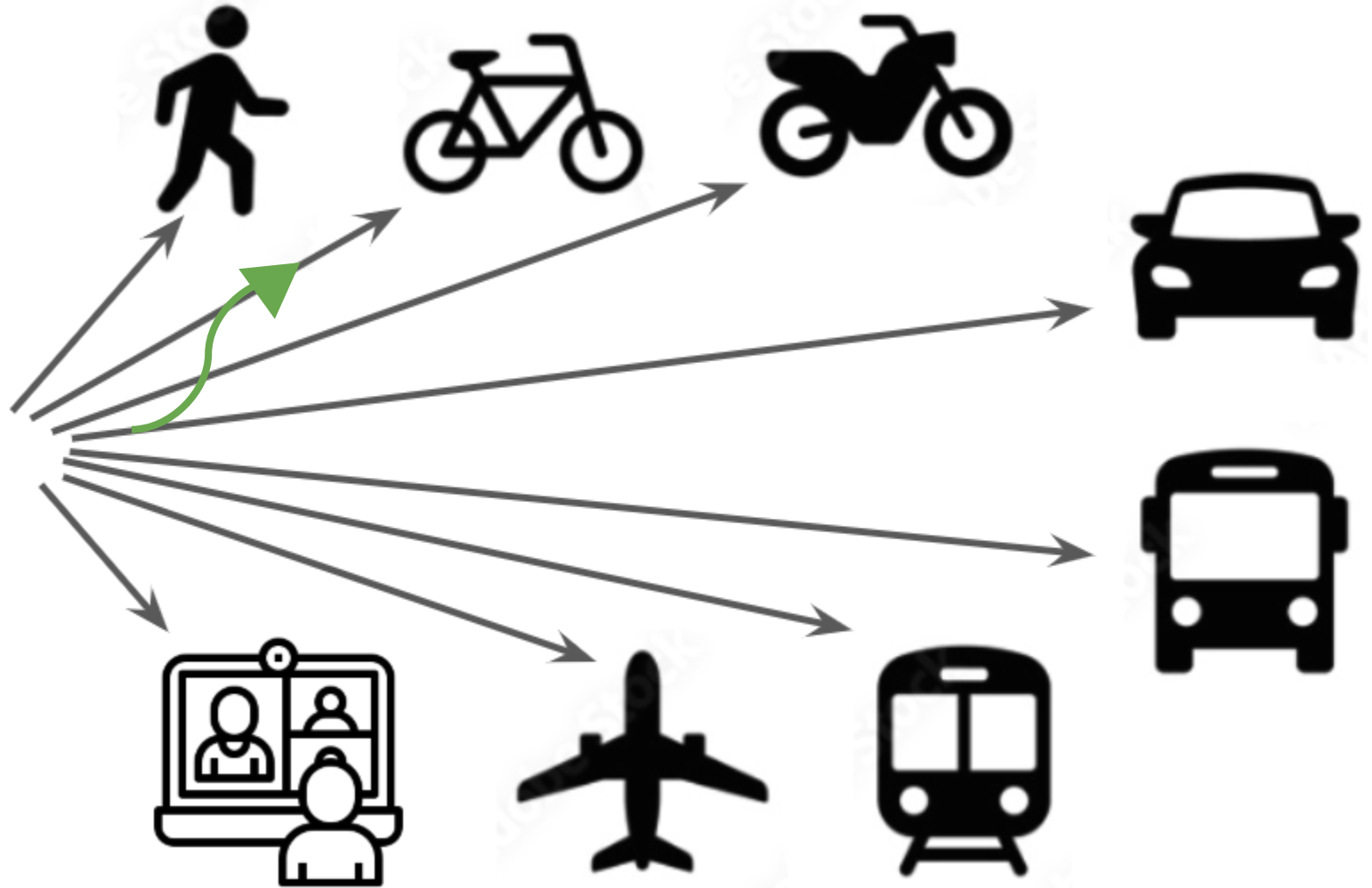
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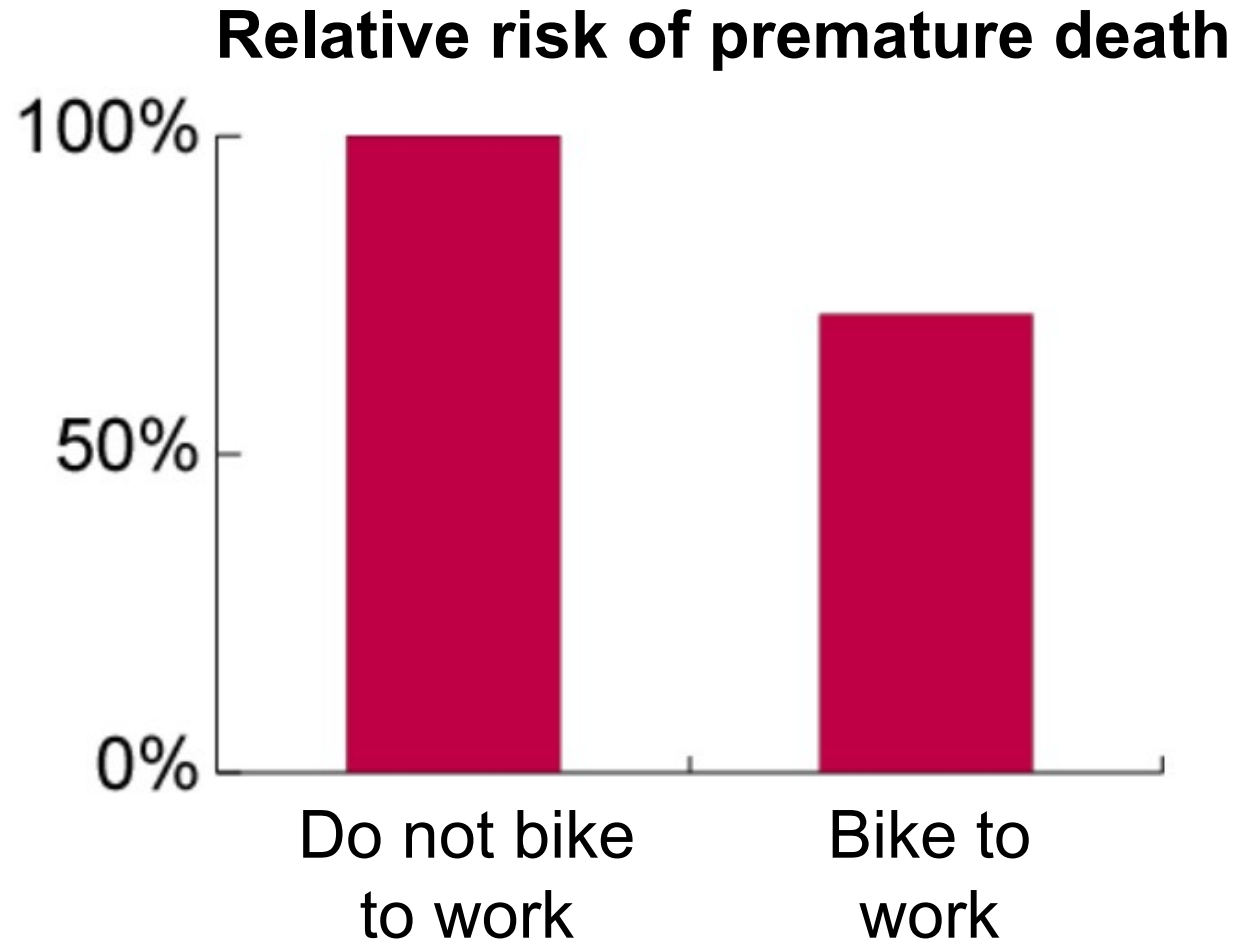
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Why Bike?

- is healthy
- has low environmental impact
- saves public space
- *may* save time



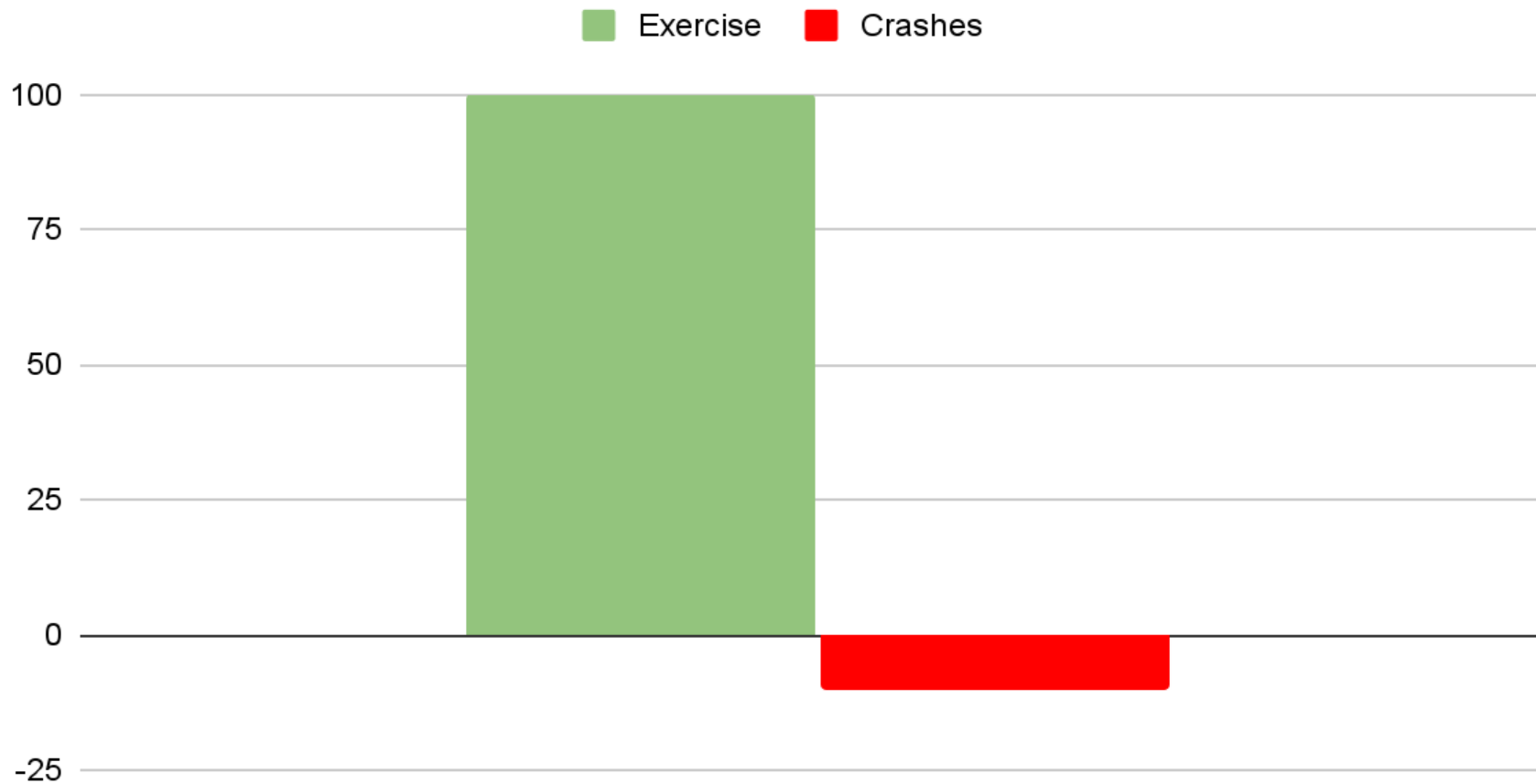
Health



Source: L. B. Andersen et al, Arch. Intern Med. Vol 160, 2000. The study included 783 women and 6,171 men – out of those 6,954, 2,291 died under follow up. After adjustment for age, sex, education level, physical activity, BMI, blood lipids, smoking and blood pressure the relative risk was 0.72 for those who biked to work.

Health

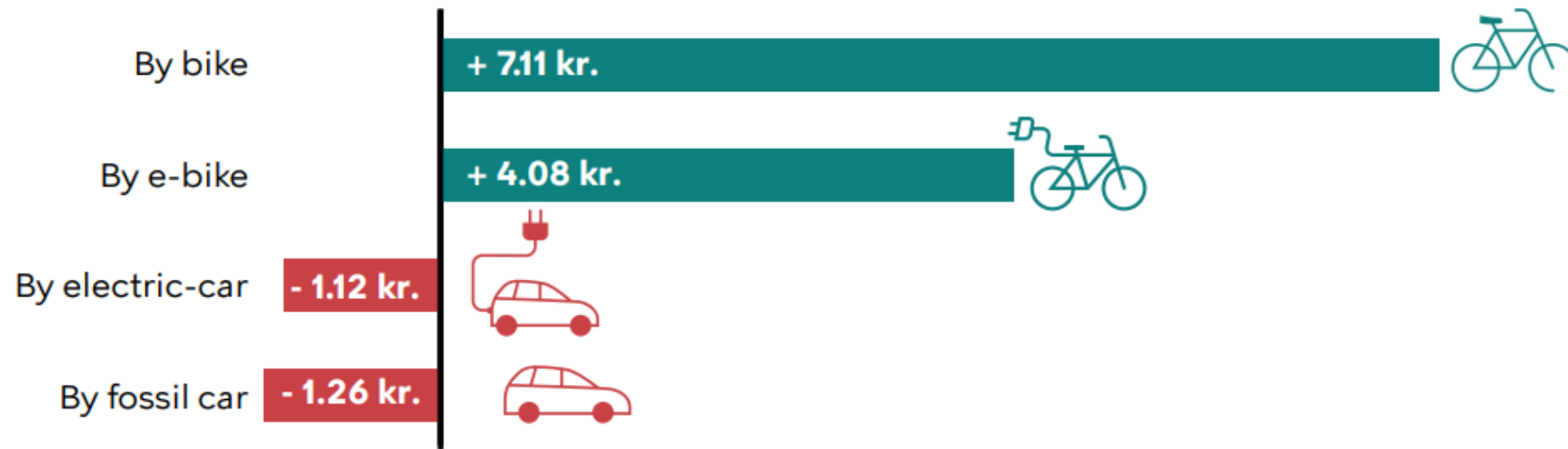
Positive and Negative Health Effects of Cycling



Source: Several studies, see for example <https://cyclingsolutions.info/cycling-and-health/>

Health

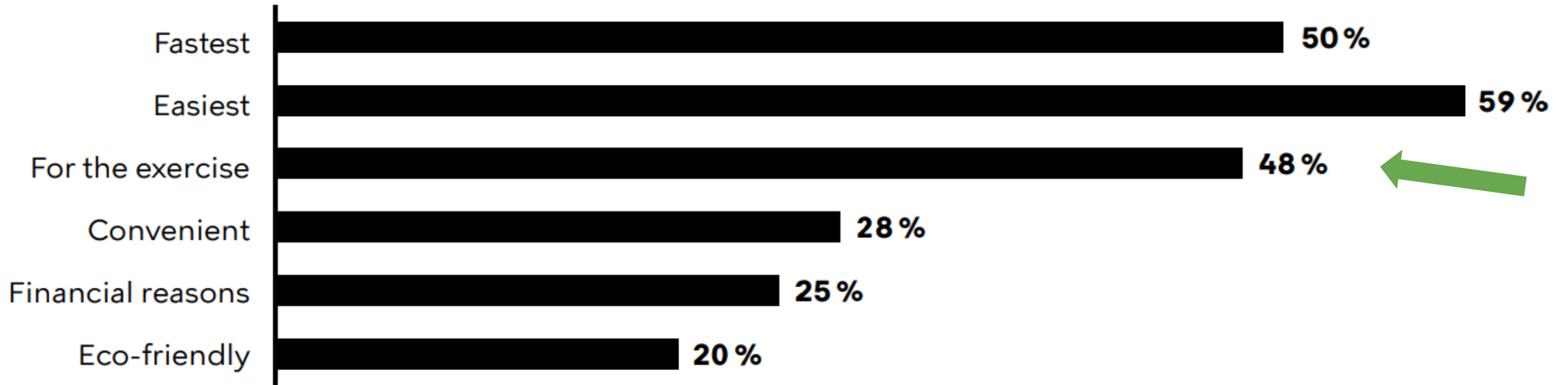
Socio-economic benefits or losses per 1 km by bicycle, e-bike, electric car and fossil car.
Based on Ministry of Transport's spreadsheet model 2022



Source: Danish Ministry of Transport, quoted in City of Copenhagen's Bicycle Account 2022.

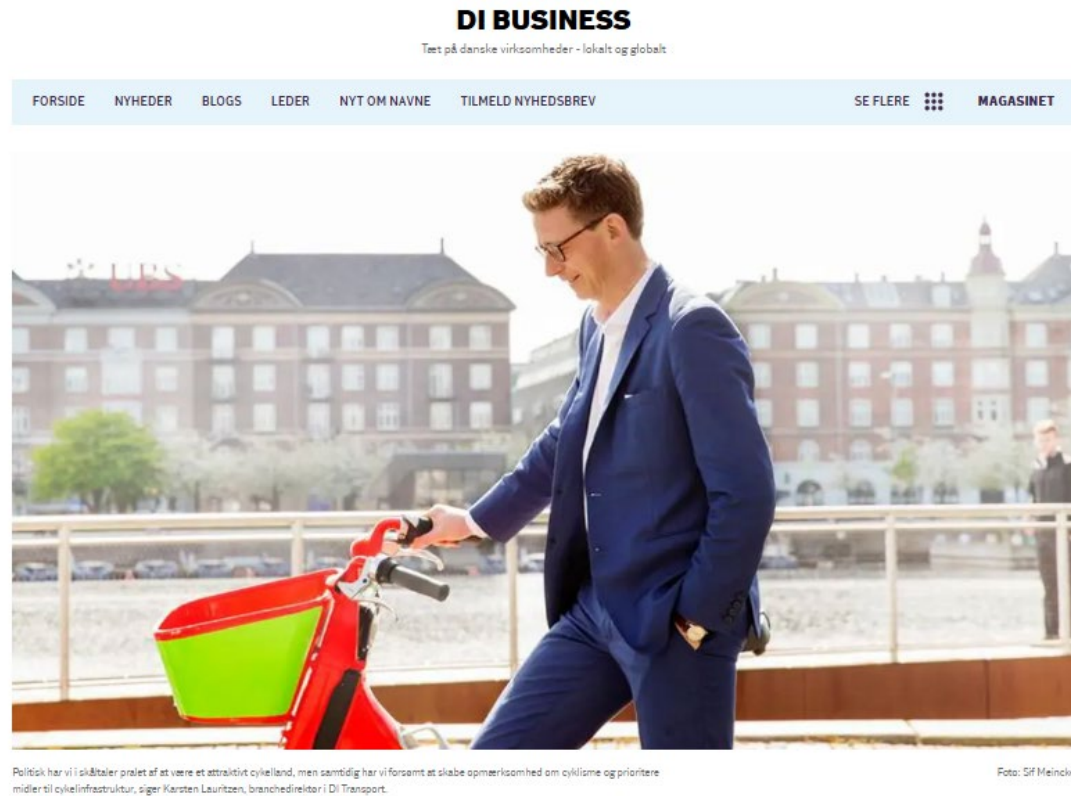
Health is a Motivation

Copenhageners' reasons for cycling



Source: City of Copenhagen
Bicycle Account 2022

Health



Politik har vi i skiltet præget af at være et attraktivt cykelland, men samtidig har vi forsomt at skabe opmærksomhed om cyklisme og prioritere midler til cykelinfrastruktur, siger Karsten Lauritzen, branchedirektør i DI Transport.

Foto: Sif Meincke

29.06.22 • DIB • NYHEDER

Mere cykling vil give 235.000 færre sygedage

Hvis danskerne cykler 10 procent mere end i dag, vil det give over 235.000 færre sygedage og en samfundsøkonomisk sundhedsgevinst på 2,5 milliarder kroner, viser ny analyse. Arbejdsgiverne bør gå foran og tage opgaven på sig, mener Karsten Lauritzen.



“More cycling will give 235,000 fewer paid sick days”

Source:

<https://www.danskindustri.dk/di-business/arkiv/nyheder/2022/6/mere-cykling-vil-give-235.000-farre-sygedage>



CFE 2030

(Cycle Friendly Employer)



Cykelvenlig Arbejdsplads CFE 2030

Gør som andre visionære aktører: Sæt gang i en målbar transformation, der med cyklen som løftestang fremmer sundhed, fællesskab og bæredygtighed på jeres arbejdsplads.

Kom i gang med transformationen

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CFE 2030

**Certificeringen kortlægger
jeres indsats inden for en
række områder:**



Cykelparkering

Har I gode cykelparkeringsfaciliteter
ude og inde og i tilstrækkeligt antal?



Cykelservice og firmacykler

Er det muligt at få serviceret cyklen - og
er der cykler til brug i arbejdstiden?



Organisatoriske rammer

Har I fx en mobilitetsstrategi, der
adresserer cykling - og er der rabatter
på cykler/udstyr?



Kommunikation og motivation

Motiveres medarbejderne til at cykle -
og informeres de om faciliteter, tilbud
og aktiviteter?



Bade- og omklædningsfaciliteter

Er der gode og rene rammer for bad og
omklædning, evt. med mulighed for at
tørre vådt tøj?

Bicycle Parking - Bicycle Service and Company Bikes - Organizational Framework -
Communication and Motivation - Bathing and Changing Facilities.

Source: <https://www.cyklistforbundet.dk/certificering>



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Photo: Gehl Architects

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Photos: Gehl Architects / Cycling Embassy of Denmark









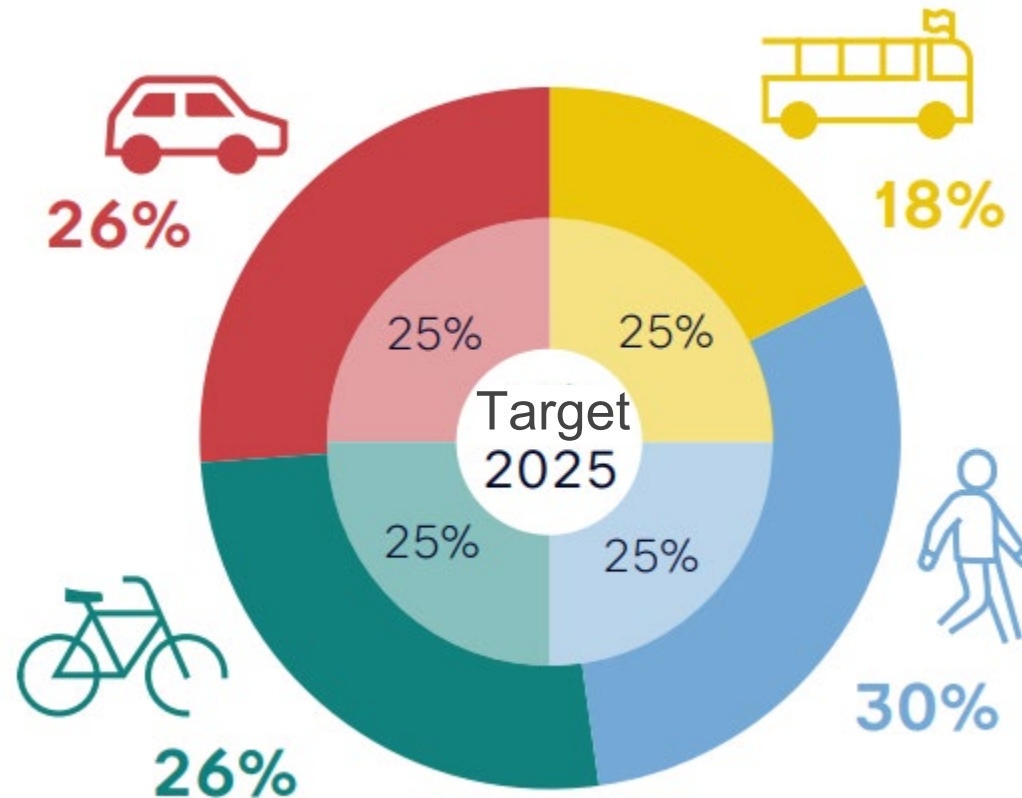
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As well as in...



Figures from Copenhagen

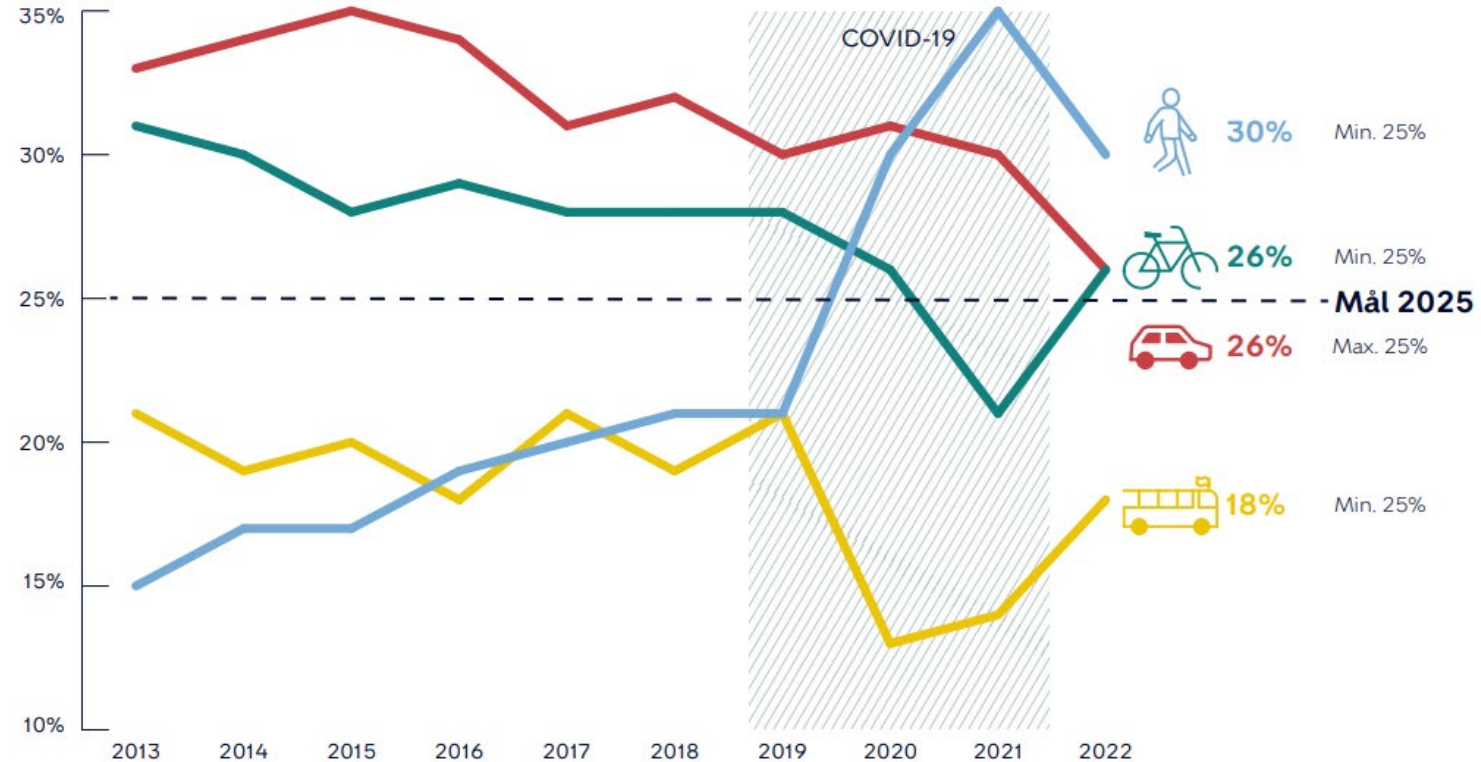
Distribution of Trips
(Modal Split), 2022



Source: City of Copenhagen
Mobility Report 2023

Figures from Copenhagen

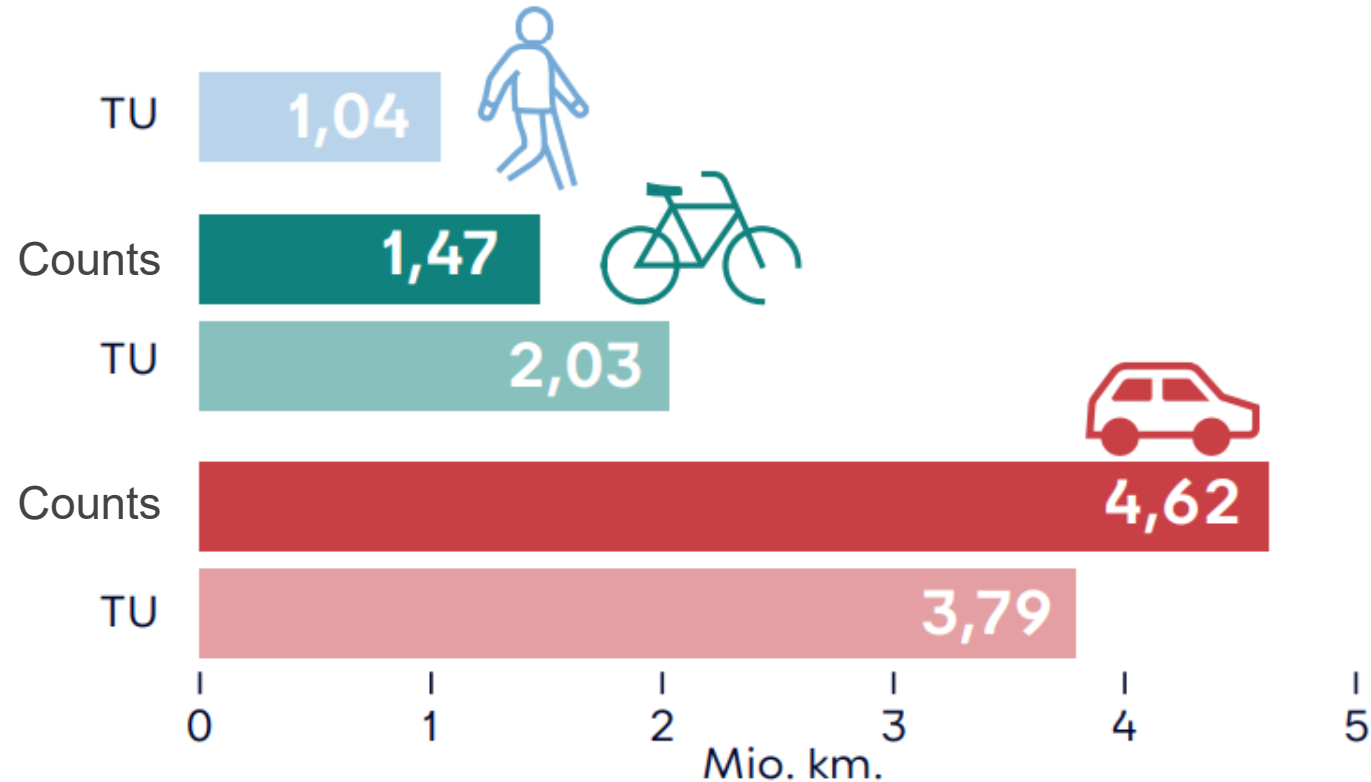
Distribution of
Trips (Modal Split),
2023-2022



Source: City of Copenhagen
Mobility Report 2023

Figures from Copenhagen

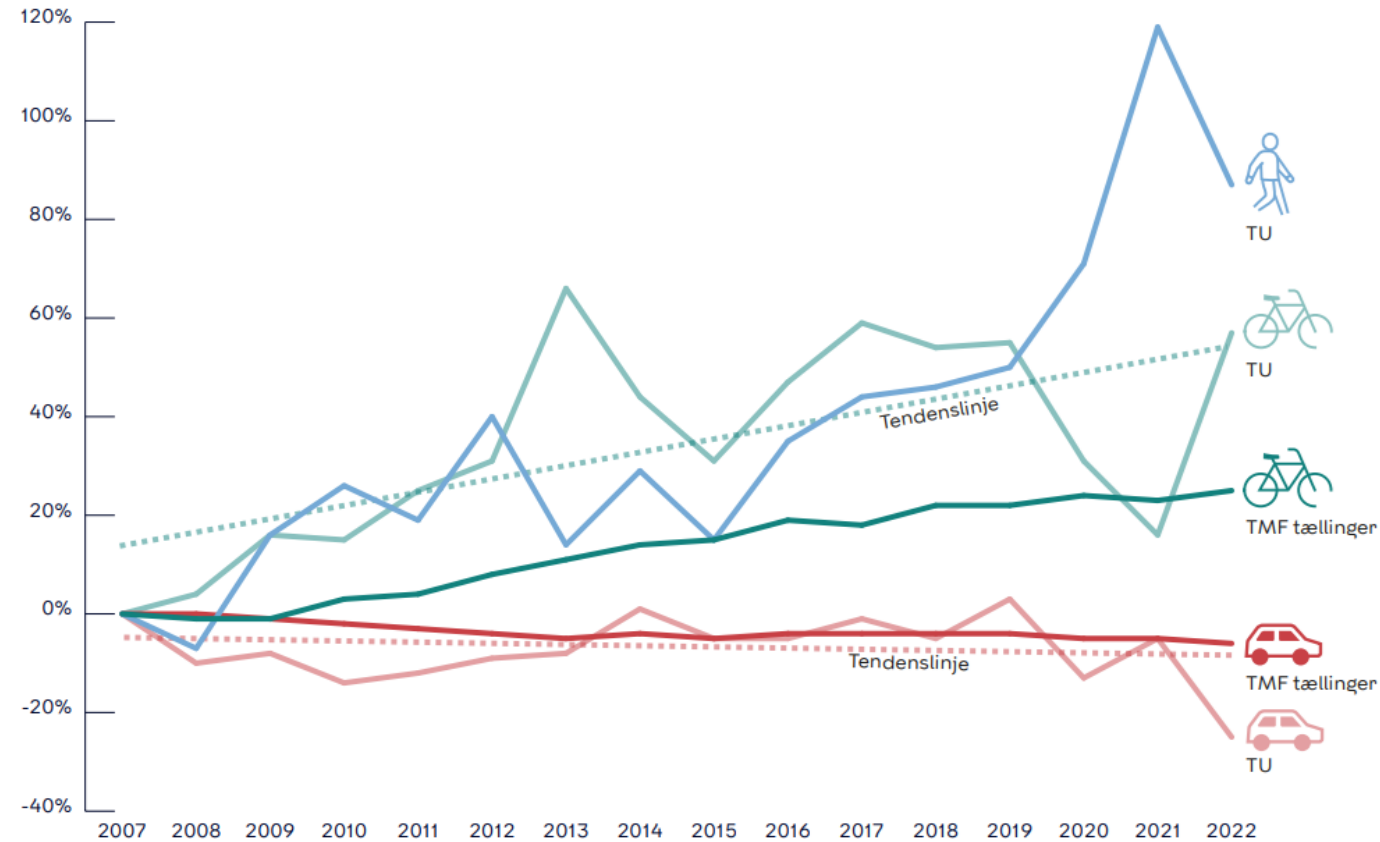
Kilometers Traveled
per Weekday 2022



Source: City of Copenhagen
Mobility Report 2023

Figures from Copenhagen

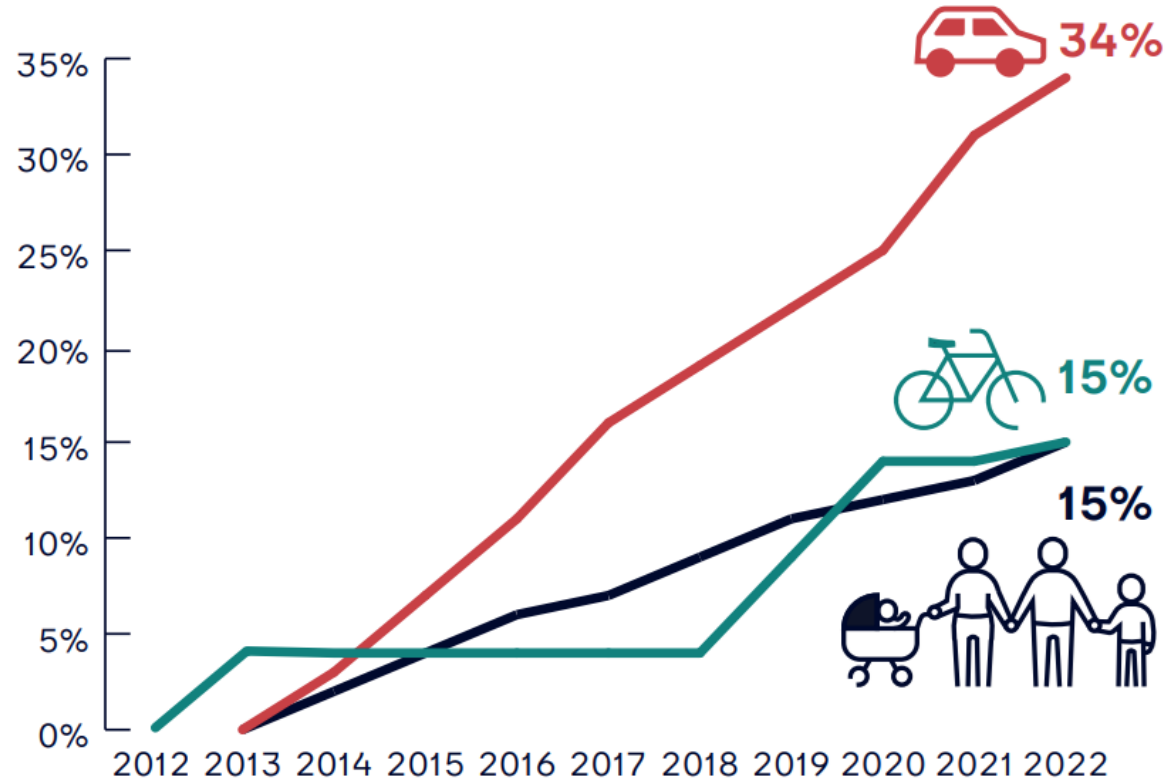
Development in kilometers traveled per weekday 2007-2022



Source: City of Copenhagen
Mobility Report 2023

Figures from Copenhagen

Development in
Population and
Stock of Cars and
Bikes 2012-2022



Source: City of Copenhagen
Mobility Report 2023

Figures from Copenhagen

Targets

Measures

Outcomes

Targets on

- infrastructure
- mobility figures
- satisfaction



Education



Photo: Danish Road
Safety Council

Education



Photo: Danish Road
Safety Council

Education

The Cyclist's Test

- Preparation
- Theory with Test
- Bike Check
- Practical Test



Photo: Danish Road
Safety Council

Education



“Cykeløvebane”
(bicycle practice
track)

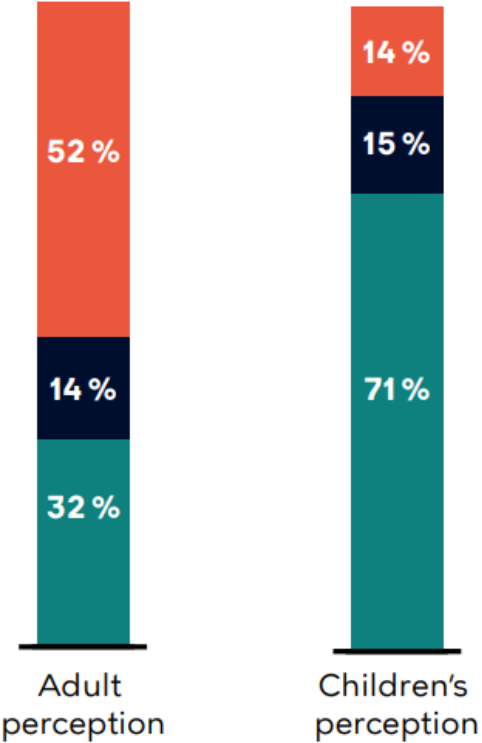
Photo: City of
Copenhagen

Education



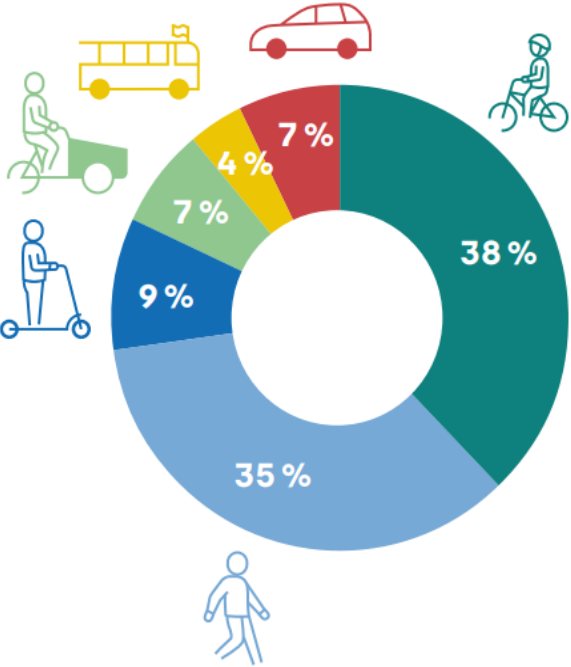
Education

Adult's and children's perception
of children's school route safety 2020



Unsafe/very unsafe
Neither/nor
Very safe/safe

Copenhagen school children's transport
mode to school. Based on a survey with
parents and children 2020



Source: City of Copenhagen
Bicycle Account 2022

Education



Source:
https://www.cyklistforbundet.dk/media/upklf4v2/cyk_20240624.pdf

Cyclists' Image



- Cyclists vary greatly in speed and behavior
- Bicycle enthusiasts have far the most experience - but not necessarily the best ideas on how to bring more people on bikes

Activism and Lobbying

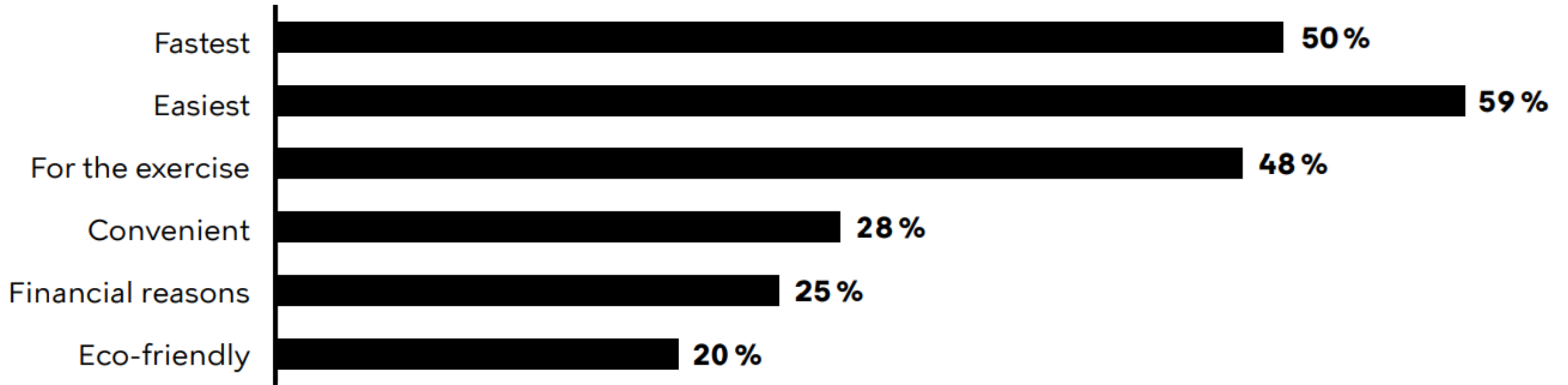


- Be critical but not too critical. Praise wherever possible.
- Speak to the other side, be constructive, listen.
- Never forget to give feedback.



Fastest and Easiest

Copenhageners' reasons for cycling



Source: City of Copenhagen
Bicycle Account 2022

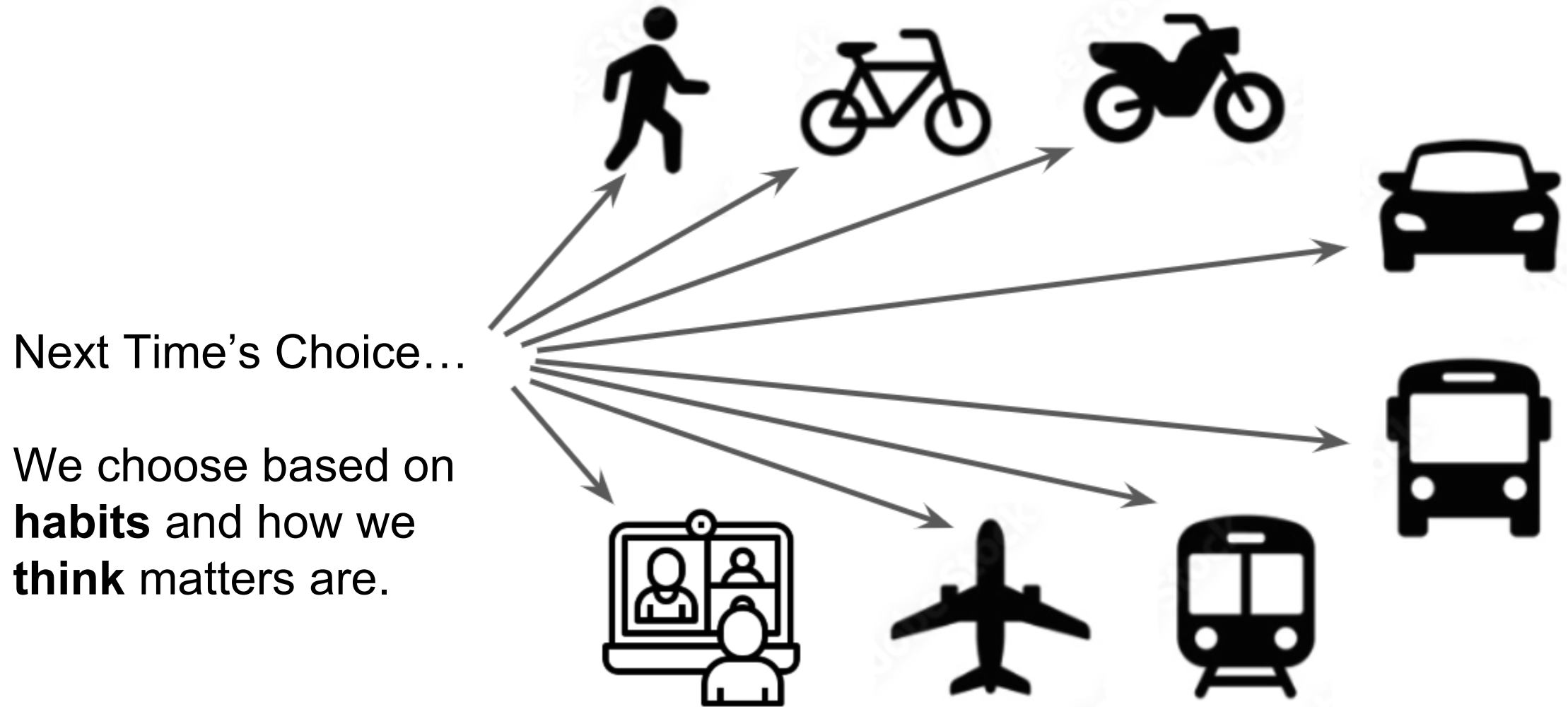
Easiest...



Fastest...



Habits and Perceptions



Habits and Perceptions



Thank You

Some links

<https://urbandevelopmentcph.kk.dk/mobility-cycling/copenhagen-the-best-cycling-city-in-the-world>

<https://cyclingsolutions.info/>

<https://thomaskrag.com/> and

<https://thomaskrag.com/studytrip/>



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