

# AVZ Briefing - Active Travel in London update

26 Jan 2026

## Key points

- Cycling trips are up 47% since 2019, yet cycling's share of total trips has only increased 1.1%, from 3.6% to 4.7% over this same time.
- 22% of London residents reported cycling in a year, down from 23% in the previous year.
- One third of cycling is on Cycleways although these only account for 2.5% of cyclable roads.
- Walking accounts for 24.7% of all trips, but is still slightly down from 2019.

This summary is based on the latest [annual overview TfL produces for its Board](#) and was published late November 2025. It had much more information on cycling than walking, despite walking's modal share being five times that of cycling.

## Overall (2024)

- Average daily travel demand (all modes) was 26.6 million trips (2024); this figure is 97.5% of the pre-pandemic level (2019).
- The sustainable mode share (proportion of all trips made by walking, cycling or public transport) was 63.4% (2024), compared to 63.6% pre pandemic. The Mayor's sustainable mode share target is for 80% by 2041.

## Cycling (2025)

- 1.5 million daily cycle trips in London, up 12% from 2024.
- Cycling mode share reached 4.7%, up from 3.6% in 2019 and 1.9% in 2000, with over three times more people cycling than in 2000.
- The 1.5 million daily cycle journey stages (up 13% from 2024) compares to a target of 1.6 million daily cycle journey stages by 2030 in Cycling Action Plan 2.
- However, according to the London Travel Demand Survey (LTDS), the proportion of London residents who cycled at least once in the previous year decreased slightly from 23% in 2023/24 to 22% in 2024/25. TfL explained that the rise in journey stages may be due to an increase in cycling by non-residents or not for personal travel.
- The London Strategic Cycle Network length reached 431 kilometres in Oct 2025, up by 7% from 403 km in 2024, and almost five times the length of 90 km in 2016.
- TfL's Cycleways are cycle routes that meet the new cycle route quality criteria, and make up most of the Strategic Cycle Network (401 out of the total 431 km).
- Around 1/3 of cycling in London takes place on Cycleways, despite it accounting for just 2.5% of cyclable roads.
- 76% of Cycleway users, said they felt safe all or most of the time on them (compared to 40% when cycling on other roads or paths). They also stated a range of other benefits and changes of behaviour resulting from the introduction of Cycleways.
- 29% of Londoners lived within 400 metres of London's Strategic Cycle Network.

## Walking

- With 6.8 m daily walk trips, walking accounted for almost one quarter of all trips (24.7%).
- Amongst London residents, walking accounts for an even higher share of trips (38%).
- The number of walking trips is still below their pre-pandemic level.