

A photograph of two Black women cycling on a paved path. The woman on the left is wearing a tan hoodie and a black vest, while the woman on the right is wearing a blue hoodie and purple leggings. They are both smiling and looking at each other. The background features a green field and a blue wall with colorful graffiti. The text 'we are cycling UK' is in the top left, and 'Freedom to move: A manifesto for cycling' and 'General election 2024' are in blue and orange boxes respectively. The website 'cyclinguk.org' is in the bottom left.

we are
cycling
UK

Freedom to move: A manifesto for cycling

General election 2024

cyclinguk.org

Bustling high streets you can walk down while breathing clean air. Millions more children walking and cycling to school, because they and their parents feel it's a safe option. A healthier nation, with more people building physical movement into their daily lives.

This is our vision for the UK, but one we won't realise unless the next government enables more people to walk, wheel and cycle. It's one of the cheapest and most effective health interventions a government can make – and there's clear evidence that if walking and cycling look and feel like a natural choice for short journeys, millions more people will do it.¹

Rising levels of physical inactivity among children are contributing to the national obesity and mental health crises. But by giving people healthy and sustainable transport choices, the next government could save the NHS billions. More people would live healthier and happier lives, and streets and neighbourhoods would be transformed into places where children and young people can thrive.

“Britain would be better if more people cycled 77% of people agree.”

The fastest and most cost-effective way for the next government to do this is to give people better transport choices so that:

- We don't feel we have to drive our children to school;
- There are safe, reliable, cheap and sustainable options for the journeys we need to make;
- Active journeys become a normal part of our daily lives; and
- We have roads and communities free from congestion and pollution.

The policies needed to deliver these outcomes are cost effective, fast to deliver and proven to work. They tackle multiple challenges and would help the next government achieve a broad range of important objectives – including tackling climate change, improving public health, boosting the economy and easing the cost-of-living crisis for millions of people.



Our asks for the next government

1 Deliver long term investment in cycling, walking and wheeling

Increase investment in active travel ramping up to at least 10% of the total transport budget within five years. Local authorities need the security of long-term funding to have confidence to develop and deliver long-term plans for active travel networks. This isn't just a transport investment but an investment in public health, people, place, environment, and the future we want for our children.

2 Provide better transport choices to reduce traffic

Produce an integrated transport strategy designed to give people more transport choices, with targets to reduce traffic. Some people will have to or still want to drive, but the government must do more to make it easy and enjoyable for the majority to get around by walking, wheeling or cycling, and for public and shared transport to be more accessible. By providing better transport choices, the government can make our day to day journeys good for our health, our communities, our economy and our environment, and reduce traffic in line with net zero targets.

3 Build truly sustainable new homes and developments

Improve and invest in the planning system, so that all new homes and other developments are required to be built around frequent public transport services, safe streets and excellent walking and cycling networks. Changes to the National Planning Policy Framework should align with transport guidance, to ensure that schools, shops, healthcare facilities and green open space are within a short walk of people's homes.

4 Make our streets safer

Support speed reduction measures in both built up areas and on rural roads, to make our streets and roads safer. Too often, people are deterred from walking or cycling because they don't think it's safe, but more people will choose active travel if our streets both feel, and are, safer. One of the quickest and easiest way to achieve this is by reducing vehicle speeds, with speed limits appropriate to the environment.

5 Help everyone to access nature

Increase responsible access to the countryside for everyone by extending public open-access rights to more landscapes. More and better-connected spaces close to where people live would realise huge public health benefits. This should include increased access for people cycling and horse riding on existing paths and tracks across open access land, where the public are already able to roam on foot, and a simplified system for changing the status of public rights of way to create a network fit for the future.

6 Fix our failing road traffic laws

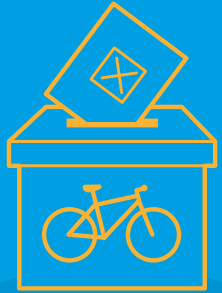
Commission a review of road traffic laws within the first 12 months of the new government. The aim should be to reduce danger on our roads, protect victims, make our roads safer, prevent road crime and deliver justice. This should include measures to ensure that people who are a danger to others are taken off the roads, and that our laws covering careless and dangerous behaviour on our roads work better to deal with and discourage irresponsible behaviour.

Devolution

Some aspects of transport, planning and other policy areas referred to in this manifesto are devolved to Scotland, Wales and Northern Ireland, and therefore aren't directly controlled by the UK government. Cycling UK is asking the next UK government to implement the policies in this manifesto where it has the power to. Where that power is devolved, we want to see the UK government support efforts in devolved nations to achieve the above.



More cycling benefits us all



Wins votes

Popular infrastructure projects boost mayoral and political support



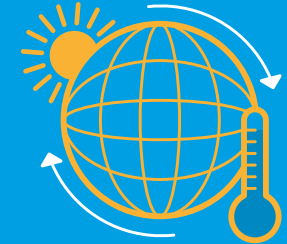
Boosts the economy

Studies show for every **£1 spent**, you gain **£5.62 in benefits**, one of the highest returns on investment from spending on transport



Promotes public health

Cycling regularly is associated with a **46% lower risk** of developing heart disease



Fights climate change

With **52% of journeys under 5 miles made by car**, cycling can significantly reduce carbon emissions

Who we are

We are the UK's cycling charity.

Over the past 146 years, we have evolved to become a driving force in advocating for people who cycle, improving infrastructure and fostering a vibrant community of cyclists.

We inspire people of all ages, backgrounds, and abilities to embrace the joys of cycling. We champion the many benefits of cycling for recreation, wellbeing, and the environment.

Our work is not just for those who already cycle, but for future riders too. More people cycling benefits us all. Together, we are creating a healthier, happier, greener and more connected society through the power of cycling.

For more information please contact: campaigns@cyclingsuk.org

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