we are cycling UK

100 Bikeweek
Cycle for the century

£ Save £100 by bike

With the cost of living crisis rumbling on, so many of us are continuing to feel the pinch and cut costs where we can. Transport is a great place to look at to lower our day to day outgoing, and switching the bike for the car is one of the most cost-effective changes you can make. But just how many trips to work or the shops would it take to save £100?

This challenge is right for you if you feel comfortable riding a bike as part of your day to day routine.

How to save £100 by bike

Start by working out exactly how much those shorter journeys by car are costing you. For this, you can use a **fuel calculator** or do a few quick sums using a real calculator. You'll need to know the fuel consumption of your vehicle in miles per gallon (MPG), its fuel type, the cost of petrol or diesel per litre and the distance of the journey. To work out the cost you need to divide the distance by the vehicle's consumption in MPG, then times that figure by 4.54 (the number of litres in a UK gallon). Times the total by the cost of fuel per litre, and you'll have the cost of the journey in pounds.

FUEL COST = (DISTANCE/MPG x 4.54) x £ per litre

Then, you'll need to add in any parking charges, tolls or emissions charges associate with your daily commute to get the total daily cost of driving. Simply divide 100 by that figure to see how many journeys you'll need to make the switch.

Case study – Aisha

Aisha drives 5 miles to work, and 5 miles back, each day in her diesel car, which does 40 miles per gallon (mpg). At the time of writing, diesel costs £1.70 per litre.

Aisha's round trip is 10 miles, which divided by the 38mpg fuel consumption of her car is 0.25. Then we multiply that figure by 4.54 to get 1.19. Then we multiply that by the price of diesel (£1.70 per litre) to get £2.02, Aisha's fuel cost for her daily commute.

Aisha pays £2 per day for parking. So her total daily costs for commuting by car come to £4.02. So to save £100, Aisha needs to switch the bike for the car for 25 working days! Aisha works from home 1 day a week, so saving £100 would take Aisha just over 6 weeks of commuting.

(10 miles ÷ 38mpg) = 0.25 x 4.45 = 1.19 x £1.70 per litre = £2.02 daily fuel cost + £2 parking 4 days a week = £100 saving in 6 weeks

It's not just your trip to work where you can make savings either. Many other short journeys – to see friends, school pick-ups or shop runs – can be taken by bike. If you tot up the savings every time, it becomes very satisfying.

Outside of fuel, the costs of running and maintaining car are rarely uniform over time, so establishing the exact costs might not be an exact science. We've chosen not to take them into account, but with these the figure is likely to be higher. Find out more about how much **money you can save by cycling**.