



Cycling Benefits

Travelwise
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● ***It's good for your health***

Cycling is one of the best forms of exercise and helps reduce the risk of serious health conditions such as obesity, diabetes and heart disease.

● ***It's good for the planet***

Increasing bicycle trips will reduce greenhouse gas emissions, as well as help reduce road congestion, which means less traffic and less pollution.

● ***It's good for your wallet***

A bike has minimal running costs so you can save on fuel, parking, registration and Warrant of Fitness costs.

○ ***AND it's a fun way to exercise!***

Auckland
Transport 

An Auckland Council Organisation



Cycling

Did you know?

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- One in five people in Auckland use a bike at least monthly. That's approximately 280,000 people!
- One in four Aucklanders own a bike.
- More than one in four Aucklanders could use a bike to get to a place they regularly go, but don't.

For more information on cycling events, activities and training courses, visit cyclingsthego.co.nz and get going by bike!