

May 2018

Active Transportation in the San Diego Region: Biking and Walking

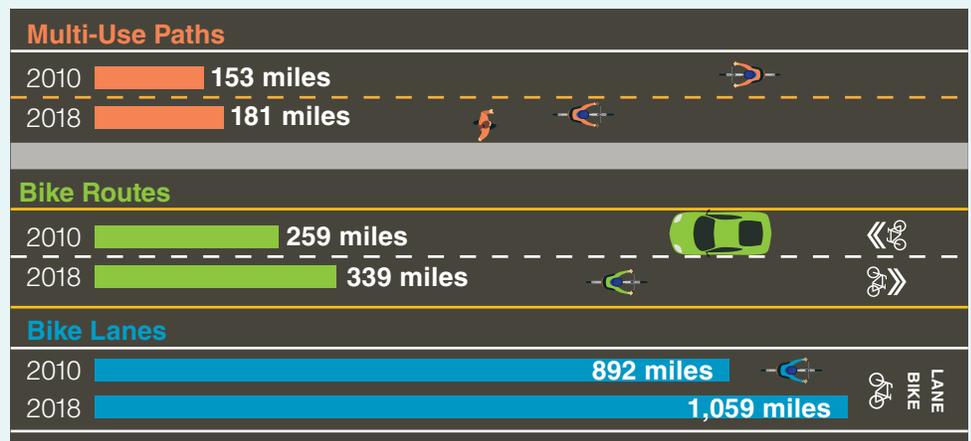
Active transportation is any self-propelled, human-powered mode of transportation, especially walking or biking. Active transportation provides many benefits to individuals and their communities: it is good for your health; by lowering vehicle miles traveled it reduces greenhouse gas emissions and other pollution associated with cars; it reduces traffic congestion; and creates opportunities for social connections with other people and their communities while biking or walking. It also integrates well with transit, with virtually every transit trip beginning and ending with some form of active transportation.



Regional Bikeways

The SANDAG iCommute program provides regional bike maps in both print and online formats. Please visit iCommuteSD.com/BikeMap to view the interactive map released in May 2018, which includes bike locker and parking locations.

The San Diego region saw a **21 percent increase** in the miles of available bikeways from 2010 to 2018.



SANDAG Provides Several Bike Encouragement Programs



Bike Education: To encourage biking as an everyday transportation choice, the iCommute program offers free bike education classes, group rides, and safety checks for employers and schools in San Diego County. Find out more at iCommuteSD.com.



Bike to Work Day: Every year in May, thousands of people all over San Diego County celebrate National Bike Month and Bike to Work Day. Bike to Work Day 2018 will be celebrated on Thursday, May 17. When you register for Bike to Work Day, you can pick up a free t-shirt at one of 100 pit stops throughout San Diego County from 6 to 9 a.m. Visit iCommuteSD.com to register and see a map of pit stop locations.



GO by BIKE Mini-Grants: In preparation for Bike Month every May, SANDAG awards mini-grants of up to \$3,000 each to local government agencies and community-based organizations to coordinate a variety of events and campaigns promoting biking. The request for applications for the next funding cycle will be released in fall 2018.

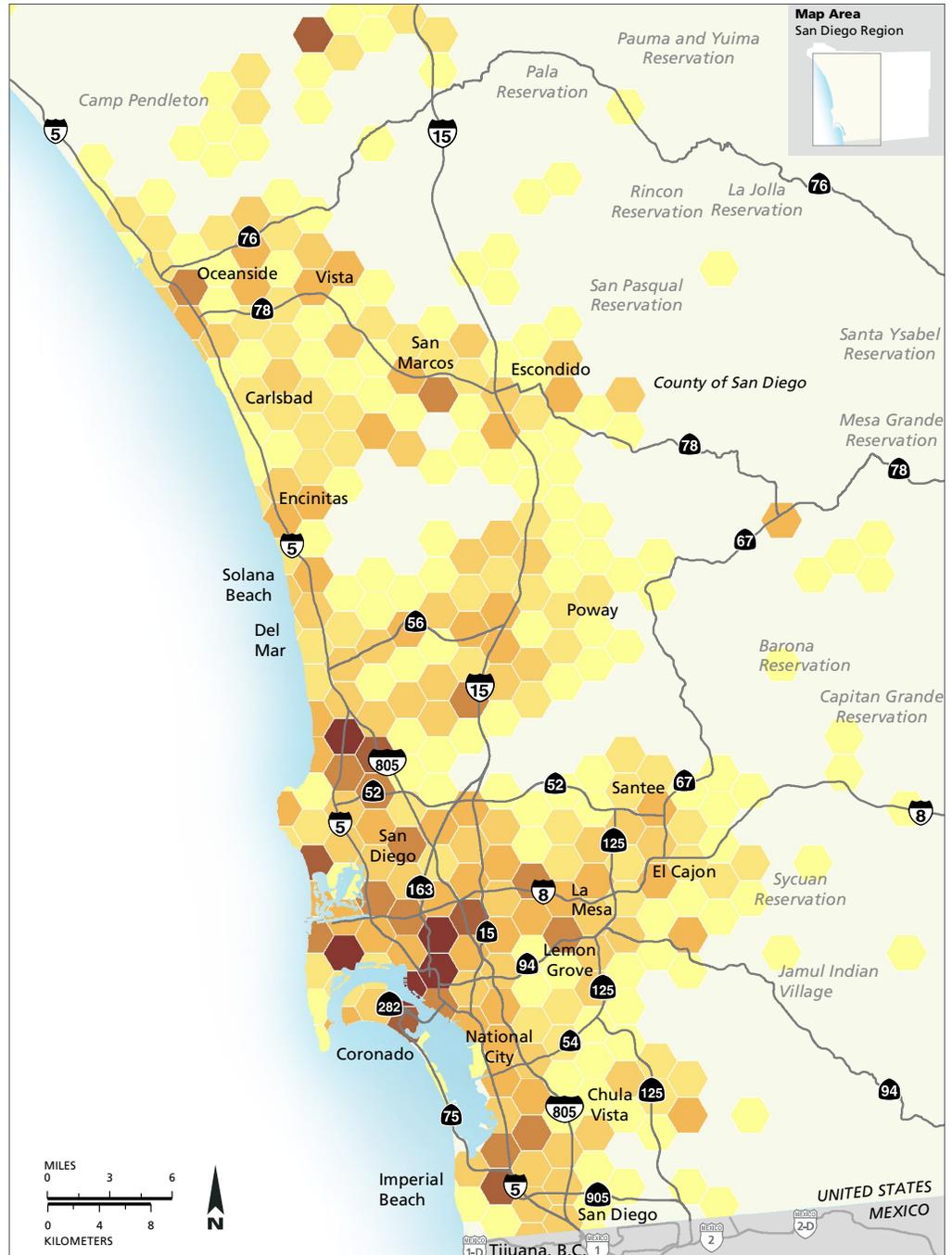
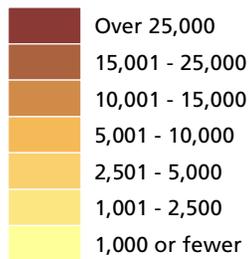


Bike Parking: iCommute manages more than 750 bike parking spaces at more than 60 locations throughout San Diego County. Bike lockers are available at all COASTER and SPRINTER stations, most Trolley and *Rapid* stations, and some Park & Ride lots. Learn more at iCommuteSD.com.

The SANDAG Household Travel Behavior Survey provides detailed information for a volunteer group of residents across the San Diego region whose trips were documented during 2016. These trips were weighted to reflect the overall regional population, and the map below shows the destinations where people walking and biking ended their trips. The greatest number of bike and walk trips occurred in areas around Downtown, Balboa Park, Hillcrest-North Park, UC San Diego, and Point Loma-Liberty Station.

Survey respondents who were walking reported an average trip length of .7 miles, and those traveling by bike reported an average trip length of 3.4 miles.

Weighted Trip Destinations



About infobits

SANDAG serves as the San Diego region's clearinghouse for information and data. Infobits publish timely, relevant information as well as provide context on complex issues facing the region.

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