

Walking and cycling speeds

Standardised general walking and cycling speeds:

- A zero decimal place value was adopted for simplicity of calculation and communication
- A primary kilometre per hour value was adopted for consistency with GM Travel Diary Survey results.
- **Walking: 5 kmph**
- **Cycling: 15 kmph**

Walking – sources considered

4.8 kph (3 mph)

TfGM (2023). Greater Manchester Accessibility Levels (GMAL) Model; Guide to how GMAL is calculated

[GM Accessibility Levels \(GMAL\) - data.gov.uk](https://data.gov.uk)

5 kmph

Department for Transport (2022). Active Mode Appraisal Toolkit User Guide, p16

[Active Mode Appraisal Toolkit User Guide \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)

4.8 kmph (2.9mph)

TfL (nd). Assessing transport connectivity in London, p18

<http://content.tfl.gov.uk/connectivity-assessment-guide.pdf>

Cycling – sources considered

15 kmph

Department for Transport (2022). Active Mode Appraisal Toolkit User Guide, p16

[Active Mode Appraisal Toolkit User Guide \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)

15kmph (9mph)

TfL (2010). Analysis of Cycling Potential Policy Analysis Research Report. p14.

<http://content.tfl.gov.uk/analysis-of-cycling-potential.pdf>

20-26kmph (12-16mph)

Cycling speed: 5 km in 25 mins at 12 kmph, Strava data indicates average speed road cycling male = 26 kmph, female = 20 kmph

15kmph is therefore not a fast speed.

<https://www.cyclingweekly.com/fitness/training/13-ways-increase-average-cycling-speed-144937>

Department for Transport (2020). Local Transport Note 1/20, p43

[Cycle infrastructure design \(LTN 1/20\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Cycle design speed:

General off carriageway cycle tracks: design speed 30kph, absolute minimum 20kph.

Downhill gradients >3%: design speed 40kph

A speed of 15kph is well below a likely maximum