


Benefits of Cycling

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Apart from cycling be good for your wallet, it can improve your life style in various aspects. Take a look:

What are the benefits of cycling?

> Traffic Congestion




Did you know?
In 2010, IBM estimated that traffic congestion in Dublin cost the economy 4% of GDP.

With more people on bikes, the more congestion becomes less and less of a problem.

Also...

Traffic engineers in the city council put down to Dublin being close to capacity for cars.


With the population growth rates, Dublin just can't handle private cars as a major of transport.



20 bikes can be parked in the same space of 1 car

There isn't the space!

> Speed and reliability




For many journeys around Dublin it is the fastest method.

And, some longer journeys get faster when all around is traffic.

Moreover, when you are cycling there's no need of walking to or from a bus stop or train station.

You don't need to wait around for late buses or trains, and no spending ages looking for parking.

> Health



Moderate exercise reduces levels of depression and stress.


It also reduces the chances of heart disease, high blood pressure obesity and the most common form of diabetes.

So, cycling is not only good for people's health. Having a healthier population lowers health care costs.

> 'The Irish weather'


The weather in Dublin is generally comparable to Copenhagen and Amsterdam.

Average weather conditions (from BBC.co.uk) shows both Copenhagen and Amsterdam have more 'wet days' than Dublin.



Amsterdam and Dublin have comparable rain fall, while Copenhagen has extremely cold and weather and snow in the winter.

Dublin is sometimes noted as being windy, but so is Copenhagen.




> Biking is cheap!


The cost of a bicycle can be recouped in a matter of months, saving on fuel or public transport tickets costs.

Parking is free and ongoing costs are a fraction of the maintenance and running costs of cars.

The state also is benefited, cycling costs less than providing public transport or providing for private cars.



> There are no emissions



Bicycles emit no air pollution, and almost no noise pollution.

While there are emission in the construction and delivery of bicycles, this is tiny compared to cars and transport vehicles.

More cycling also reduces dependency on energy imports, it makes the economy less affected by oil shocks or the general increasing price of oil.

Source: [Cycling in Dublin](#)

□ [Cycling Benefits](#), [Cycling in Dublin](#)

[How to lock your bike properly →](#)

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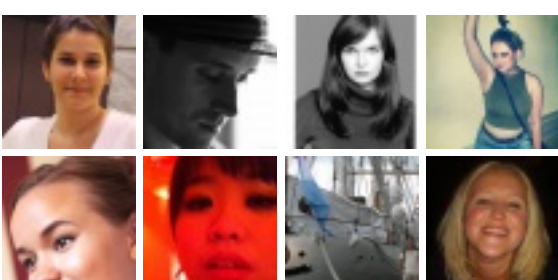


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