

On your bike! Cycling holidays are on the rise, with nearly 14 million Brits considering a two-wheeled getaway this summer

- A fifth of Brits (21%) are more likely to book a cycling holiday this year compared to last
- Trainline has seen nearly 5x more people get a train with their bike this year (rise of 380%), even though nearly half of Brits (48%) aren't aware you can book a bike space with your train ticket
- The top reasons for choosing a cycling holiday are being able to enjoy scenic views (29%), exercise (29%) and taking inspiration from cycling events such as Tour de France (18%)
 - Trainline has revealed the top 10 most popular routes to book a bike onto

27th June: A quarter of Brits (25%) are considering a UK cycling holiday this year, with over a fifth (21%) being more likely to book one this year compared to last – making it a key summer staycation trend for 2023.

Many are choosing to take the train as part of their car-free adventure, in an effort to further reduce their carbon footprint. This is demonstrated by Trainline data, which shows a rise of 380% of people getting on a train with their bike this year compared to last, with London Paddington to Bristol being the most popular station routes to board with a bike.

The popularity of cycling holidays is driven by multiple factors, including the chance to enjoy the scenic views (29%), exercise (29%), being money savvy (26%) and being inspired by cycling events like Tour de France (18%).

As we enter the cycling season and Tour de France kicks off on July 1st, a quarter of Brits (25%) said they were inspired to try cycling or get back out on their bike after tuning into the competitive race.

As cycling trips become a trending type of staycation, with 26% of Brits saying that they want to see more of the UK on their bike, Trainline has revealed the top 10 train routes cycling enthusiasts are booking their bike on to.

Top 10 routes travellers are booking with their bike

1. Bristol Temple Meads > London Paddington
2. London Euston > Manchester Piccadilly
3. Edinburgh (Waverley) > London Kings Cross
4. Leeds > London Kings Cross
5. Glasgow Central > London Euston
6. Bath Spa > London Paddington
7. London Paddington > Oxford
8. London Kings Cross > York
9. London Kings Cross > Newcastle
10. Bath Spa > Bristol Temple Meads

From the Bristol and Bath Railway Path, Manchester Piccadilly to Marple Aqueduct and the endless London parks, Brits are spoilt for choice when it comes to picking a new cycling route, yet 23% of

Brits are unsure on the best way to get to these destinations with their bike. With nearly half of Brits (48%) not knowing that they could book a space for their bike on the train, and nearly a quarter (24%) not being able to fit their bike in their car.

Dave Price, Chief Product Officer at Trainline said: “Trains connect some of the UK’s best bike routes, offering cyclists endless options of thrilling mountain bike tracks and peaceful journeys through the countryside. Our bike reservation feature means travelling with a bike is even simpler, more sustainable and stress-free than before, by simply clicking the bike icon when booking your ticket you can reserve space for not just yourself but also your bike. The research clearly demonstrates the rising trend for cycling holidays in the UK, so it’s great to see that many travellers are opting for this and utilising our booking tools to enhance their staycation even further.”

To find out more about how to book a bike reservation with Trainline visit the website [here](#).

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Notes to editors:

Trainline commissioned Censuswide to conduct the research on 2,000 Brits in June 2023.

*Trainline bike reservation bookings April 2022 vs April 2023

*According to ONS data from 2019 the UK adult population is 54,098,971 and 25% claimed to be considering a UK cycling holiday this year.

About Trainline

Trainline is the leading independent rail and coach travel platform selling rail and coach tickets to millions of travellers worldwide. Via our highly rated website and mobile app, people can seamlessly search, book and manage their journeys all in one place. We bring together millions of routes, fares and journey times from 270 rail and coach carriers across 45 countries. We help our customers find the best value fares for their journey and smart, real time travel information on the go. Our aim is to make rail and coach travel easier and more accessible, encouraging people to make more environmentally sustainable travel choices