

# Recreational cycling The Netherlands | 2024

## Participation recreational cycling

**58%**

of the Dutch (18+)

made a recreational bike ride  
of an hour or more in 2022-2023



The Netherlands has  
approximately

**8.4 million**

recreational cyclists (18+)

of which

**33%**

cycle at least  
once a week

Source: Ipsos I&O, NVTO 2022-2023 | CBS, Population on 1 January 2023

## Number of cycling trips in the Netherlands

Dutch people (18+) make

**262 million**

recreational cycling trips of an hour  
or more annually



Germans (aged 18-74) make annually

**3 million**

day trips with cycling  
as their main activity



Belgians (aged 18-74) make annually

**1 million**

day trips with cycling  
as their main activity



Source: Ipsos I&O, NVTO 2022-2023 | NBTC, Inbound day tourism survey, 2023

## Navigation resources

most often used by the Dutch:



**1**  
Junction route signs

**67%**

and overview panels

**37%**



**2**  
Apps on mobile  
smartphones

**43%**



**3**  
Paper map or  
booklet

**18%**

Source: Blauw, Recreational cycling in the Netherlands, 2021

## Type of bicycle

Dutch people usually cycle on a/an:



**47%**

electric bicycle



**35%**

common/city bicycle



**11%**

touring bicycle

Bron: Ipsos I&O, NVTO 2022-2023

## Top 3 points of improvement for cycling infrastructure

**1** Cycle paths are too narrow

**38%**



**2** Quality of paving/  
road surface

**31%**



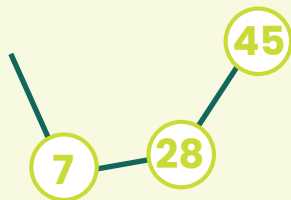
**3** Crowded bicycle lanes

**28%**



Source: Blauw, Recreational cycling in the Netherlands, 2021  
These figures deepen the improvement points published by ANWB

## Cycling appreciation rating



Junction route network

**7.9**



Overall rating

**8.2**

Source: Kien Research, Cycling junction routes, 2022 | Blauw, Recreational cycling in the Netherlands, 2021

## Recreational cycling tours

of one hour or longer



- 65%** takes 1-2 hours (20% 2-3 hours)
- 94%** starts from home
- 23 kilometres** the average distance
- 6.96 euro** average expenditure - per person per recreational cycling trip

Source: Ipsos I&O, NVTO 2022-2023

## Cycling holidays in the Netherlands

Cycling holidays by the Dutch (16+)



Cycling holidays by foreigners (18-74 years)  
(= holidays with cycling as main activity)



Source: De Afdeling Onderzoek, Key figures cycling holidays 2021-2022 | NBTC, Inbound day tourism survey, 2023

## Revenues on recreational cycling and cycling holidays



**Recreational cycling tours  
by the Dutch**  
of one hour or more

**1.8 billion  
euros**



**Cycling day trips  
by foreigners**  
cycling as main activity

**460 million  
euros**



**Cycling holidays  
by the Dutch**

**942 million  
euros**



**Cycling holidays by foreigners**  
cycling as main activity

**545 million  
euros**

Source: Ipsos I&O, NVTO 2022-2023 | NBTC, Inbound day tourism survey, 2023 | NBTC, The Research Department, Key Figures Cycling Holidays 2021-2022 | NBTC, Inbound tourism survey, 2023

## Use of long-distance cycle routes

**53%**

of domestic  
touring cyclists  
used a long-distance cycle route  
on one or more trips



Source: De Afdeling Onderzoek, Key figures cycling holidays 2021-2022

## Supply of bicycle route networks Netherlands

Total length of  
junction route  
network

**36.493  
kilometres**

Number  
of junctions

**10.534**

Total length of  
long-distance  
cycle routes

**3.765  
kilometres**

Source: Fietsplatform, National Route Database, 2024

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