

## II. RECREATIONAL BICYCLING

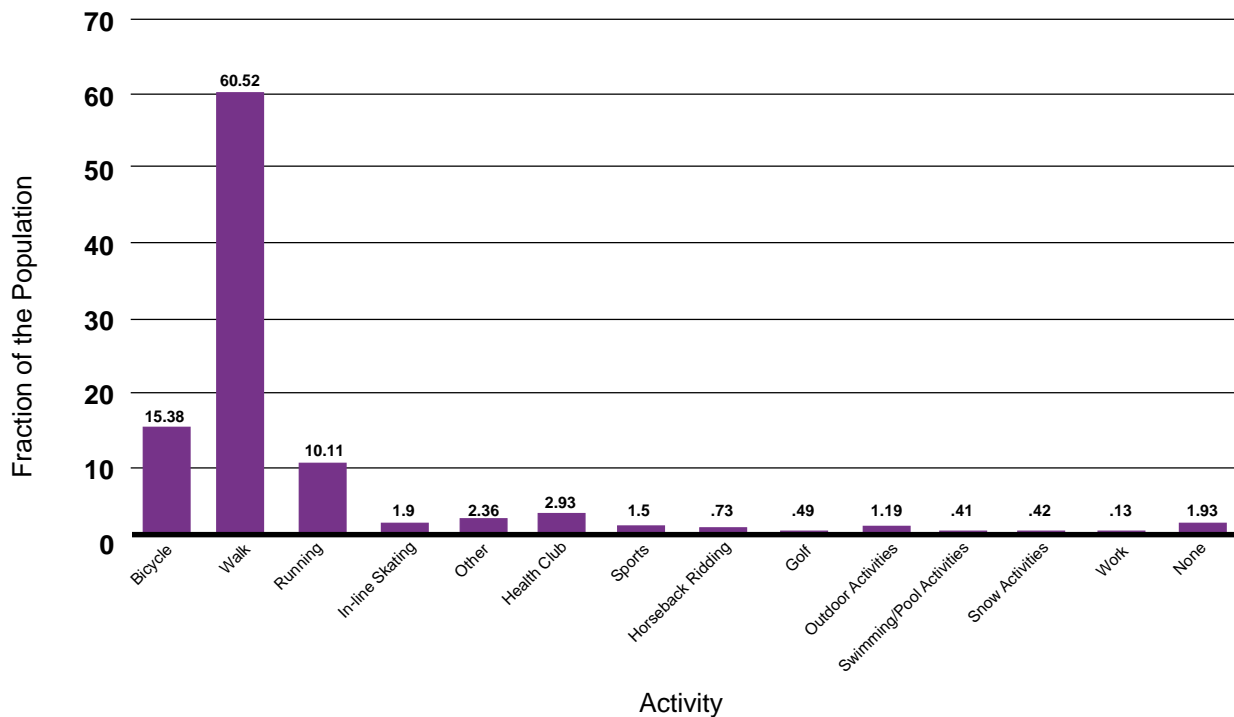
### A. Recreational and Exercise Trips

#### Primary Recreation Activity

Respondents were asked about types of activities in which the primary purpose is recreation or exercise. If the activity is also used to run an errand or get to school or work, it should not be considered a recreation or exercise trip. These activities are ones that are originated from home, work or school. Examples would include roller-blading on your lunch hour from your office or walking to the park from your home for a picnic or game of tennis.

Figure IIA.1 portrays the types of the primary recreation and exercise activities and their frequency. Sixty-one percent of the population indicated that their primary recreation/exercise activity was walking, followed by bicycling with fifteen percent and running at 10 percent. Health club activities are at the 3 percent level.

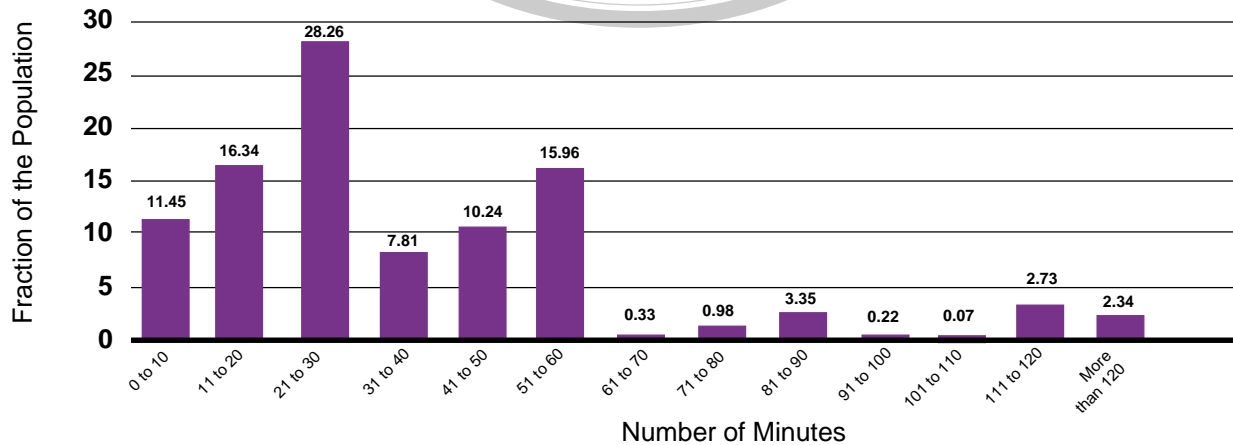
Figure IIA.1 Primary Recreation/Exercise Activity



## Time Traveling to Recreation and Exercise Location

Figure IIA.2 displays the information about the time it takes to go to the location for the recreation/exercise activity (round-trip). Eleven percent indicated that it took ten minutes or less to go and come back to the location where the recreation/exercise activity takes place. Forty-five percent indicated that they spent between 11 and 30 minutes round-trip. It takes between half-an-hour and one hour for the thirty-four percent of the population to go and come back to their location of recreation/exercise activity.

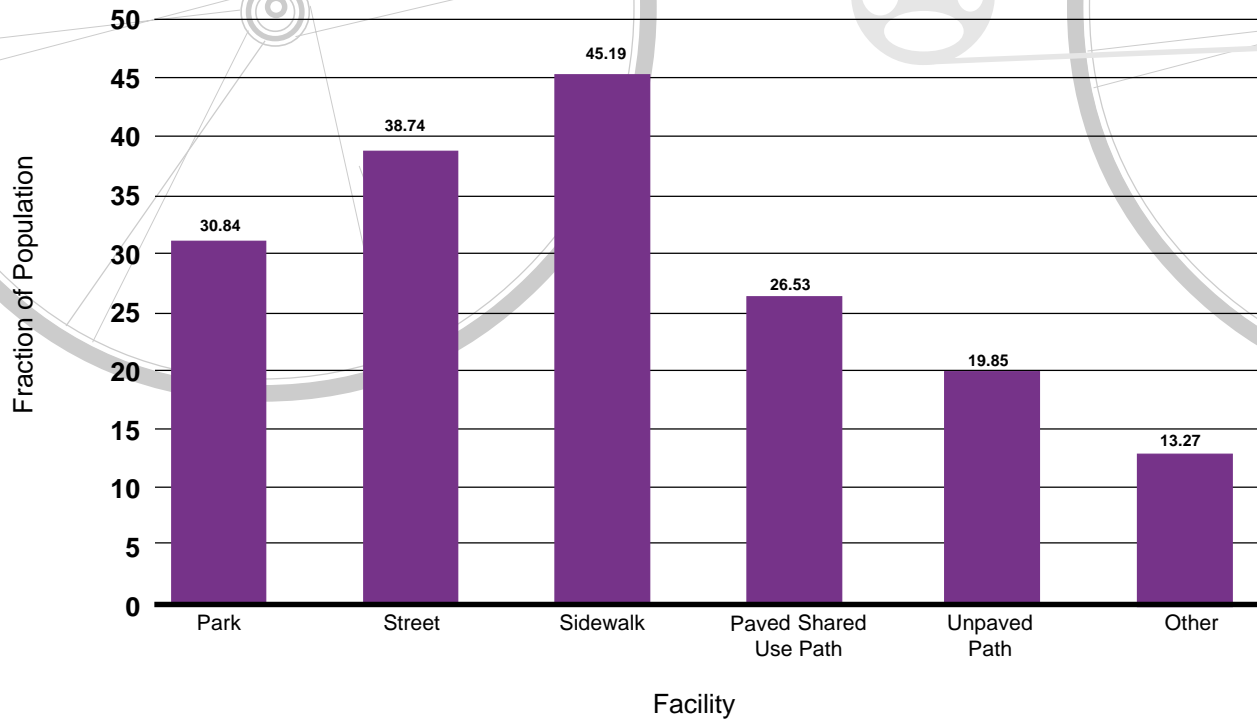
Figure IIA.2 Average Duration of Recreation Exercise Trip



## Method of Transportation for Recreation and Exercise Trips

Figure IIA.3 presents the facilities used for primary recreation and exercise activities. Because the respondents are allowed to choose more than one facility, the proportions add to more than 100. Forty-five percent of the population use sidewalks; streets are used by 39 percent of the people for their primary recreation/exercise activities. Thirty-one percent use parks, and 27 percent use paved shared-use paths.

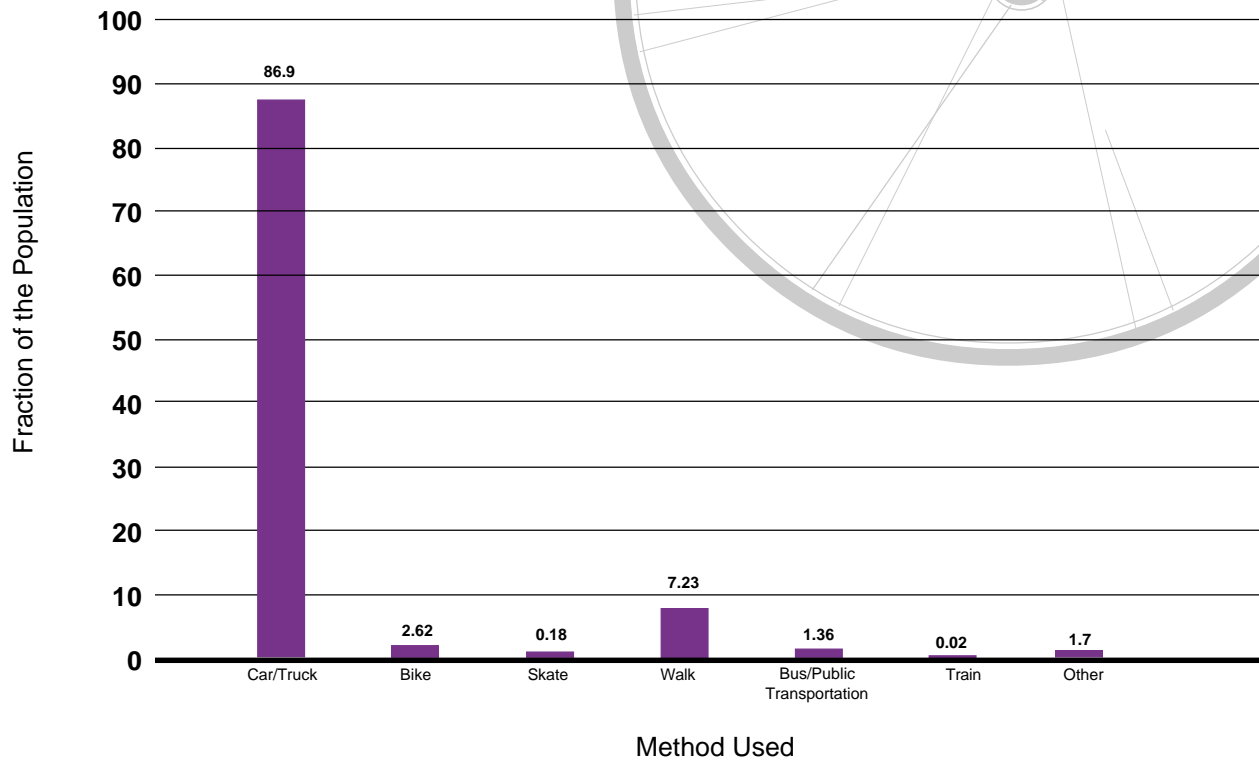
**Figure IIA.3 Percentage of Population Using Specific Facilities for Recreation or Exercise**



### **Recreation and Exercise Trips Involving Travel to Another Location**

Some recreation/exercise activities require traveling to a remote location. An example is taking a bus or driving to the mountains to hike. Figure IIA.4 shows the methods of transportation and their prevalence for these trips. The overwhelming majority of the people (87 percent) drive a car or truck when traveling to a remote location to exercise. Seven percent walk, and three percent bicycle when making these trips.

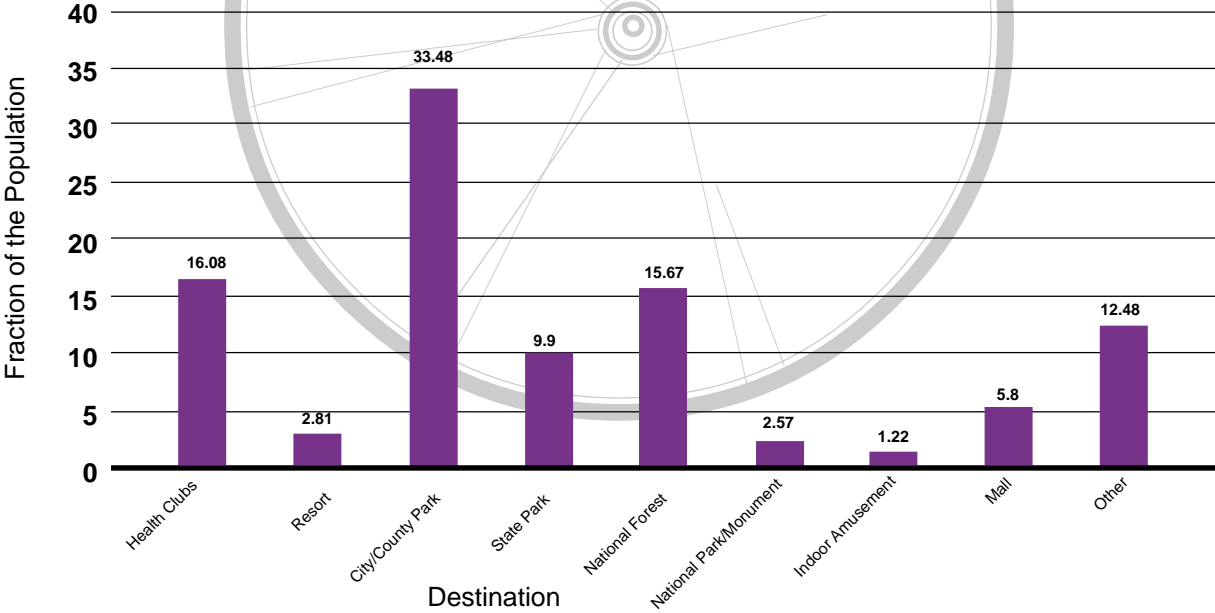
**Figure IIA.4 Method of Transportation to Remote Location for Purposes of Recreation/ Exercise**



### **Destination of Recreation and Exercise Trips**

Figure IIA.5 shows the destinations for these trips. Thirty-three percent go to city or county parks or open spaces, 16 percent go to health clubs, and another 16 percent go to National Forests and 10 percent to State Parks.

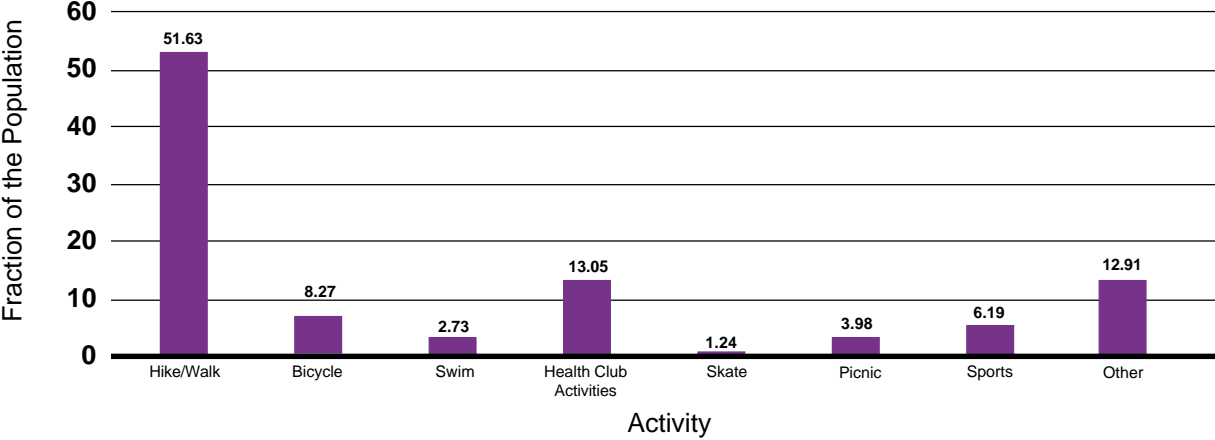
**Figure IIA.5 Destination for Most Remote Recreation/Exercise Trips**



**Type of Recreation and Exercise Activity**

The type of recreation and exercise activities and their frequency in remote locations are displayed in Figure IIA.6. Most of these activities take place outdoors. More than half (52 percent) hike or walk, thirteen percent engage in health club activities, eight percent bicycle, six percent hike engage in a sport, and four percent have a picnic.

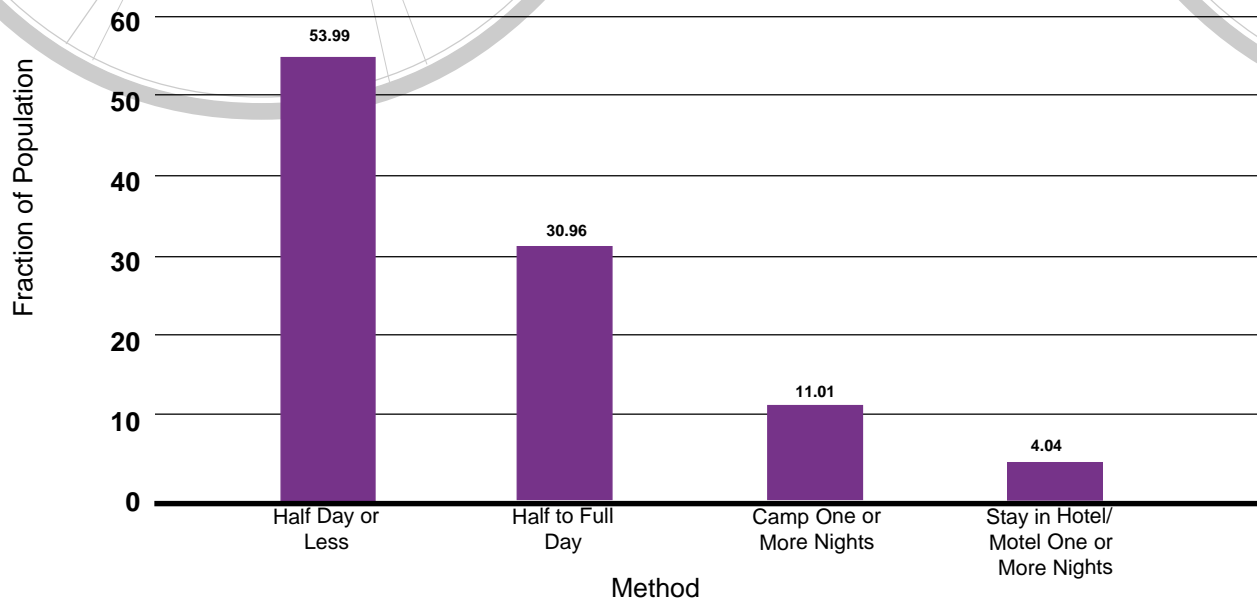
**Figure IIA.6 Recreation/Exercise Activity Engaged in at Remote Location**



### Time Spent at Recreation and Exercise Destination

Figure IIA.7 shows the amount of time people typically spend at the remote locations. The majority (54 percent) spend half a day or less. Thirty-one percent spend between half-a-day and a full day. Eleven percent camp one or more nights, and four percent stay in a hotel or motel for one or more nights.

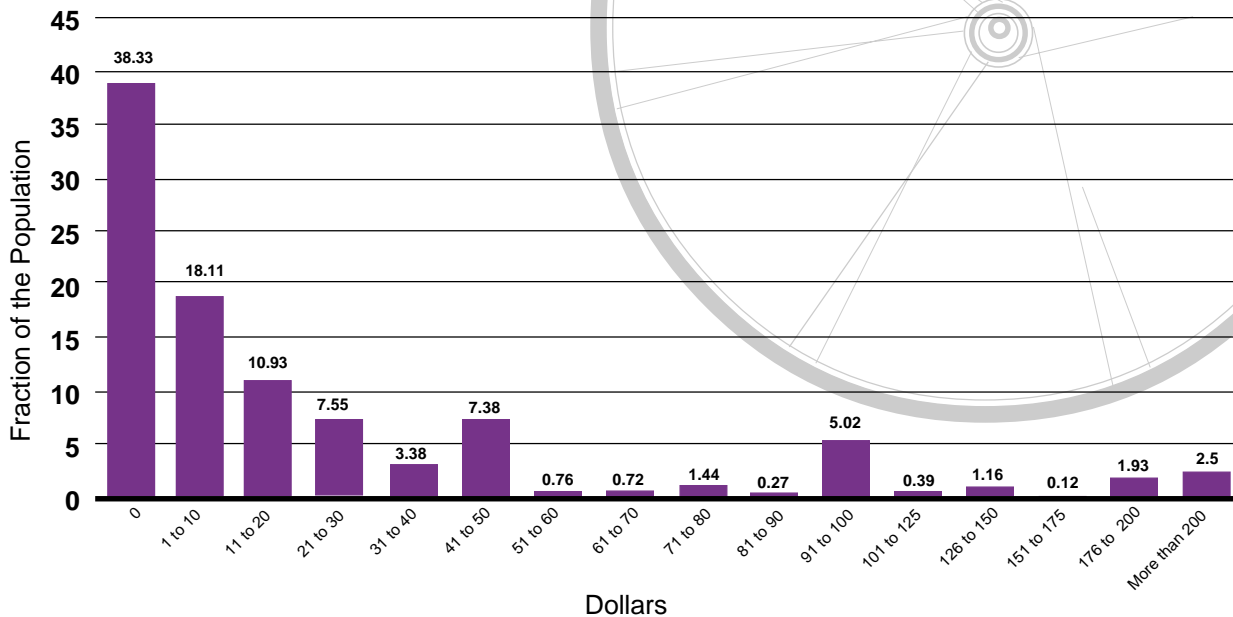
**Figure IIA.7 Average Length of Stay at Remote Recreation/Exercise Location**



### Spending During Recreation and Exercise Trips

The amount of money typically spent at the remote location is presented in Figure IIA.8. Thirty-eight percent do not spend any money. Twenty-nine percent spend \$20 or less, 18 percent spend between \$21 and \$50. Three percent spend between \$51 and \$90, 5 percent spend between \$91-\$100, and six percent spend more than \$100.

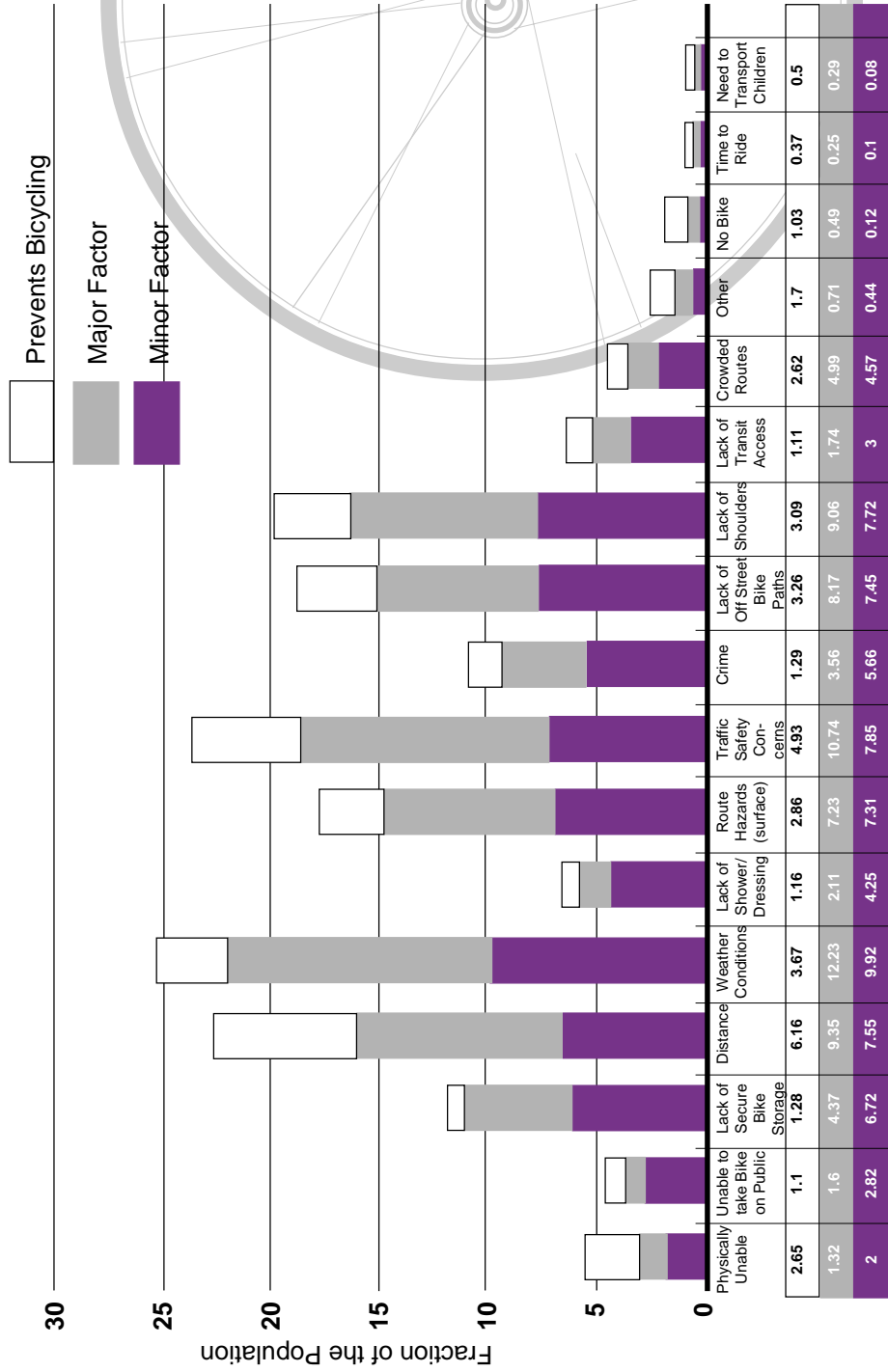
Figure IIA.8 Average Amount Spent at Remote Recreation/Exercise Location



### Factors Influencing the Decision to Bicycle for Recreation and Exercise

Survey respondents were asked to identify factors that may prevent them from bicycling for recreational purposes. The survey listed thirteen factors that might affect their decision to bicycle, and each respondent was asked to indicate whether each: was not a factor, was a minor factor, was a major factor, or prevented them from bicycling completely. The first thirteen bars in Figure IIA.9 display the frequency of these responses. Respondents were also able to list one other factor that interfered with their ability to bicycle for recreation and exercise. The most frequently mentioned obstacles were: not having a bicycle, not having time to ride, and needing to transport children. The degree to which these prevented bicycling are shown in the last three bars in the figure. As was the case with work travel, school travel, and utility trips, weather conditions is the leading reason people give for not using bicycles for recreation/exercise purposes. Route hazards, lack of shoulders and paths, and traffic concerns are also important obstacles to riding for recreation purposes. Though some respondents mentioned the lack of shower and dressing facilities and the inability to take bicycles on public transportation, these were identified as obstacles to riding (even a minor one) by less than ten percent of respondents.

Figure IIA.9 Factors that Prevent Using Bicycle on Recreation/Exercise Trips

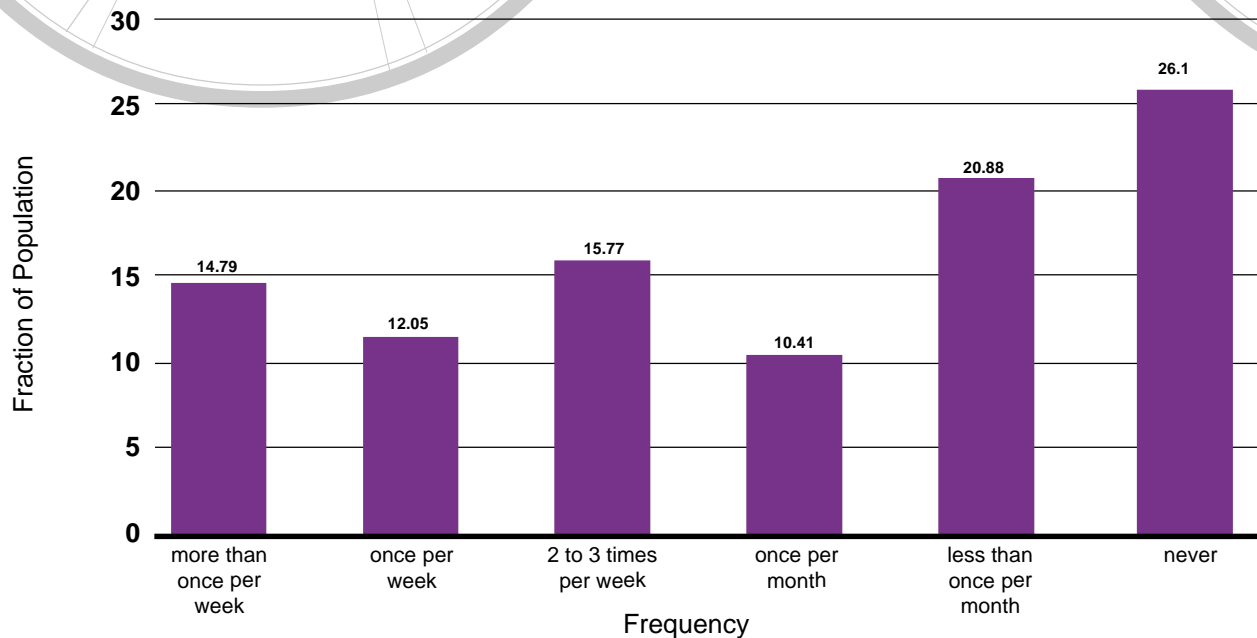




### Frequency of Bicycle Trips for Recreation and Exercise

Figure IIA.10 presents information regarding the frequency of recreation/exercise trips made by bicycle in good weather conditions. Fifteen percent make recreation or exercise trips by bicycle more than one a week, 12 percent do so once a week. Twenty-one percent make this type of a trip less than once a month, and 26 percent never use a bicycle for recreation/exercise trips.

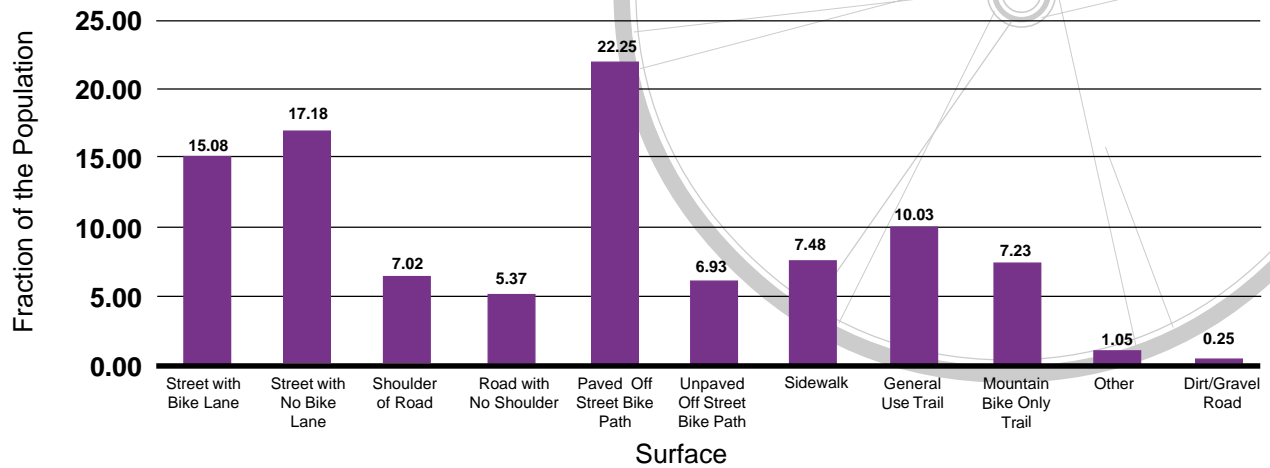
**Figure IIA.10 Frequency of Bicycle Use for Recreation/Exercise Trip**



### Facilities Used for Bicycle Recreation and Exercise Activities

As Figure IIA.11 shows, paved off-street bicycle paths are most frequently used for recreation and exercise related bicycle trips, followed by city streets with no bicycle shoulders. Streets with bicycle lanes are the third most used surface for recreation or exercise related bicycling, and general use trails are the fourth.

**Figure IIA.11 Average Amount of Recreation/Exercise Ride on Specific Surfaces**



### **B. Bicycle-Related Vacations**

We surveyed households to gather information on any vacations they take (both in-state and outside of Colorado). Nearly 10 percent of Colorado households indicated that they had taken a bicycle-related vacation within Colorado in the past 12 months. Among those households who did, the typical household spent \$360 per vacation. Spending on bicycle-related vacations within Colorado totaled \$47.8 million dollars over the past 12 months.

We also asked about any vacations involving bicycling in which they traveled outside of Colorado. Just under 5 percent said that they had taken such a vacation and, on average, spent \$950 per trip. This means that total annual spending by Coloradans on out-of-state bicycle-related vacations totaled \$60 million dollars.