

Member Panel report, Jun 2021: walking



In June 2021, we asked our members how much walking they do, their attitudes towards walking and what might encourage them to walk more often. 624 members responded: here's a summary of the findings.

RAA members had walked for at least five minutes on an average of 5 days in the past week

94% had walked on at least one day, 69% on most days and 36% everyday. On a typical day, half of members spend less than 30 minutes walking and half spend at least 30 minutes walking. The most common purpose for walking is recreation/exercise, followed by travel to shops, as part of a driving trip and going out for food, drink or entertainment.

Two thirds of members are comfortable walking at least 1km from where they live to get to places and nearly half are comfortable walking at least 2km

85% would find it easy to walk to public green open spaces; three quarters to a regular public transport service; two thirds to local shops, cafes or restaurants; 6 in 10 to a friend or relative's home; half to a sport or fitness facility; and 4 in 10 to their GP. Half of those with children in school or childcare would find it easy to walk there, while a quarter of those working or studying would find it easy to walk their commute.

Three quarters of members would like to walk more and a third would like to walk a lot more

A quarter are happy with the amount they currently walk, while only 1% would like to walk less. 6 in 10 members try to walk a lot (4 or 5 out of 5), with 4 in 10 trying to walk as much as possible (5 out of 5).

We'd like to know your thoughts on key issues regarding motoring, road safety, travel and tourism. If you haven't already signed up for RAA's Member Panel, you can do so [here](#).

86% of members identified an environmental barrier and 8 in 10 a personal barrier to walking more

The top environmental barriers were unsuitable weather and distance of journeys (selected by at least 4 in 10). Between 2 in 10 and a quarter identified barriers relating to personal safety, footpath obstacles or trip hazards, lack of footpaths and lack of footpath amenities. The top personal barrier was lack of time (selected by 4 in 10), followed by disability, injury or health problems or having too many items to carry (both selected by 2 in 10).

Members on average named 3 benefits of walking

A third mentioned general health or fitness/stamina; a quarter improved mental health; and between 1 in 10 and 2 in 10 fresh air, relaxation, socialising, physical health, seeing more of local environment/ neighbourhood, exercise and cardio/blood pressure. Members are most motivated to walk by physical health, fitness and mental health benefits (all at least 8 in 10). Two thirds are motivated by enjoyment and 6 in 10 by exploration, the environment and cost.

The top suggestions for how government could encourage walking relate to improved infrastructure

This includes installation, improvements and maintenance of footpaths and off-road trails, improved lighting and creation of more green spaces.