

HEALTHY PEDALS

On average, people who cycle regularly call in sick less often than colleagues who don't pedal.

It is estimated they save a total of **50,000** sick days, representing an economic value of **€ 15.3** million.



SUPERCENTENARIAN

Every year, Amsterdam cyclists produce an extra life span total of **120** years, worth **€ 8.3** million. As an individual, this would be the oldest person on earth.



Bike Benefits*

Amsterdam's cycling boom is a boost for the city's economy and the health and well-being of its citizens.

*ANNUALLY

ECONOMIC BENEFITS OF CYCLING

€ 21,600,000 Health

€ 87,600,000 Mobility

€ 13,700,000 Quality of life

TOTAL
€ 122,900,000

ACCESSIBLE CITY

Cycling keeps the city moving. Pedalling citizens save motorists **60,000** hours of traffic time, worth a whopping **€ 60** million.



CLIMATE CONTROL

Annually, cycling saves **40,000** tonnes of CO₂. The positive effects on air quality add up to **€ 9.2** million.



CHEAP RIDE

More bikes mean lower costs for public transportation: **€ 27** million saved.

