



# RECOMMENDATIONS BY **THE CYCLING EMBASSY OF DENMARK**

Cities all over the world are facing challenges related to the effects of decades of car-oriented city planning: congestion, air pollution, noise, physical inactivity, CO2 emissions and crowded and unattractive public spaces. Cycling is a key component in meeting these challenges. Below, the Cycling Embassy of Denmark gives its recommendations as to how and why cycling should be an integral part of urban mobility.



**1. The bicycle is a valuable means of transport in its own right** and should be treated as such

The bicycle holds an enormous potential as a space-efficient, sustainable and liveable transport solution for everyday mass mobility. The bicycle is not limited to being a toy, nor is it just for leisure and sport. Cities must recognize cycling as a mode of transport in its own right and start planning for cycling on a par with cars, public transport and walking.



**2. Cycling can provide mobility for all**

Being economically accessible and simple to handle, the bicycle allows for widespread mobility regardless of age, income level, physical condition, gender and cultural background. Therefore, cycling can increase equitable health and social inclusion in both developed and developing countries.



**3. A strong bicycle culture requires long-term political commitment and priority**

Cycling will only become attractive to the broad population if it is prioritized politically. So, decision-makers at local, regional, and national level need to work strategically and continuously on improving conditions for cyclists by prioritizing space, funding, investments and legislative measures that benefit cycling.





**4. Protected cycle tracks contribute to **safe and secure conditions for cyclists in cities****

A coherent network of protected cycling infrastructure is essential to making cycling accessible for the broad population and to ensuring safe and attractive cycling. Danish best practice cycling infrastructure provides cyclists with their own safe space. The one-way bicycle tracks are clearly segregated from the road by a kerb, while car parking facilities, if required, appear to the left of the cycle track.



**5. A strong bicycle culture requires **an integrated approach****

A holistic understanding of all elements of cycling is paramount to making cycling competitive with other transport modes. Dedicated cycling infrastructure should be combined with focused urban planning, mobility management, education and behavioural campaigns, dedicated maintenance, bicycle parking, multimodal services and a strong public transport system.



**6. Cycling reduces CO2 emissions, pollution, congestion and lifestyle diseases**

While the cost of cycling infrastructure is often much lower than that of other modes of transportation, the benefits of cycling are substantial for both the individual and society as a whole. Consolidating the bicycle as a cornerstone of the urban transportation system can help pave the way for reaching a number of the United Nations Sustainable Development Goals, including No. 13, Climate Action, No. 11, Sustainable Cities and Communities, and No. 3, Good Health and Well-Being.



**7. Cycling is part of **future mobility and the smart city****

The bicycle plays a crucial role in the smart city, and new, intelligent solutions should allow for and accelerate increased cycling as part of an integrated transport system. New technology should be developed and implemented, not as a goal in itself, but as a means to increase quality of life, sustainability and resilience for both societies and individuals.



**8. International cooperation can accelerate **increased cycling****

Countries, cities, organizations, research institutions, civil society and public and private partners from all over the world need to share knowledge and ideas on how to promote cycling. Among us, we have the know-how to increase the pace of the development toward more sustainable urban mobility with cycling at the core. The Cycling Embassy of Denmark is ready both to inspire and to be inspired.



**9. Cycling contributes to more **sustainable and liveable cities****

Cycling contributes to humanizing and democratizing our cities and securing a good quality of life for future generations. Designing cycling-friendly cities means designing people-friendly cities characterized by vibrant urban life and social interaction.