

Recreational cycling

The Netherlands | 2025

The Recreational Cycling Factsheet is part of the Dutch National Recreational Cycling Report 2025. This report highlights trends by comparing data from previous years and, where possible, provides additional insight into regional and provincial differences.

Participation in cycling for enjoyment

70%

of Dutch residents (16+)
take recreational cycling trips

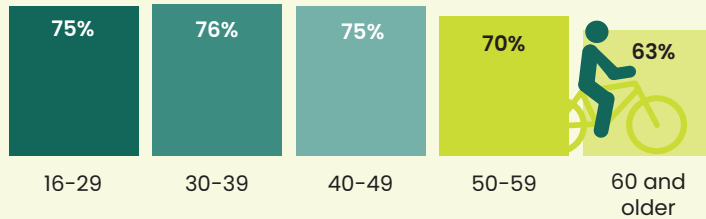
Participation in cycling for enjoyment is similar to 2021



10.6 million

Dutch residents (16+)
take recreational cycling trips

Participation by Age:



Participation by gender:

♂ **74%** ♀ **66%**

Trends

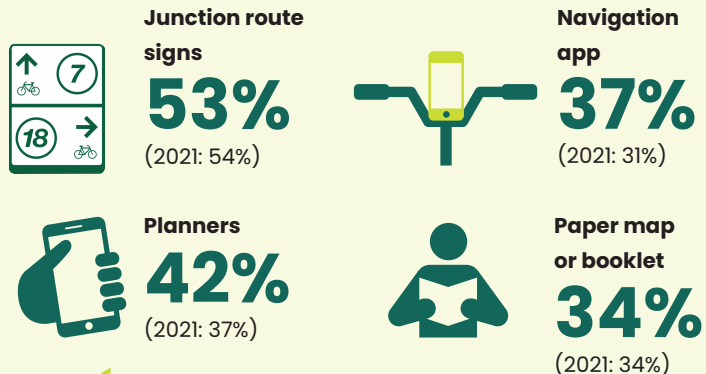
32%

of Dutch residents have started cycling more in recent years. **Main reason: health/fitness (44%).**



Main navigation tools

Ever used:



Additionally: many cyclists don't always use navigation tools, often following familiar routes or just set off and see where the ride takes them 'in the spur of the moment.'

Characteristics of recreational cycling

532 million
cycling trips

per year by Dutch residents (16+)



Average

23 km per ride

per recreational cycle trip

Average

50 rides

per year for each recreational cyclist (16+)



Company

60%

usually ride with two or more people

Type of bicycle

Type of bicycle people *typically* use for recreational cycling trips



44%

E-bike



39%

common bicycle



13%

sport/touring bike*

* hybrid/touring/trekking bike, road bike, mountain bike

Cycling facilities in NL

153,500 km

Cycling infrastructure in NL

Source: CBS, Lengte van fietsnetwerk; fietswegkenmerken, regio, 2024

37,500 km

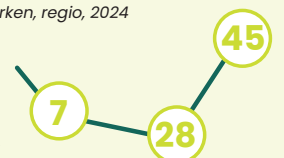
Junction route network

Source: Fietsplatform, landelijke routedatabank, 2025

3,750 km

Long-distance cycling routes

Source: Fietsplatform, landelijke routedatabank 2025



Starting point for recreational cycling tours

Where people usually begin their recreational cycling tours



87%

From home



9%

From a
vacation spot



3%

From a
parking lot*

* This can be a parking lot at a tourist transfer point (TOP), a nature gateway or hub, or a regular parking lot.

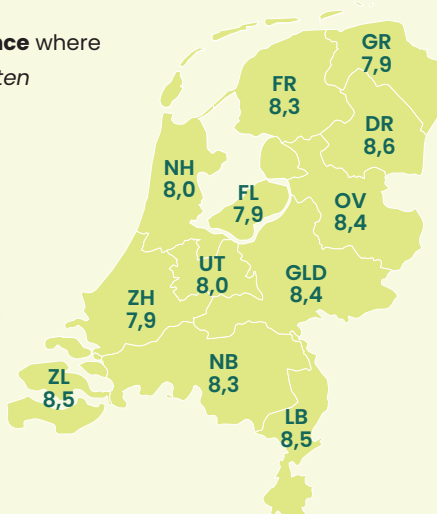
Rating of cycling facilities

Ratings for **the province** where people cycle *most often*



Opinion of options for recreational cycling across **the Netherlands:**

8.0



Top 3 points of improvement

Most identified for a perfect cycle ride

- 1** Path safety and comfort

34%



- 2** Number and type of road users

25%



- 3** Places to rest

21%

Café and restaurant options

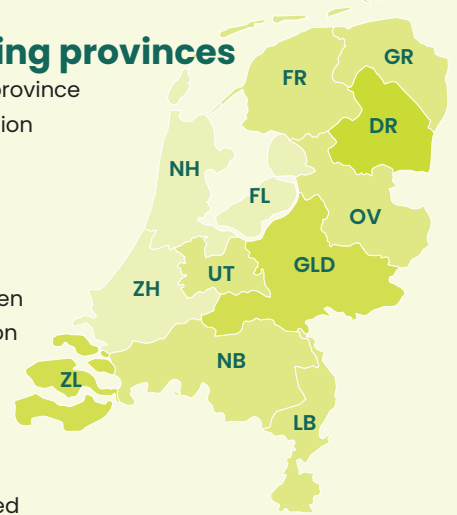
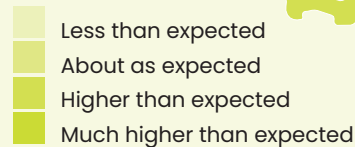
21%



Favourite cycling provinces

Popularity as a cycling province compared to its population

Named more or less often than expected (based on population)



Top 3 provinces where people most enjoy cycling

Mentioned more often compared to the number of inhabitants

- 1 Drenthe (3x more)
- 2 Zeeland (1.6x more)
- 3 Gelderland (1.4x more)

Drenthe stands out as a popular cycling province: it's mentioned as a favourite cycling destination three times as often as would be expected based on its population.

Source: Kien/Panelwizard, Onderzoek Recreatieve Fietzers, 2025 and CBS, 2025

The importance of recreational cycling

Top 3 motivations to go cycling:

1



Relaxation

46%

2



Desire to be in outdoors

43%

3



Health

32%



Enjoying nature and scenery

32%

Economic impact

Source: Ipsos I&O, NVTO 2022-2023

Each year, Dutch people spend

1.8 billion euros on cycle trips

lasting an hour or longer

