Recreational cycling
The Netherlands | 2026

fietsplatform
samen voor fietsplezier

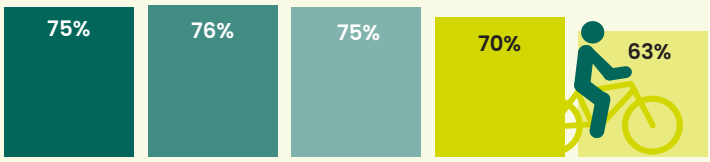
This factsheet is an update and a summary of the 2025 Recreational cycling - The Netherlands 2025 and the Cycling holidays - The Netherlands 2024-2025 factsheets.

Participation in recreational cycling

70%
of Dutch residents (16+) **take recreational cycling trips.** Participation in cycling for fun 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 and fitness (44%).**

Planning and navigation

Ever used:

Junction route signs:
53%
(2021: 54%)

Navigation apps:
37%
(2021: 31%)

Route planners:
42%
(2021: 37%)

Printed maps or guidebooks:
34%
(2021: 34%)

In addition, many cyclists do not always use navigation or route-planning tools. They often ride familiar routes or simply set off **without a predefined route.**

Characteristics of recreational cycling

532 million recreational cycling trips per year by Dutch residents (16+)

Average
50 trips
per year per recreational cyclist (16+)

Average
23 km per trip

Expenditures
1.8 billion euro
annually during cycling day trips lasting one hour or longer*

** Source: NBTC NIPO – NVTO 2022/2023.*

Type of bicycle

Type of bicycle usually used during recreational cycling trips

44%
E-bike

39%
Regular bicycle

14%
Sports/touring bike*

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

Top 3 areas for improvement

1. **Safety and comfort of paths and roads**
34%

2. **Number and type of other road users**
25%

3. **Places to take a break**
21 %

Food and beverage facilities
21%

Cycling during holidays

2.4 million
Dutch residents (16+) took a cycling holiday **in 2024/2025.**

They took a total of **4.8 million** cycling holidays in the Netherlands.

Plans for the coming year

93% of cycle tourers intend to take another cycle tour in the Netherlands.

94% of centre-based holidaymakers intend to take another cycling holiday in the Netherlands.

Number of holidays and expenditure

Calculation by Fietsplatform/De Afdeling Onderzoek based on Kien Onderzoek, Monitor Fietsvakanties 2025 and CBS, Vakantieonderzoek 2024.

Type of cycling holiday	Number of holidays	Average duration (days)	Spending per person per day (euro)	Total expenditure (euro)
Centre-based cycling holiday	**3.4 million**	**4.3 (3.3 nights)**	**53* euro**	**768 million**
Cycle touring holiday	**1.4 million**	**4.6 (3.6 nights)**	**77 euro**	**505 million**

** Source: CBS, Vakantieonderzoek 2024.*

Share of new cycle tourers

27% made their first cycle touring holiday.

For **11%** it was their first cycle touring holiday within the Netherlands.

Use of LF routes

47% of **domestic cycle tourers** used an LF route in 2024/2025.

Main reason:
67%
The convenience of a single route with continuous signposting.

Cycling holidays by international visitors

Cycling is the main activity

848,000 cycling holidays:

470,000 by Germans
183,000 by Belgians
195,000 rest of the world

Source: NBTC, Onderzoek Inkomend Toerisme, 2023.

Destination choice

19% choose their destination partly because of cycling opportunities.

For **6.5%** cycling opportunities are the most important factor.

Source: LDA, Vakantieonderzoek Plus 2026.

Satisfaction with cycling opportunities

Around the holiday destination

96% is (very) satisfied with the cycling opportunities around their holiday destination.

Source: LDA, Vakantieonderzoek Plus 2026.

Planning cycling activities

During a domestic holiday

Before the holiday **31%**

During the holiday **25%**

Spontaneously on the day itself **43%**

Source: LDA, Vakantieonderzoek Plus 2026.

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MORE INFORMATION ABOUT RECREATIONAL CYCLING: WWW.FIETSPLATFORM.NL