

About the cycle superhighways in the Capital Region of Denmark

The cycle superhighways in the Capital Region of Denmark are regional, high-quality cycling routes that connect rural and city areas across municipal borders. The network of cycle superhighways is made by **31 collaborating municipalities** and the **Capital Region**. The aim is to make it easy, flexible and safe to cycle to and from work.

Results

- The Capital Region has **ten routes** totaling **176 kilometers cycle superhighway** connecting **20 municipalities** in 2021. By 2045 we will have more than **850 kilometers cycle superhighway** spread out over more than **60 routes**.
- Every day the commuters on the cycle superhighways in the Capital Region bike **400.000 kilometers** – the same distance as 100 Tour de France races or ten times around the Earth.
- The average trip length on the cycle superhighways is **13 kilometers**. 55 % of all commute trips done by residents in Capital Region are 10 km or less.
- The immediate effect of upgrading a route to cycle superhighway is **an average 38% increase in bicycle traffic** when comparing the before and after measurements. The **long-term effect**, comparing the before measurements with the 2021-bicycle traffic counts, show an **average increase in bicycle traffic of 75%** on the first ten routes.
- A socio-economic analysis of the cycle superhighways in the Capital Region of Denmark made by the Technical University of Denmark shows that the cycle superhighway network is **one of the most profitable infrastructure investments in Denmark**. The network¹ has a **return of investment of 23%**, especially due to the **health benefits that make up for most of the surplus**. Read the socio-economic analysis [here](#).

Meet the commuters

Commuting by bike is not always the fastest mode of transport, but for many bike commuters it is still the most **time efficient**. By biking to work the 'inescapable' travel time becomes their time for **daily exercise** and fresh air. In that way, they don't need to spend their spare time at the gym.

- Case: Watch the video with [Mie](#) who **commutes 22 kilometers** each way. She commutes on her electric cargo bike or her classic granny bike – depending on whether her kids bike on their own or sit in the cargo bike.

¹ The analysis is based on a vision of the network from 2018 when the network consisted of a bit more than 750 kilometers spread over 45 routes. More municipalities have joined the collaboration and today the vision of the network is more than 850 km spread over 60 routes.

Capital Region, February 2022

- Case: Watch the video with [Søren](#) who **commutes 15-25 kilometers** each way depending on the daily schedule. Søren' s workplace has gradually become more bicycle friendly which makes it easier and almost a luxury for Søren to commute to work by bike.
- Case: Watch the video with [Bent and Holger](#) who both decided to **leave their cars** at home **and bike respectively 7 and 13 kilometers to work for one month**. They completed a health test before and after, and they experienced a respectively **3- and 4-year reduction in body age after just one month of bike commuting**.

The organisation

Traffic does not take municipal borders into consideration. If we want more people to bike to and from work, **municipalities must work together** to create cohesive and interconnected bicycle routes in the region.

- **31 municipalities and the Capital Region** of Denmark have joined forces to create interconnected cycle superhighways across the region.
- The Cycle Superhighway Collaboration is coordinated by the **Office for Cycle Superhighways**, which facilitates the collaboration between the municipalities and the region.
- Each **municipality is responsible for the planning, building and financing** of the routes. The routes are, however, **often co-financed by the state**.
- The **Office of Cycle Superhighways** that facilitates the collaboration **is funded by the municipalities and The Capital Region of Denmark**.
- To ensure a common plan on where and how to build the cycle superhighways, the municipalities have agreed on **a conceptual strategy** defining the **quality and criteria** for a cycle superhighway and a vision plan for **a fully built network by 2045**.

Learn more

- Find [press photos from the cycle superhighways](#), photo credit: Cycle Superhighways of the Capital Region, Denmark.
- Find map for [the cycle superhighway network](#)