

20 Questions Active Travel Quiz

Answers given
after quiz



How much do you know about active travel?

1. Transport accounts for what percentage of total greenhouse emissions in the UK?
a. 10% b. 26% c. 78%
2. Which of the following types of transport produces the most greenhouse gases in the UK?
a. Train b. Car. c. Air travel
3. On average, by how much does cycling to work every day reduce the risk of cancer?
a. 5% b. 17% c. 45%
4. How many journeys of less than 2 miles are made by car?
a. 12% b. 26% c. 46%
5. A recent study carried out by researchers at the University of Leeds has found that a particular vehicle could be used to cut carbon dioxide emissions to 50% or around 30 million tonnes per year. What type of vehicle is it?
a. Electric car b. Electric bike c. Electric bus
6. Not accounting for the car itself, what is the average yearly cost of running a car in the UK?
a. Just over £1000 b. Around £1500 c. Just under £2000

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Quiz

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Questions continued

7. What is the main source of microplastic pollution in the ocean?
a. Vehicle tyres b. Plastic packaging c. Goods fallen from container ships.
8. The average car spends what percentage of its time parked? (Not including lockdown!)
a. 56% b. 78% c. 97%
9. How many days a year are spent by drivers waiting in traffic?
a. around a day b. around 3 days c. around 5 days
10. True or false? Cycling exposes you to more air pollution than driving or taking public transport.
11. How many more times does an Amazon delivery driver have to attempt to deliver a parcel if he/she cannot delivery on the first attempt?
a. None b. 2 c. 4
12. For every £1 spent on walking and cycling, how much is returned to the economy?
a. £2. b. £5 c. £13
13. Idling for how many seconds wastes more fuel than restarting the engine?
a. 10 seconds b. 30 seconds c. 60 seconds

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Quiz

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Questions continued

14. Who is Greater Manchester's Cycling and Walking Ambassador?
- a. Chris Boardman b. Chris Hoy c. Lance Armstrong
15. What is the record for cycling from Land's End to John o'Groats?
- a. 12 hours b. 41 hours c. 101 hours
16. How many people did the 2019 London to Brighton bike ride?
- a. Almost 5,000 b. Almost 15,000 c. Almost a million
17. What is the minimum moderate activity that the NHS recommend per week? (Moderate activity raises your heart rate enough so you notice you are breathing quicker, but are still able to talk).
- 18.
- a. 50 minutes b. 150 minutes c. 1500 minutes
19. When driving, what is the minimum width to overtake a cyclist safely?
- a. 0.5 metres b. 1 metre c. 1.5 metres
20. How many people in the UK do under 30 minutes exercise a week?
- a. 10% b. 16% c. 26%
21. From 1977 until 1993, British explorer George Meegan walked from Tierra Del Fuego to Alaska, walking for 2,425 days. He holds the record for the longest unbroken walk. How far was this?
- a. 19,000 miles b. 9,000 miles c. 1900 miles

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Answers

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Answers

1. 26%, second only to power generation

2. Cars, but aviation emissions would be roughly the same level as cars, if you took into account the use of planes by UK residents worldwide, and the theory that the effect of emissions in climate change is 1.3-2 x greater in the upper atmosphere.

3. 45%

4. 26%

5. Electric bike

6. c. Just under £2000

7. a. Vehicle tyres

8. c. 97%

9. c. Around 5 days. The estimated time wasted by traffic delays per person in the UK in 2016 was 4.9 days.

10. FALSE. Researchers from King's College London ran an exercise which showed that people cycling might be exposed to far less air pollution than people in cars and on buses, because fumes take longer to dissipate inside a vehicle.

11. c. 4 times

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Answers

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Answers continued

12. c. £13

13. a. 10 seconds

14. a. Chris Boardman MBE. He is a world and Olympic champion cyclist and a prominent campaigner for cycling and all forms of active travel.

15. b. 41 hours. The record for cycling from Land's End to John o' Groats is held by Andy Wilkinson, who completed the journey in 41 hours, 4 minutes and 22 seconds on a Windcheetah recumbent tricycle. A typical cycling time when not attempting shortest time is 10 to 14 days.

16. b. 15,000. The London to Brighton bike ride takes place in June, but has been cancelled this year. Last year it raised over £2 million.

17. b. 150 minutes.

18. c. Cars should pass cyclists with at least 1.5 metres between them. Another form of social distancing - no debate here whether 1 metre is acceptable. It's not!

19. c. 26% of people in the UK get less than 30 minutes a week exercise.

20. a. 19,000 miles. From Tierra Del Fuego to the northernmost part of Alaska, British explorer George Meegan walked 19,019 miles in 2,425 days (1977-1983). He holds the record for the longest unbroken walk, the first and only walk to cover the entire western hemisphere, and the most degrees of latitude ever covered on foot. He walked on average just under 8 miles per day, so quite a leisurely stroll, really.

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