

Biking and Walking in Relation to the Sustainable Development Goals	
Goal No. 1: End Poverty in all its forms everywhere.	Biking and walking are affordable and simple modes of transport enabling access to education, jobs, markets, and community activities. Biking and walking for some are the only affordable technical means of transport for people and goods thus lowering the expenses of the household.
Goal No. 2: End hunger, achieve food security and improved nutrition and promote sustainable agriculture.	Biking and walking, in particular for the poor, help ensure access to food supplies, increasing their nutrition options and ensuring the sustainable transportation of food products.
Goal No. 3: Ensure healthy lives and promote well-being for all ages.	Biking and walking generate healthy and non-air-polluting lifestyles.
Goal No. 5: Achieve Gender Equality and empower all women and girls.	Biking and walking encourage governments to provide safe spaces/access for women and girls to schools, markets, and jobs.
Goal No. 7: Ensure access to affordable reliable, sustainable and modern energy for all.	Biking and walking improve the energy efficiency of transport systems as it use renewable human power in the most efficient way to move people and goods.
Goal No. 8: Promote sustained, inclusive and sustainable economic growth, full and productive employment, and decent work for all.	Biking and walking will open up a culture which will provide a very high potential for biking tourism and other healthy leisure activities. EnP. Lucino, MPM, AICP, PMP® 2021
Goal No. 9: Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation.	Biking and walking enable people to switch from the use of individual motorized transport to a combination of active mobility (walking and biking) and public transport. This will make it easier for the government to build resilient infrastructure and sustainable transport systems for economic development and human well-being focusing on affordable and equitable access for all.
Goal No. 11: Make cities and human settlements inclusive, safe, resilient and sustainable.	Biking and walking are affordable, safe, non-polluting, healthy, and promote a sustainable economy. Biking and walking promote sustainable transport system.
Goal No. 12: Ensure sustainable consumption and production patterns.	Biking and walking offer people the opportunity to move around in a sustainable way. Some goods can be delivered using bicycles. Possible increase in biking tourism will create more options for people to choose sustainable tourism.
Goal No. 13: Take urgent action to combat climate change and its impacts.	Walking/biking facilities are strong symbols of decarbonizing transport and communities; it offers immediate climate action.
Goal No. 17: Strengthen the means of implementation and revitalize the global partnership for sustainable development.	Biking and walking advocacy may promote effective public, private and civil society partnerships.