



Dumfries and Galloway Physical Activity Survey

Active Travel – An opportunity for everyday movement

Findings from the Dumfries and Galloway Schools Physical Activity Survey (DGSPAS) 2026



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Active Travel Team.

Why this briefing matters

These briefings use local evidence from the Dumfries and Galloway Schools Physical Activity Survey (2026) to support delivery of the Physical Activity Strategy 2025–2030.

- provide clear evidence to support decision-making
- highlight where change is needed
- guide action across schools, health and communities

The findings show:

- attitudes towards active travel are positive overall
- active travel is already an important source of everyday movement
- practical issues, including access to a usable bike, remain for some pupils

About this briefing

- Based on DGSPAS 2026 (P4–S6 pupils)
- Focuses on enjoyment of and perceived safety for active travel, alongside access to bikes
- Supports delivery of the Physical Activity Strategy 2025–2030, Dumfries and Galloway Best Investments (2025), and Dumfries and Galloway Active Travel Strategy 2022–2032

What is active travel?

Active travel refers to everyday movement such as walking, cycling or wheeling as part of daily journeys and routines.



It is a **practical way to build activity into everyday life**

1. Why this matters

Active travel builds movement into everyday journeys and routines, providing opportunities to be active without relying on organised sport or structured exercise.



Active travel provides an important opportunity to increase everyday movement.



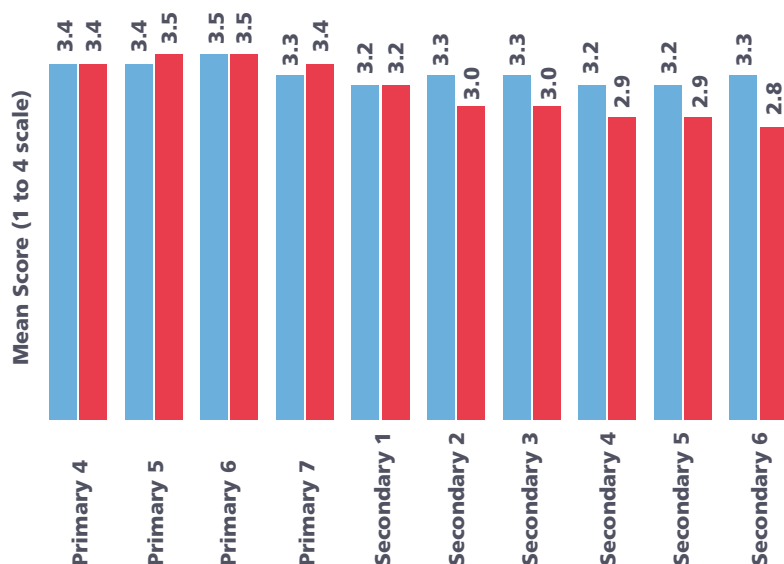
2. What the data shows

Scores are based on a **1 to 4 scale**

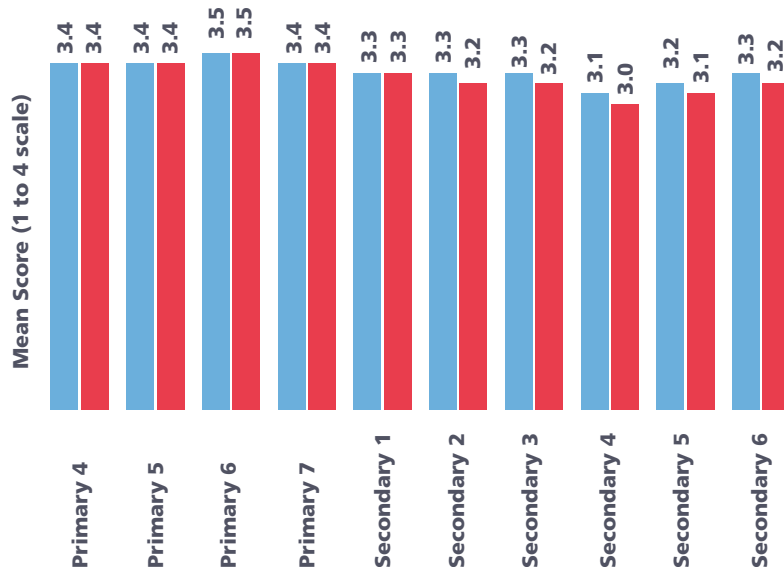
(1 = strongly disagree, 4 = strongly agree)

■ Walking/wheeling ■ Cycling/scooting

Enjoyment of walking/wheeling and cycling/scooting by age



Perceived safety of walking/wheeling and cycling/scooting by age



Key findings

- Enjoyment of and perceived safety for active travel are positive overall.
- Walking/wheeling remains positive across the school years.
- Enjoyment of cycling/scooting is generally lower in secondary than primary school.
- Differences in perceived safety are relatively small and scores remain positive.
- 63% have access to a bike; 17% have a bike needing repair and 7% would like a bike but do not have one.



Key Insight

Pupils generally enjoy active travel and feel safe doing so. However, almost one in four either have a bike needing repair or would like a bike but do not have one.

3. What this means for Dumfries and Galloway

Pupils generally have positive views of active travel, providing a strong foundation to build on.

Active travel already contributes to everyday physical activity, but access to a usable bike remains an issue for some pupils.



The opportunity is to build on positive attitudes while addressing practical barriers to participation.



4. Alignment with local policy and practice

Dumfries and Galloway Physical Activity Strategy 2025–2030

Outcome: Increase everyday movement

Action: Strengthen active travel and environments

Evidence from DGSPAS 2026:

- Positive enjoyment of and perceived safety for active travel
- Cycling/scooting enjoyment is somewhat lower in secondary school
- Active travel is already an important source of everyday movement
- Access to a usable bike is not universal



The opportunity is to build on these positive perceptions while improving access and addressing practical barriers.



Dumfries and Galloway Best Investments (2025)

Supports priorities to:

- Embed physical activity into everyday life
- Improve access to opportunities for movement
- Create environments that support healthy choices
- Align action across schools, transport and communities

5. Implications for policy and practice

- **Build on positive perceptions:** Maintain positive experiences of walking, wheeling, cycling and scooting.
- **Improve access:** Address bike access, repair and maintenance needs, particularly for pupils without a usable bike.
- **Maintain positive experiences:** Continue to support positive experiences of walking, wheeling, cycling and scooting across the school years.
- **Connect active travel with everyday movement:** Align action across schools, transport and communities to make active travel a practical part of daily life.

6. Key messages

- Pupils generally enjoy active travel and feel safe doing it.
- Positive perceptions are broadly maintained across the school years.
- Cycling/scooting enjoyment is somewhat lower among secondary pupils.
- Almost one in four pupils either have a bike needing repair or would like a bike but do not have one.
- Active travel provides an important opportunity for everyday movement.

References

Dumfries and Galloway Council (2022) Active Travel Strategy.

Scottish Government (2022) National Transport Strategy.

Scottish Government (2024) Physical Activity for Health Framework.

World Health Organization (2018) Global Action Plan on Physical Activity 2018–2030.

Dumfries and Galloway Community Planning Partnership (2026) Physical Activity Strategy 2025–2030.