The survey suggests that 16.7% (95% CI: 15.1% - 18.2%) of residents ride a bicycle in a typical week. Furthermore, 35.8% (95% CI: 34.1% - 37.6%) had done so in the past year. Approximately 1.25 million residents ride in a typical week and 2.70 million residents ride at least once in a typical year.

The cycling participation rate has remained fairly constant in NSW from 2011 to 2015. Cycling participation (measured as those who had ridden in the past week) in regional NSW is above the national average at 22.6%.

The cycling participation rate is greater for males than females with 20% of males riding in a typical week compared with 14% of females. However, this difference has reduced since 2011, with a strong increase in female participation rates, primarily for those under 18 years of age.

Cycling participation rates are significantly higher among children than adults, with 49% of those aged 0-9 years cycling in the past week. Male and female participation rates for those aged 0-9 years are approximately equal, however, a significant gender gap is present in riders over 18, with male participation rates almost double that of females.

50% of the households in NSW have access to a bicycle, with 57% of households in regional NSW having access to a bicycle compared to 46% of Sydney households.