



Paper for “Walking City” International Conference, June 2-3, 2005 - Porto, Portugal  
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## **Walking –the economic benefits Individual and community benefits of more walking**

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### **Abstract**

We ‘know’ that walking is good for us, *personally*, in terms of reducing cardio vascular heart disease and obesity and improving fitness and mental health. However, there is a growing realisation across governments that by encouraging walking a myriad of topical *community* issues can be addressed, including traffic congestion; air pollution and greenhouse gas emissions; urban sprawl; social exclusion; community alienation; death and injury in crashes; and all of these – and more besides – have powerful economic effects. It is also becoming clearer how important walkers are to expenditure in shops and to the economic vitality of city centres.

This presentation will bring up to date our understanding of the economic and other benefits of more people walking more often.

## Biography

Rodney Tolley is an Honorary Research fellow at Staffordshire University, where he taught for over 30 years. He researches and publishes in the field of non-motorised transport planning and was the founder and director of CAST, the Centre for Alternative and Sustainable Transport, the only research unit in the world wholly focussed on non-motorised transport. He has edited three editions of 'The Greening of Urban Transport: Planning for Walking and Cycling in Western Cities', which has been described as the 'bible' of green mode planning. He served as specialist technical advisor to the UK Government Inquiry into walking in 2001 and provides a consultancy service to a number of clients in the UK and overseas including several cities in Australia and New Zealand.

Rodney Tolley has convened and chaired the National Walking Conference in Britain since 1997. He is the Director of Walk21 - global partnership of experts that focuses on providing conferences, training and consultancy services, with the aim of raising international awareness of walking issues and supporting professionals in the development and delivery of best practice. He chairs the Programme Committee for the first five international Walk21 walking conferences. He is joint co-ordinator of the Local Authorities Walking Group, a professional association for British Local Authority Officers with responsibility for walking. Through these activities he has a unique oversight of developing practice in walking in the UK, Europe and across the world.

### Position

Reader in Geography; Director of CAST - The Centre for Alternative and Sustainable Transport, Staffordshire University; Director of Walk21

### Qualifications

B.Sc Geography, University of London, 1967  
MA Geography, by thesis, University of Keele, 1970  
MCIT Member, Chartered Institute of Transport  
MILT Member of the Institute of Logistics and Transport

### Books since 1994

- Tolley, R.S. (2003 (ed.) *Sustainable transport: planning for walking and cycling in urban environments*, Woodhead Publications, Cambridge
- Tolley, R.S. And Turton, B.J., 2001 (eds) *Transport issues in a global context*, Tauris Books
- Tolley, R.S. (1997) (ed.) *The greening of urban transport: planning for walking and cycling in western cities*, second edition, John Wiley
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- Tolley, R. S. (1995) (ed.) *Over and under the water - in and out of Britain*, Chartered Institute of Transport
- Tolley, R.S. and Turton, B.J. (1995) *Transport systems policy and planning: a geographical approach*, Longman
- Tolley , R. S. (1994) (ed.) *The cost and price of transport* , Chartered Institute of Transport

### Articles in Papers since 2001

- Goodman, R. and Tolley, R.S., (2003), The decline of everyday walking in the UK: explanations and policy implications, pp70-83 of Tolley, R. S. (ed.)  
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- Tolley, R. S., (2002), Guest Editor for Special Edition on Walking of the journal *World Transport Policy and Practice*, 7, 4
- Tolley, R. S., (2002), Unfulfilled aspirations: a review of the Select Committee Report on *Walking in Towns and Cities in Britain*, *World Transport Policy and Practice*, 7, 4