

NSPS Sports Reports Series: **Cycling**

Insights based on NSPS data from 2021-2025



Cycling is the 2nd most participated sport among Singaporeans.

Cumulative Participation of the Top 10 Sports among National Population (2021 – 2025)

Swimming	Cycling	Badminton	Basketball	Football	Skateboarding	Mountain Biking	Bowling	Climbing	Volleyball
10.0%	9.2%	5.3%	3.2%	3.0%	1.3%	1.3%	0.8%	0.7%	0.6%
1		3	4	5	6	7	8	9	10

Market Size of Cycling in Singapore	Cumulative 2021 – 2025	Sex		Race			
		Male	Female	Chinese	Malay	Indian	Others
Cycling Penetration	9.2%	11.6%	6.8%	8.6%	10.9%	9.9%	13.8%
Estimated Number of Cycling Participants	377,000	233,000	144,000	261,000	61,000	37,000	19,000

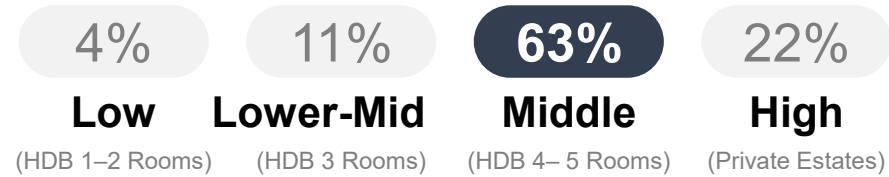
Cycling participants tend to be Males from Middle SES.

Profiling Cycling Participants

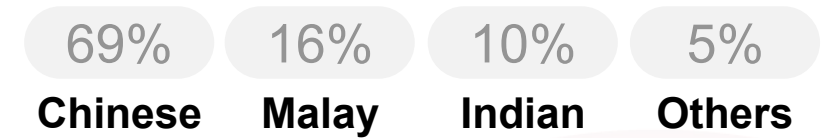
Sex



Socio-Economic Status

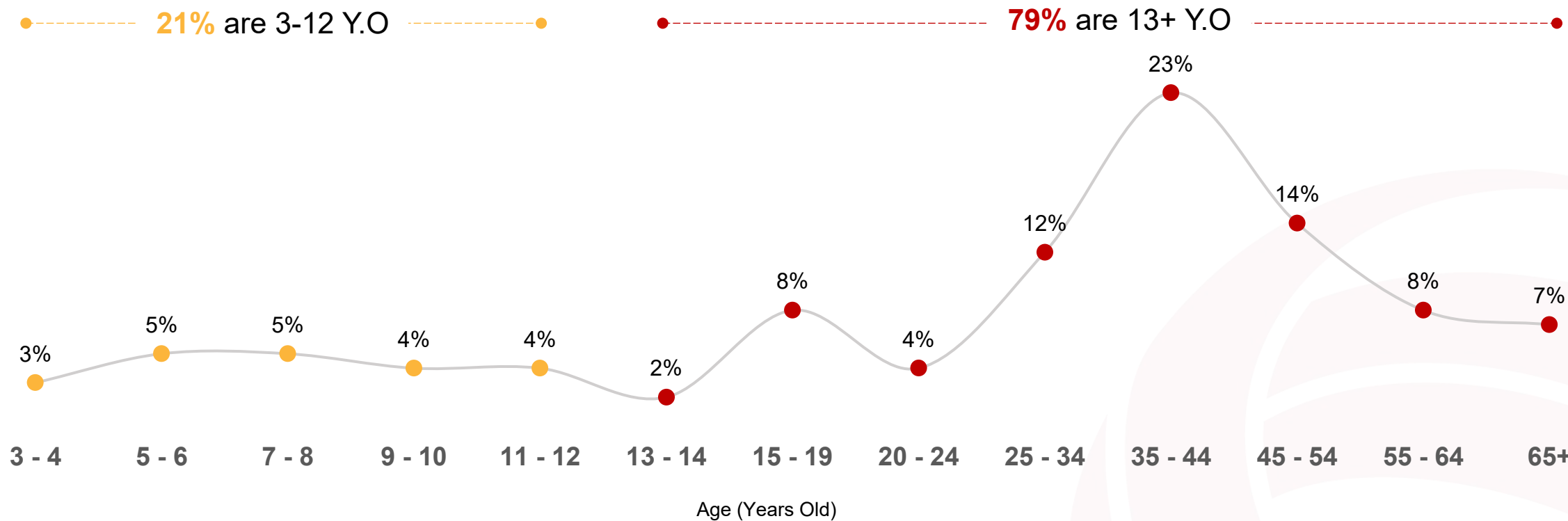


Race



Participation in Cycling tends to peak at 35-44 years and taper off thereafter.

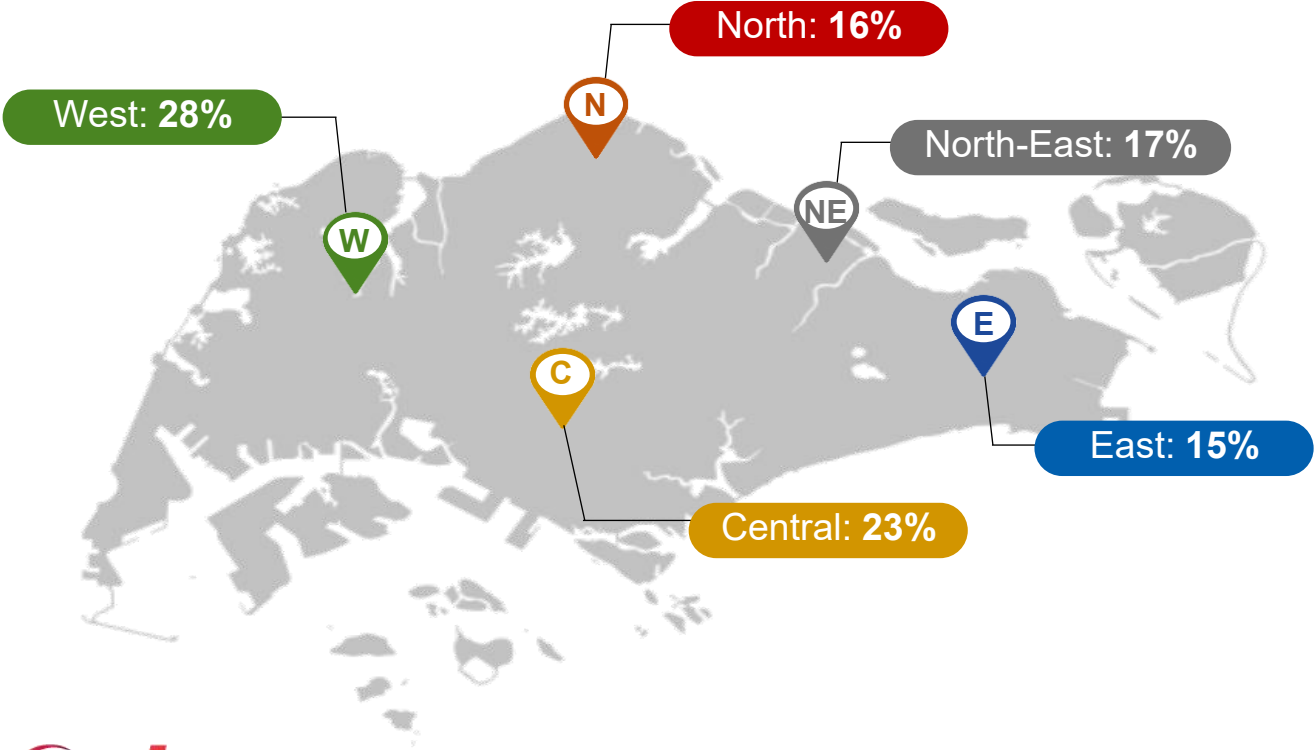
Age Profile of Cycling Participants



Overall Cycling Penetration Level = 9%

More Cyclists are from the Western region, particularly Choa Chu Kang.

Cycling Participation by Region



Top 10 Estates	
Choa Chu Kang	11%
Tampines	10%
Sembawang	7%
Geylang	6%
Bukit Batok	6%
Hougang	5%
Woodlands	5%
Jurong West	5%
Yishun	5%
Bukit Merah	4%

Amongst Cyclists, half do so at least 3 times a week. On average, adults cycle for twice as long as children.

Frequency and Duration of Cycling

Cycling participants of
3+ age

53%
Frequent

(3 times or more a week)

40%
Regular

(1-2 times a week)

7%
Irregular

(Less than once a week)



3-12 YO



13+ YO

59%

51%

36%

41%

5%

8%

Avg. Duration



3-12 YO

53 mins



13+ YO

97 mins

Up To 2 Hours

97%

81%

More Than 2 Hours

3%

19%

Jogging/Running and Walking/Brisk Walking are the other most popular activities among Cyclists.

Other Top Sports/Exercises among Cycling participants



Among **3-12 YO...**

Jogging/Running	45%
Walking/Brisk Walking	42%
Play at the playground	38%
Swimming	37%
Games play	31%



Among **13+ YO...**

Jogging/Running	45%
Walking/Brisk Walking	41%
Calisthenics	18%
Swimming	16%
Badminton	12%

Higher proportion of 3 – 12 years old swim than those aged 13+.

Most children cycle with their parents while adults tend to do so with their friend, spouse or child.

Top Companion Choice for Cycling



Among **3-12 YO...**

Parent	84%
Sibling	57%
Friend / Neighbour	48%
Schoolmate	42%
Coach / Instructor	41%



Among **13+ YO...**

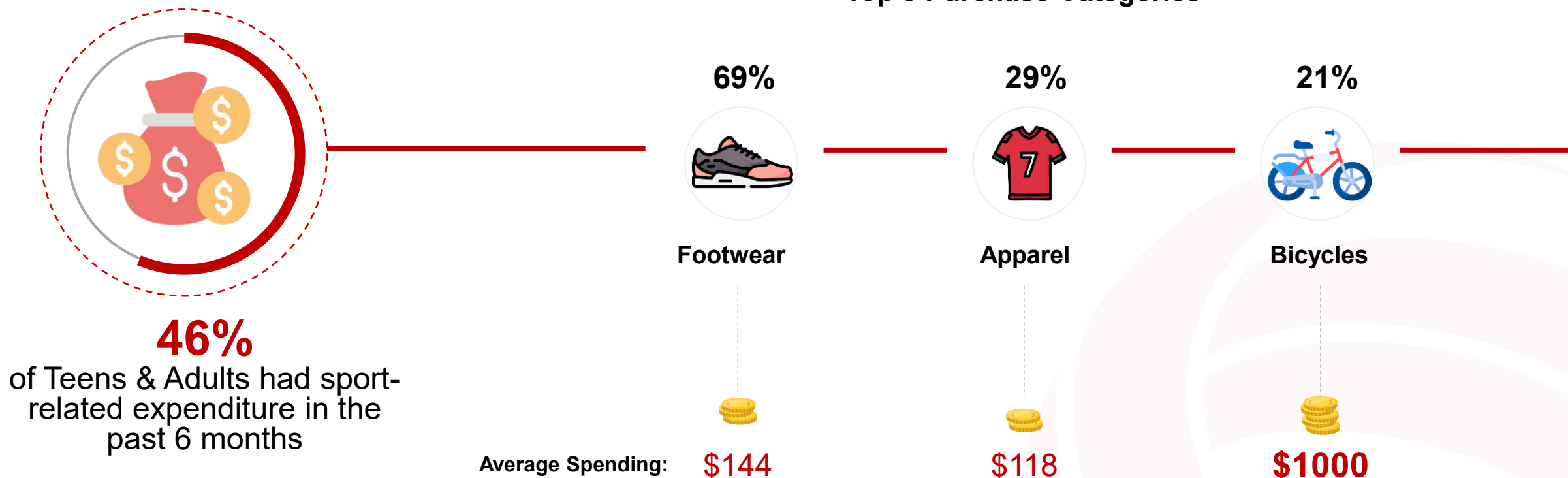
Friend/Neighbour	35%
Spouse/Partner	32%
Child	30%
Schoolmate	9%
Sibling	7%

64% of Cycling participants aged 13+ prefer to cycle alone.
11% of children do the same.

Less than half of those who cycle have spent on sport-related items in the past 6 months. About 1 in 5 had spent on bicycles, with average spending at \$1,000 for this item.

Sports-related Expenditure among Cycling Participants aged 13+

Top 3 Purchase Categories



People who want to cycle more but cannot do so are often held back by family and work commitments. Some felt that the equipment needed is too expensive.

Interest in Cycling among Residents Aged 13+

181,000 (5%)

non-Cycling players **wanted to participate** in **Cycling** but **could not do so**

Key Barriers to Participation:



25%
Family
commitments



20%
Busy working
overtime



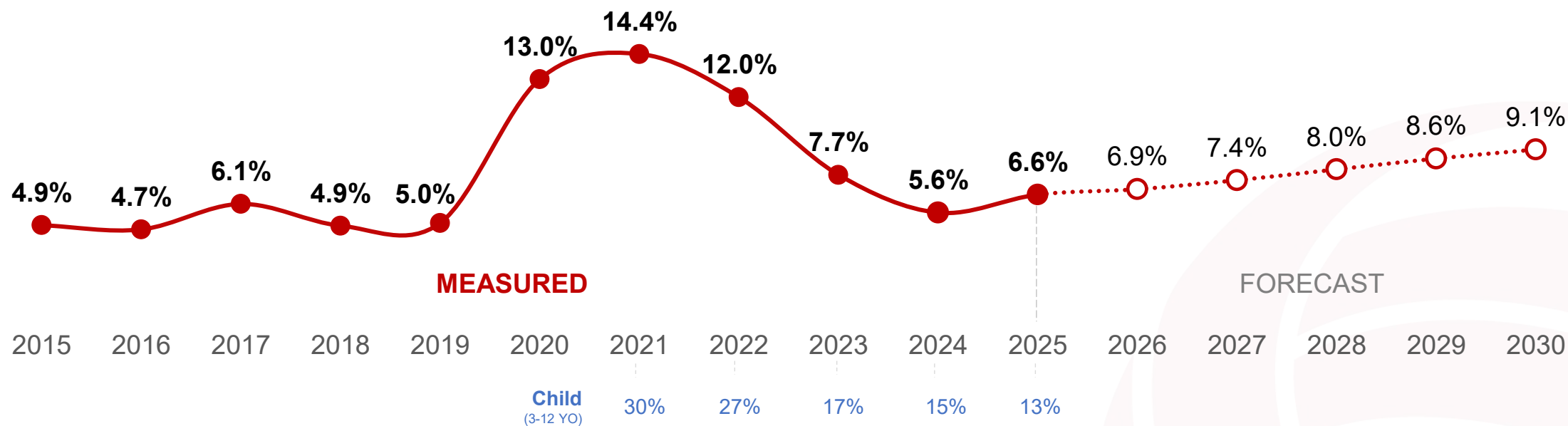
14%
Equipment is
too costly

Cycling participation has been on the decline post Covid-19 but is forecast to see some gradual growth over the next 5 years.

Forecast of Cycling Participation in Singapore

Market size in 2030 (Est): **373,000**

Market Size In 2025: **272,000**



Declining popularity of Cycling post-pandemic among children.

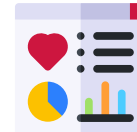
Forecasting Technique:

Weighted ensemble of three exponential-smoothing models (SES, Holt Damped, Holt), validated via walk-forward cross-validation with COVID years excluded.

- Forecast assumes an optimistic scenario, which is on average 0.7p.p above base forecast, reflecting sustained recent trends.
- Data collection for children aged 3 to 12 began in August 2020

In Summary...

- Cycling is the second most popular sport among Singaporeans.
- Participation in Cycling peaks among adults aged 35-44.
- Half of those who cycle do so at least 3 times a week.
- Less than half of cyclists spent on sport-related items in the past 6 months.
- Cycling participation declined after the pandemic but is forecast to slowly increase over the next 5 years.



About NSPS

The National Sport & Exercise Participation Survey (NSPS) is Singapore's only annual national survey on exercise and sport participation among citizens and permanent residents aged 13 years old and above. Since 2015, NSPS has been conducted every month among Singapore residents aged 13+ via face-to-face interviews among randomly selected households from the Department of Statistics, with a target annual sample size of at least 4500. One respondent is selected from each household using the last birthday / most recent birthday method.

Please contact SPORT_data_hub@sport.gov.sg for any queries or requests for information.



About SportSG

A statutory board of the Ministry of Culture, Community and Youth, Sport Singapore's core purpose is to inspire the Singapore spirit and transform Singapore through sport. Through innovative, fun, and meaningful sporting experiences, our mission is to reach out and serve communities across Singapore with passion and pride.

