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Walking and cycling

Cycling is often the key element of successfully encouraging clean urban transport. Cycling is emission-free and doesn't need energy (except human power) and fuels. This means that cycling is very suitable for urban mobility.

In this introductory training material, results and many arguments from the EU and international research on cycling transport are collected, as well as strategies, arguments, combinations of hard and soft measures, good practice case studies and bicycle quality management systems.

Furthermore, background information gives the cycling history of Budapest, and how cycling in this Hungarian capital has grown into a critical mass and what influence this can have on cycling policies.

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