



World Car Free Day

Sept. 22, 2023

What is it?

Car free day is celebrated on September 22 every year and aims to encourage the use of alternative mobility methods; such as biking, walking, or public transit.

The debate around car dependence isn't new as people began protesting car dependence all the way back in the 1950s due to the same issues we talk about today: noise, pollution, increased accidents, increased heart problems, and obesity. Despite the decades long discussion, it wasn't until 2000 The Environmental Transport Association started the first Car Free Day to raise awareness of car dependence across the globe. Today, many cities host events to promote Car Free Day and encourage their citizens to participate.

Why is it important?

Car free day has several benefits, such as:

- **Great for community:** Walking or taking public transportation can allow you to connect with other people in your community.
- **Reduced inequity:** Expenses, location, age and physical ability make cars inaccessible for many.
- **Safer roads:** Fewer cars on the roads means less accidents, making communities more walkable and bikeable.
- **Reduced air pollution:** Cars are one of the top causes of air pollution: fewer cars on the road, means a decrease in air pollution.
- **Frees up time:** By using public transit, people can focus their attention on those around them, work, or just taking a break, rather than driving.
- **Raises awareness:** Car Free Day shows people alternatives to driving, but also raises awareness for those that car mobility isn't an option (i.e. low-income, elderly, and those with disabilities). By noting where car-free driving is difficult, residents and city planners get a chance to see where safe mobility access is still needed.



How can you participate?

- **Leave your car parked the entire day!** It may not be easy, but the goal for Car Free Day is to see if you can go the whole day without using a car. How much of your day can you do without a car?
- **Spread awareness!** Engage others in these efforts by partnering with neighbors, schools, coworkers, and friends by walking, biking, or bussing together. Creating community is part of the benefits of non-car mobility.
- **Explore alternative mobility options!** You may have to be creative (skateboard, scooter, roller skates?) and do some planning, but Car Free Day is a great way to see what is available in your area.

Facts about car usage:

- The average driver in the US drives around 31-37 miles daily
- The Centers for Disease Control and Prevention (CDC) reports that more than 20 older adults are killed and approximately 700 are injured in motor vehicle crashes each day
- According to AARP, the average age that people give up driving is 75.
- Cars and trucks are responsible for about 20% of all greenhouse gas emissions
- As of March 2023, the average cost of a used car was \$26,213, according to [Kelley Blue Book](#) (For a new car, the [average cost was \\$48,008](#))
- The annual cost of car ownership in 2022 was \$10,728 (up from 2021's yearly cost of \$9,666)

Looking to participate in car free day?

Check out our website: <https://wakeupwakecounty.org/world-car-free-day-2023/>

Also, here are some maps to trails, greenways, and transportation options in Wake County:

[GoTriangle Information](#)

[Parks and Trails](#)



Trails and Transport options by City:

<p>Apex: Parks & Greenways Map (PDF) GoApex Transit Information</p>	<p>Cary: Bike and Hike Map GoCary route finder</p>	<p>Fuquay-Varina: Trails and Greenways Interactive Map Express Bus Service Transportation Information</p>
<p>Garner: Trails Information Transportation Information</p>	<p>Holly Springs: Greenways and Trails Finder Transportation Information</p>	<p>Knightdale: Parks, Greenways, and Facilities Transportation Information</p>
<p>Morrisville: Parks, Greenways, and Community Centers Smart Shuttle</p>	<p>Raleigh: Find a Trail GoRaleigh Information</p>	<p>Rolesville: Greenways Information Transportation Information</p>
<p>Wake Forest: Greenways Map Bike, Walk, and Run Map Transportation Information</p>	<p>Wendell: Trail Information Transportation Information</p>	<p>Zebulon: Parks, Facilities, and Rentals Transportation Information</p>



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