

# Commuting by Bicycle

## From the “bicycle capital” of Copenhagen to Kuala Lumpur



By Gregers Reimann

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Malaysian Urban Forum, 19 February 2019, Kuala Lumpur

# Everybody bicycles in Copenhagen



Future Queen, princess Mary  
Blue jacket. Photographed from car in front

# My own story: First 2 years in Kuala Lumpur



# My own story: First 2 years in Kuala Lumpur



There is **NO WAY** that I am going to bicycle here!

- 1) Traffic is crazy!
- 2) Hot & Humid climate!
- 3) No bicycle paths!

# But then I bought a bicycle....



My 1st bicycle in Malaysia:  
Proton mountain bike  
(Proton T-Bolt)

.... and found that bicycle commuting **IS POSSIBLE** insofar you choose your roads carefully. My rules are:

- 1) Don't go on roads with fast traffic (max. 50 km/h traffic)
- 2) Don't go on narrow roads, where cars cannot easily pass you
- 3) Be as visible as possible, bright clothing and use bicycle lights, even in the daytime

# But what about the Hot & Humid climate?

My bicycle commute is 9 km and has elevation of 145 meters

<https://www.thestar.com.my/lifestyle/features/2013/09/21/cyclings-cash-benefits/>

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LIFESTYLE

Saturday, 21 Sep 2013



By Andrew Sia



Reimann who adapted the common toilet bidet spray into a shower by attaching a longer hose.

## The RM50 shower retrofit

All Malaysian toilets have a bidet hose, buy a dual valve + a showering hose. Not ideal, but it works.

*NB. After 4 years, the building management installed a real shower*

Link to article:

<https://www.thestar.com.my/lifestyle/features/2013/09/21/cyclings-cash-benefits/>

# What about safety?

I often hear people say “You will not live long”

On the contrary,  
by exercising I am  
adding years to my life!



## FACTS:

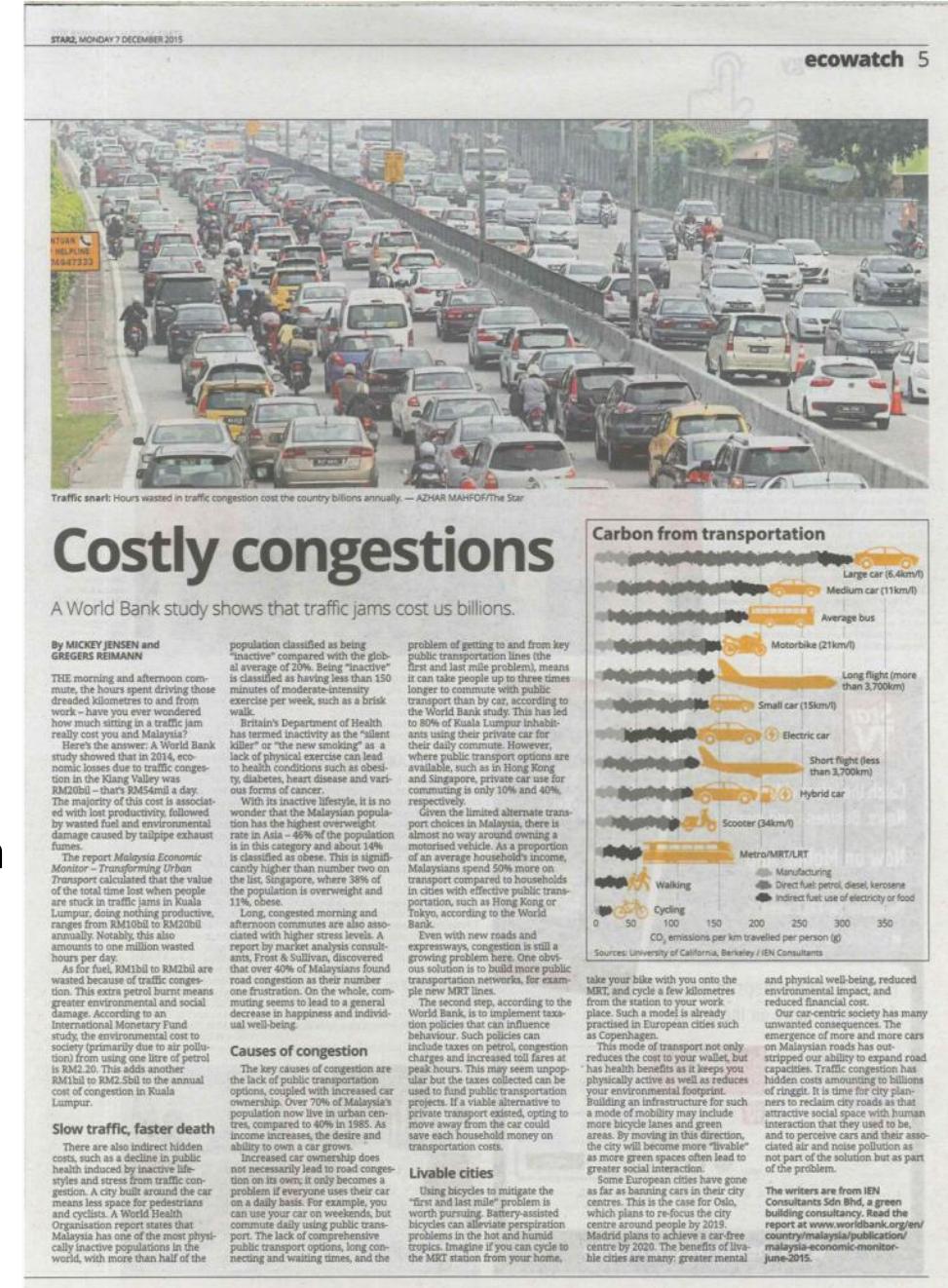
### Malaysia – the fattest nation in Asia

#### 1. Physically inactive lifestyles (less than 150 minutes of exercise per week)

More than half of Malaysian are physically inactive, whereas the global average is only 20%

#### 2. High car ownership

80% of KL inhabitants use car for daily commute, hence, reducing walking



My article in The Star, Dec 2016 ([link](#))

# 1 million hours wasted per day

in the traffic congestions of greater Kuala Lumpur

## Cost of Kuala Lumpur Traffic Jams

- Time Wastage
- Fuel Wastage
- Environmental Harm

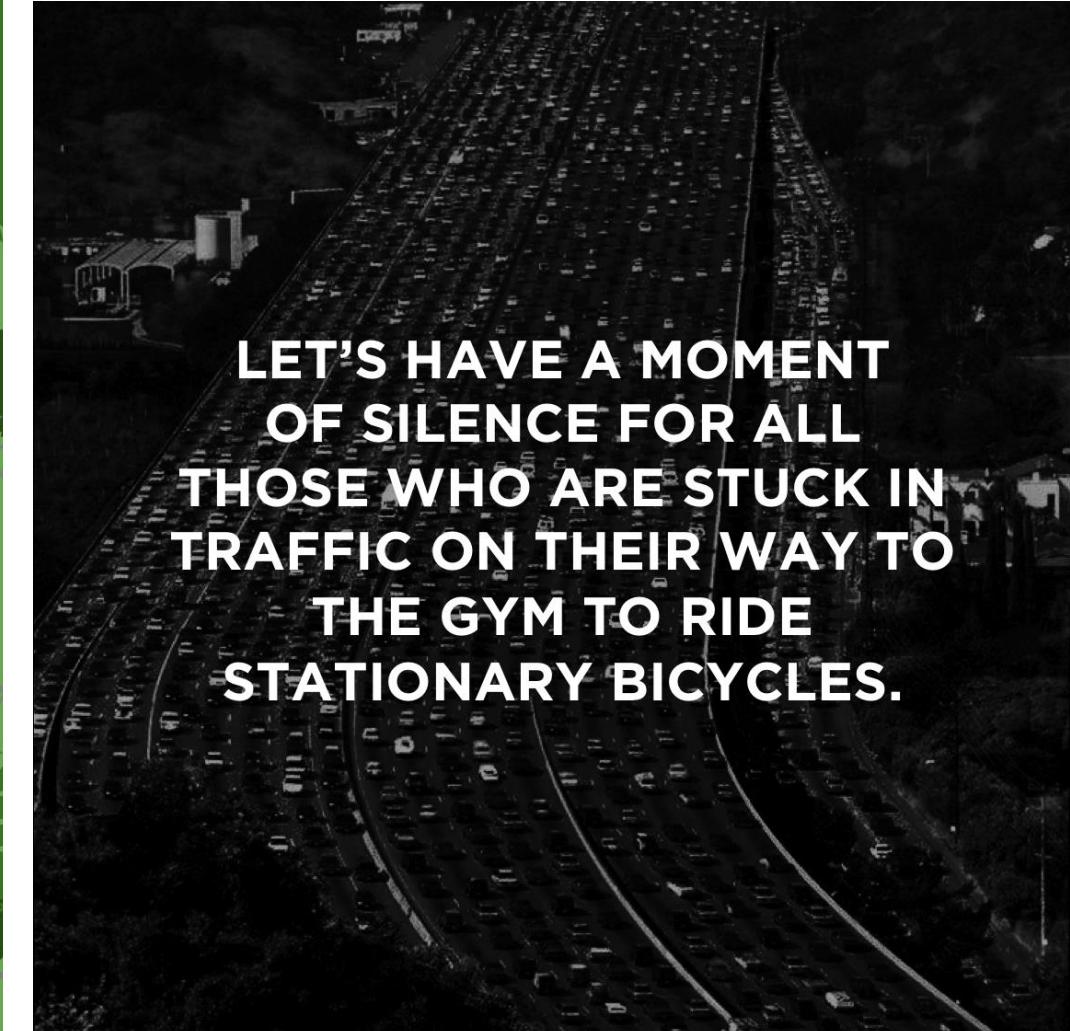
RM4.50  
per liter

The real cost of  
petrol

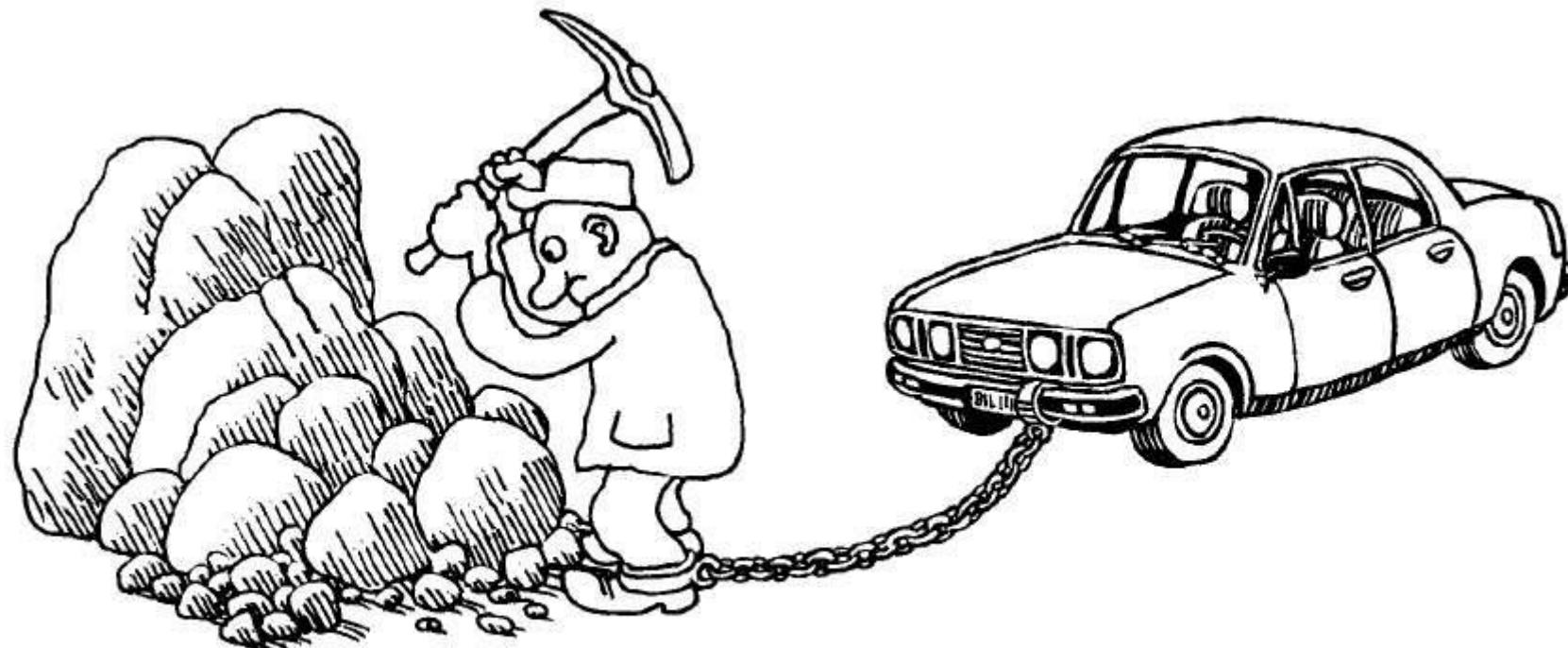
RM54 MILLION  
PER DAY!

^%@&#\$

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# “Freedom” of the Car



*The average Danish car owner works more than one week per month in order to achieve the freedom a car provides.*

*Danish cartoon (1984) still relevant today*

For example, 80% of bicyclists in Manila quote cost savings for choice of transport

# Video uploads of my bicycle commutes in KL



Brompton bicycle in Kuala Lumpur - very useful and fast

74,355 views

412

18

SHARE

SAVE

...



Yike Bike through Kuala Lumpur - fast, convenient, fun!

20,172 views

225

5

SHARE

SAVE

...

<https://youtu.be/qgS0SW67kdE>

<https://youtu.be/7tzvEC73ovo>

# Video uploads of my bicycle commutes in KL



Cargo Bike in traffic filmed from Brompton

1,143 views

43 0 SHARE SAVE ...

[https://youtu.be/tFt\\_p89Tbjk](https://youtu.be/tFt_p89Tbjk)



Brompton bicycle commute 3-4 times faster than by car!

15,002 views

209 5 SHARE SAVE ...

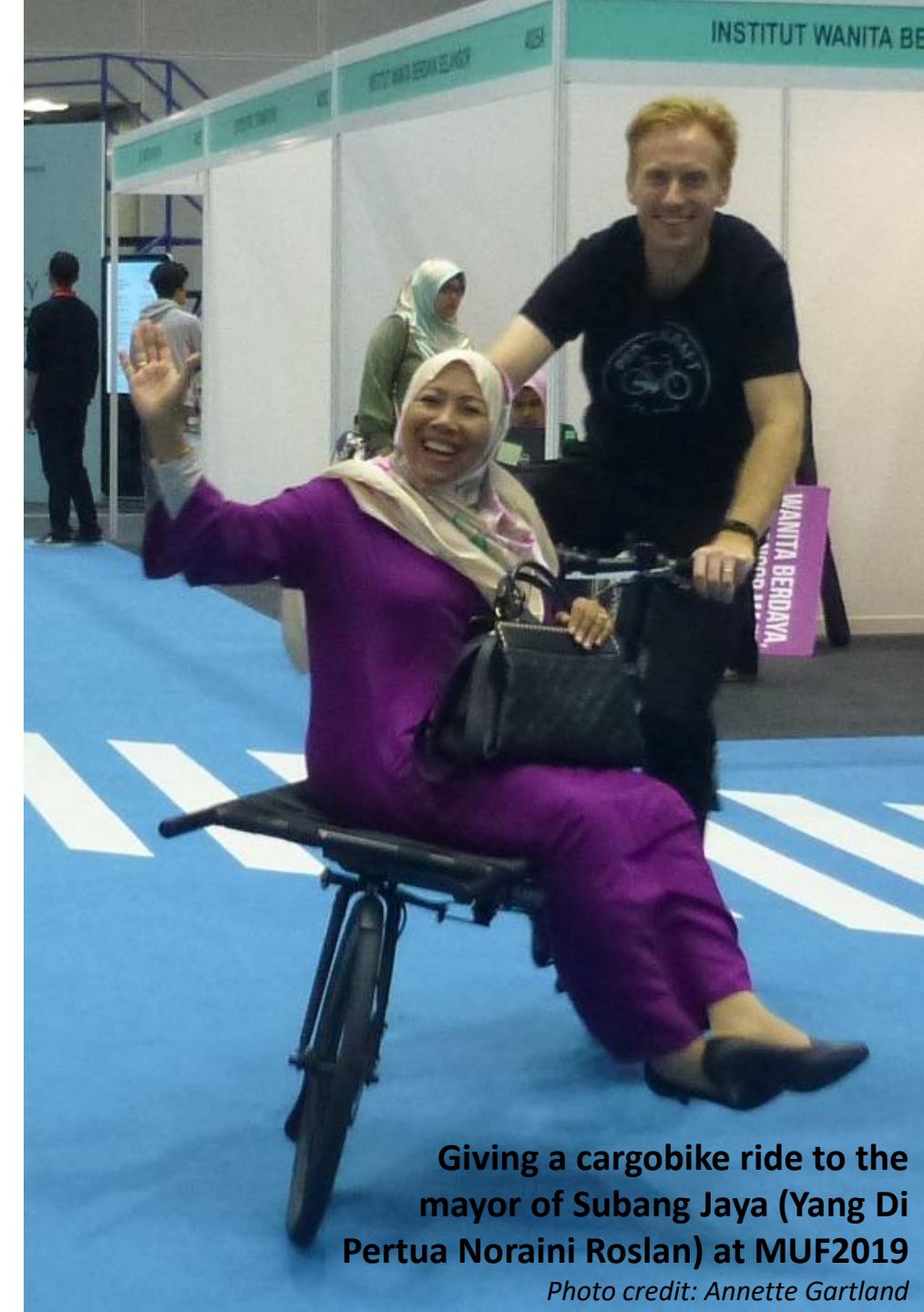
<https://youtu.be/GfCr71eT9TY>

# Concluding remarks

Improving pedestrian and bicycle infrastructure would have these benefits:

1. Make cities more livable
2. Give people an alternative to the car
3. Reduce energy consumption
4. Reduce noise pollution
5. Improve public health

**“Make bicycle commuting convenient and safe, and people will use it”**



Giving a cargobike ride to the mayor of Subang Jaya (Yang Di Pertua Noraini Roslan) at MUF2019

Photo credit: Annette Gartland