

# How Travel Has Changed: Pre- and Post-Pandemic Patterns from Travel Diary Surveys



METROPOLITAN  
TRANSPORTATION  
COMMISSION

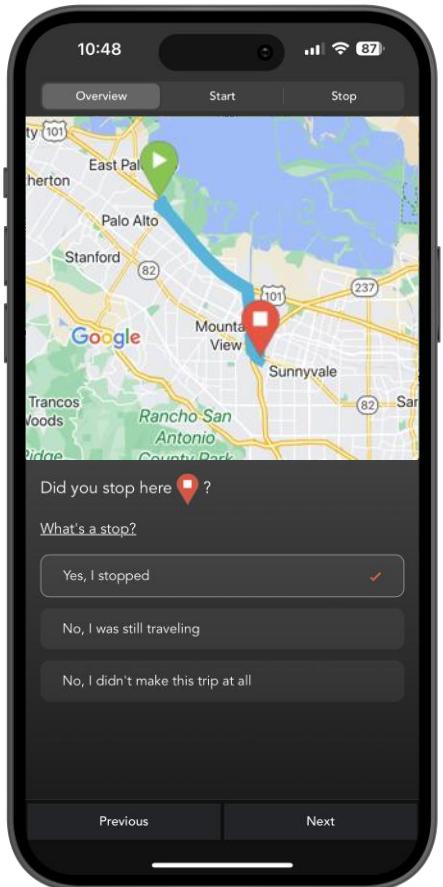
Planning Committee  
January 9, 2026

# Why MTC Conducts Its Own Data Collection

- MTC Travel Diary Survey
- MTC Transit Passenger Surveys
- Census and American Community Survey Data
- Employment Data
- Traffic/Transit Counts
- National Transit Database Data
- Other Data Sources



# MTC's Travel Diary Survey: the Bay Area Travel Study



Smartphone App for Collecting  
Travel Diaries (Credits: RSG Inc)

## The 2023 survey:



715,000  
mailings sent



8,000+ households  
(15,000 adults)



92,000  
travel days



373,000  
Inferred trips



6.7M  
location points

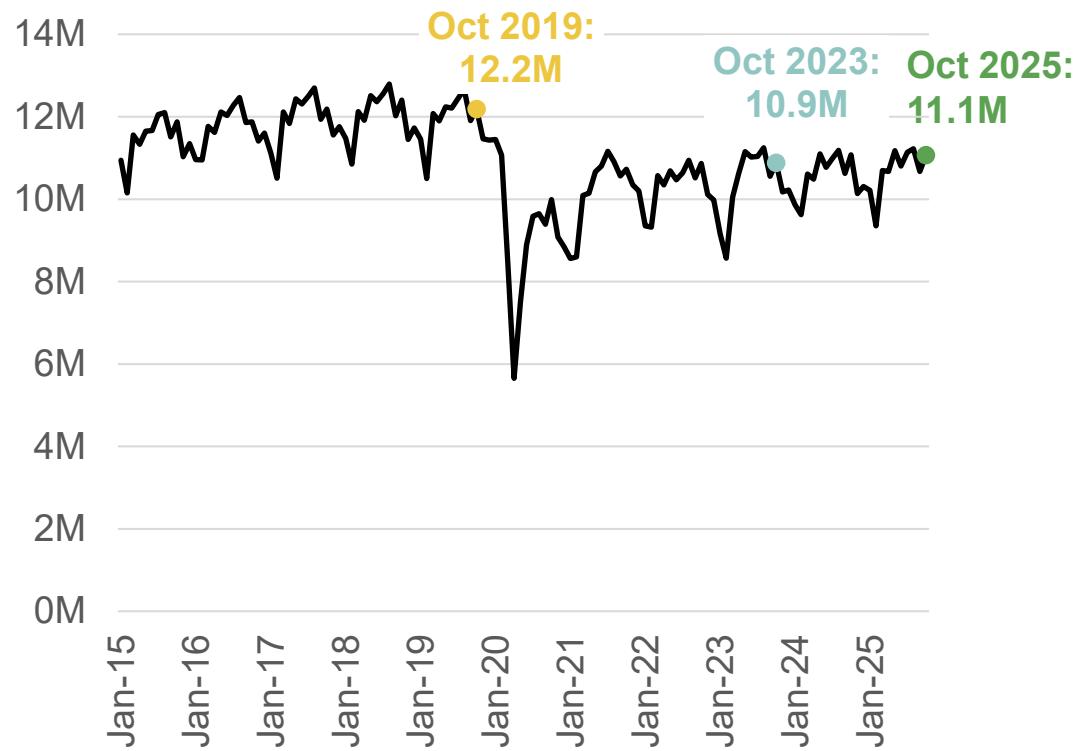
**The 2019 survey:** used a similar survey approach,  
~9,800 adults participated ( $\approx 2/3$  of 2023)

## For both surveys, information collected:

- Trip purpose, mode(s)
- Detailed travel paths
- Travel party size/composition
- Parking, transit, and toll fees
- Travel substitution
- Household/person demographics, vehicle data

# 2025 Context: Transit Is Up Since 2023 But Below 2019 Levels

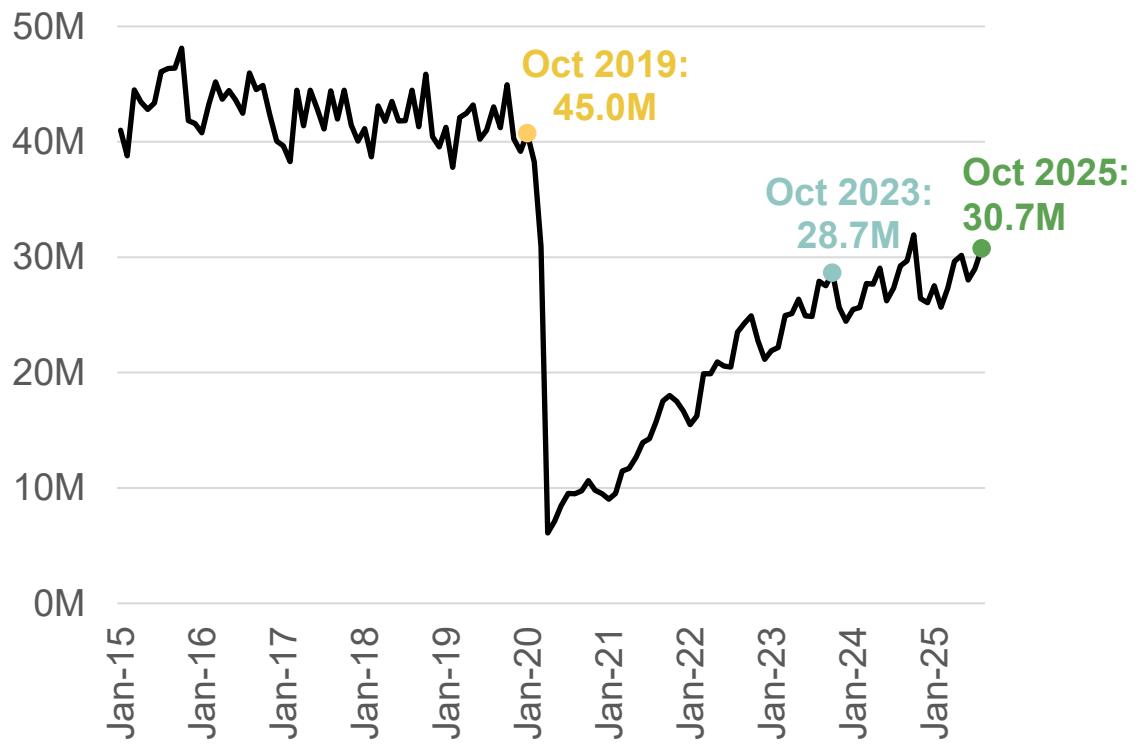
## Monthly Bridge Toll Plaza Volumes



Source: MTC

Vehicles are counted each time they cross the toll booths at each bridge. Include seven Bay Area toll bridges; excludes the Golden Gate Bridge.

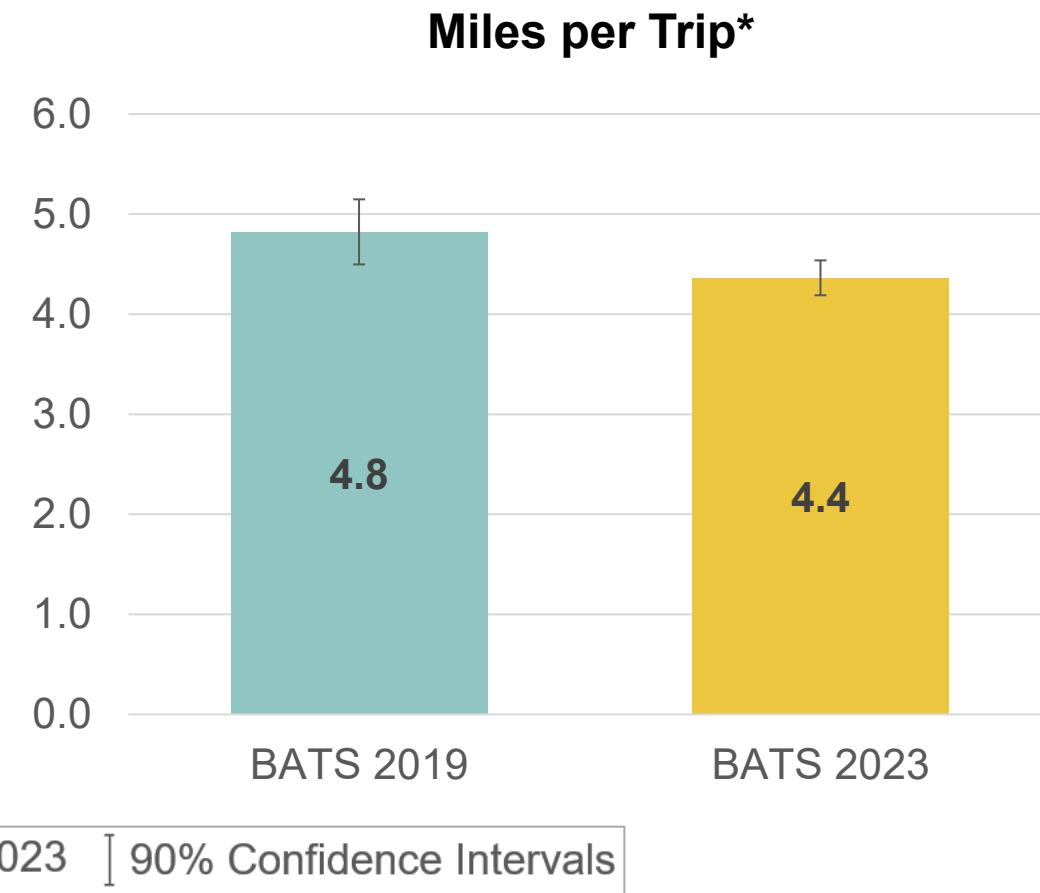
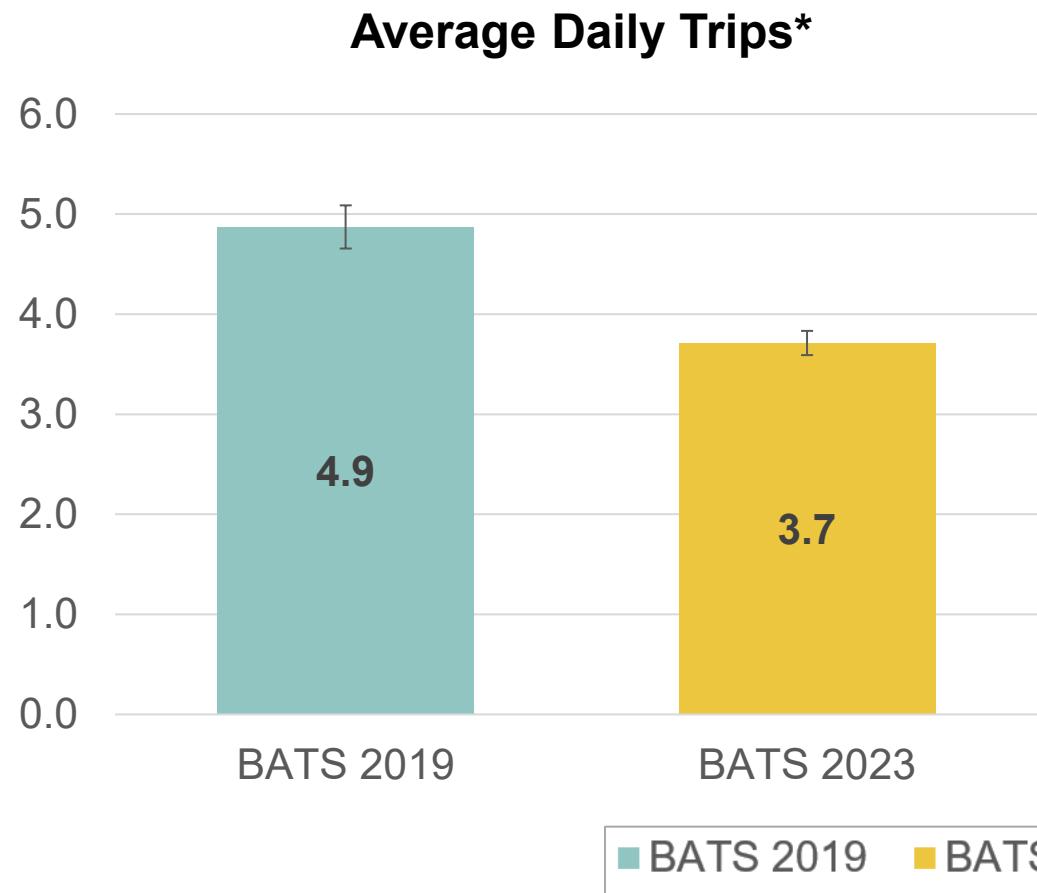
## Monthly Transit Boardings



Source: National Transit Database

Includes 21 Bay Area Transit Agencies; excludes Union City Transit and Vacaville City Coach  
Passengers are counted each time they board a transit vehicle.

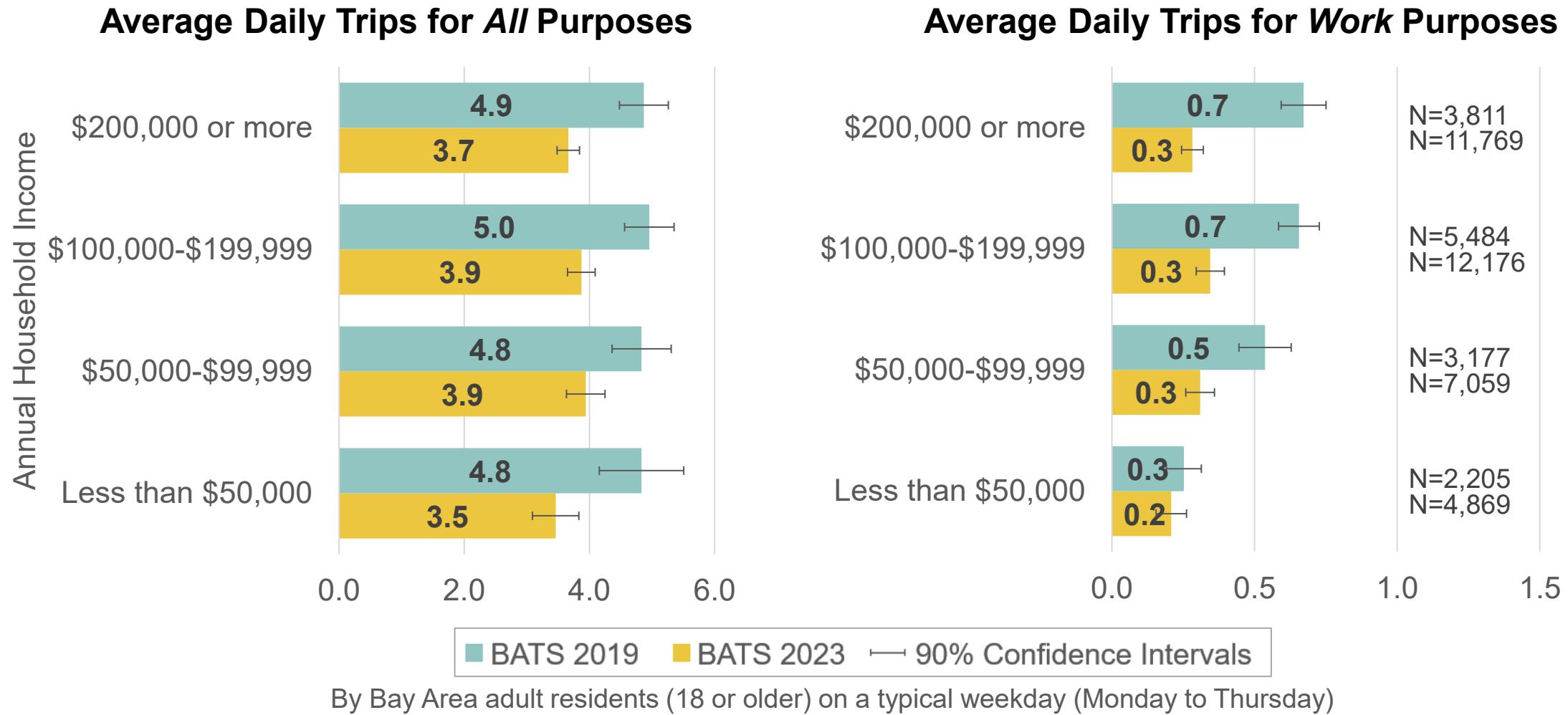
# Daily Trip-Making Has Declined Between 2019 and 2023



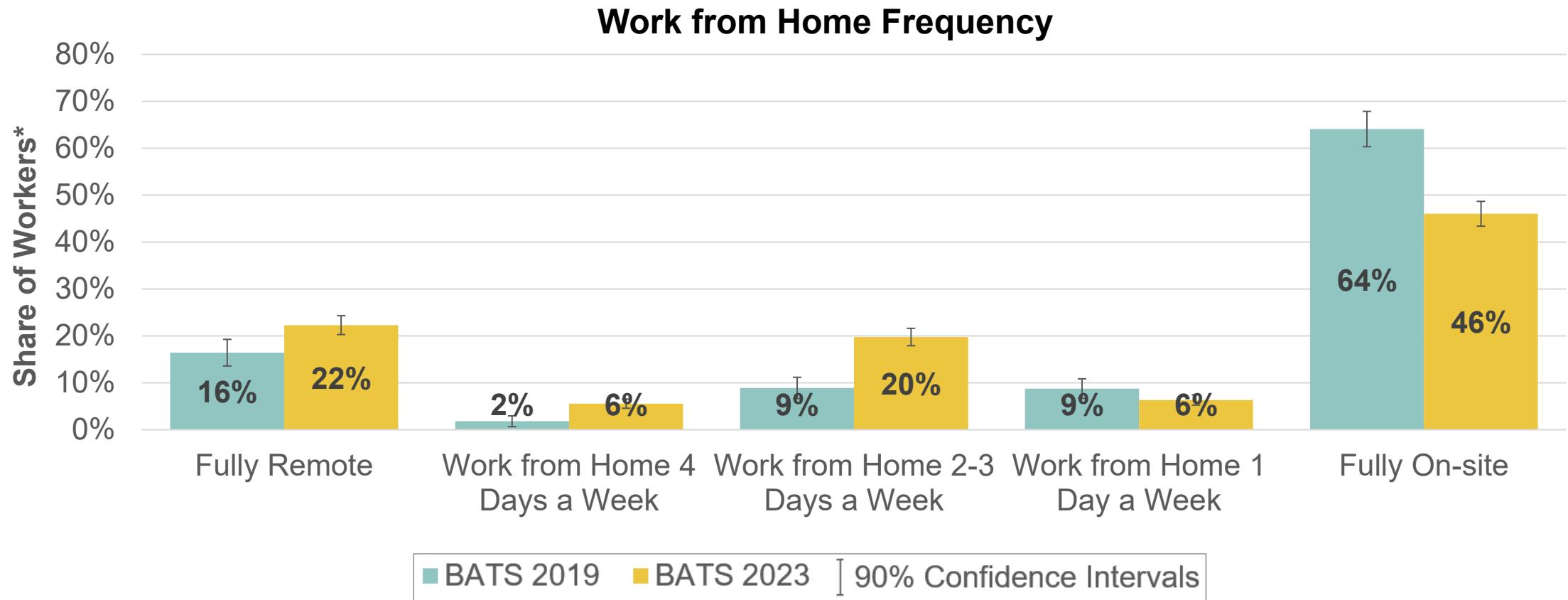
\* By Bay Area adult residents (18 or older) on a typical weekday (Monday to Thursday)

Sample Size: BATS 2019, N=16,362 person-days; BATS 2023, N=40,804 person-days

# Trip-Making Declined Across All Income Groups



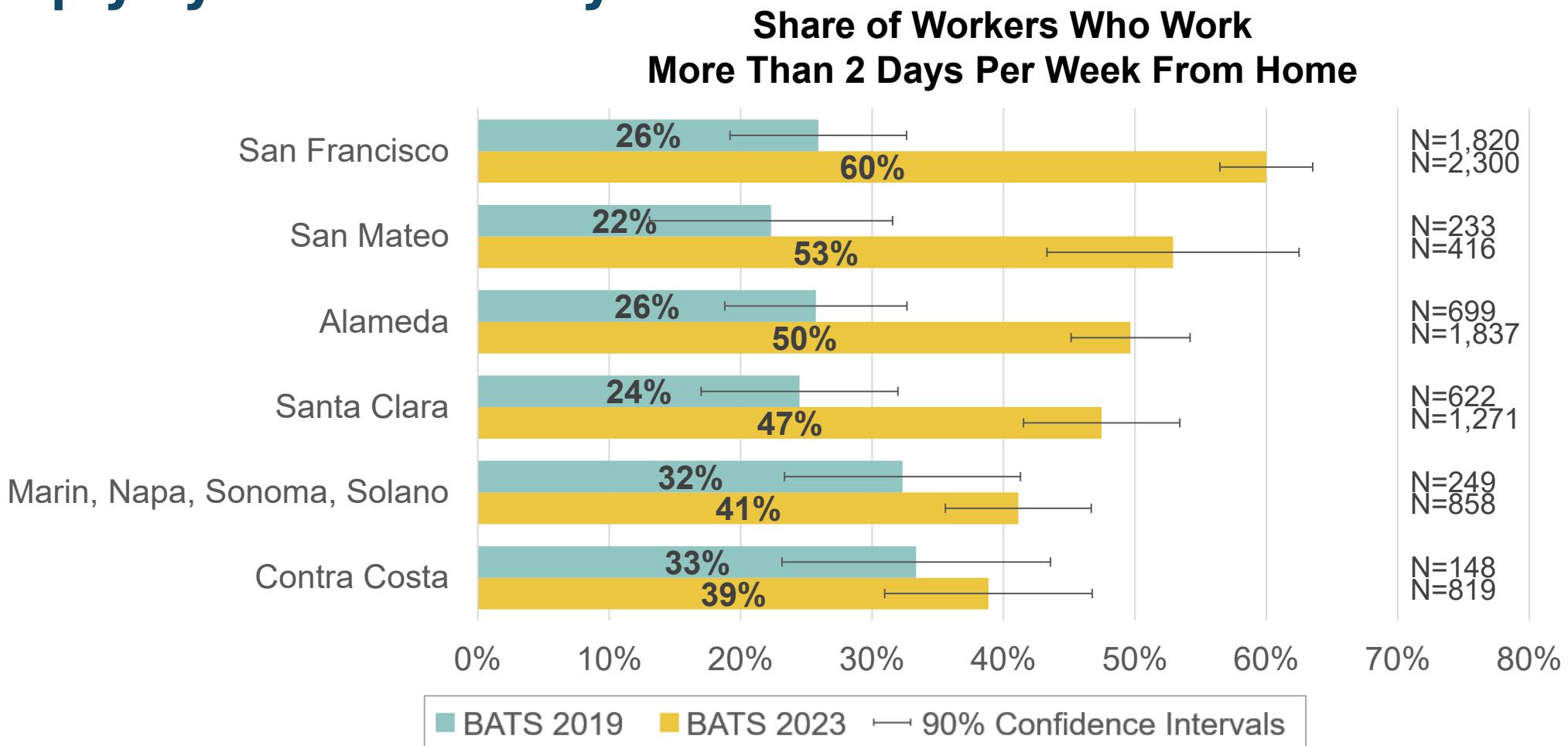
# Remote and Hybrid Work Have Increased as Fully On-Site Work Has Declined



Sample Size: BATS 2019, N=3,571 workers; BATS 2023, N=6,218 workers

\* Includes full-time, part-time, self-employed

# Remote and Hybrid Work Growth Is Widespread, but Varies Sharply by Home County

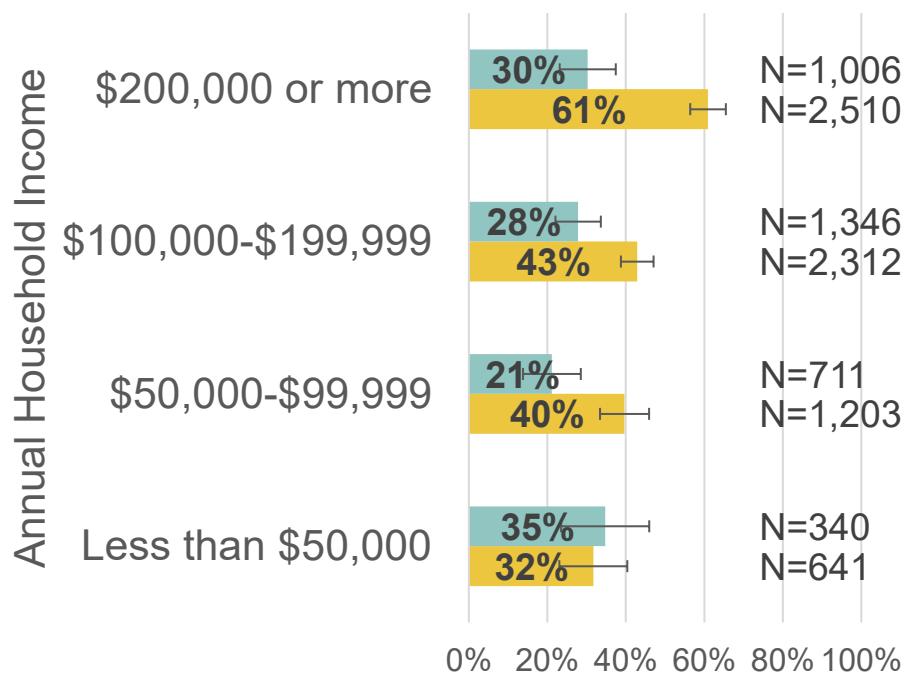


Workers includes full-time, part-time, and self-employed

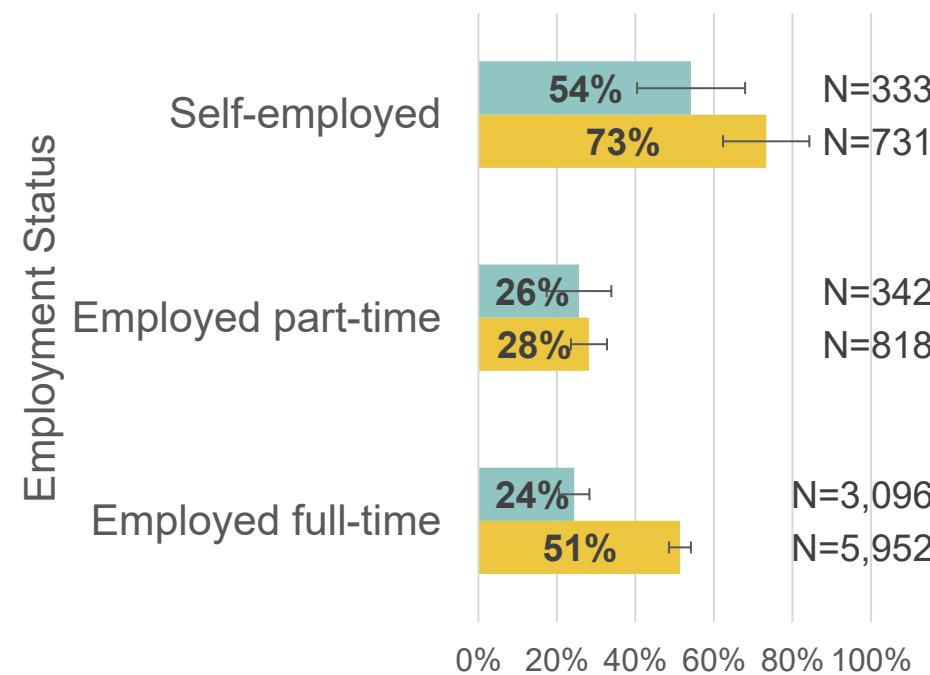
Error bars are larger on this slide than on others because focusing only on workers and subdividing by county reduces sample sizes

# Remote and Hybrid Work Differs by Demographic Segment

## Share of Workers Who Work More Than 2 Days Per Week From Home, by *Income*



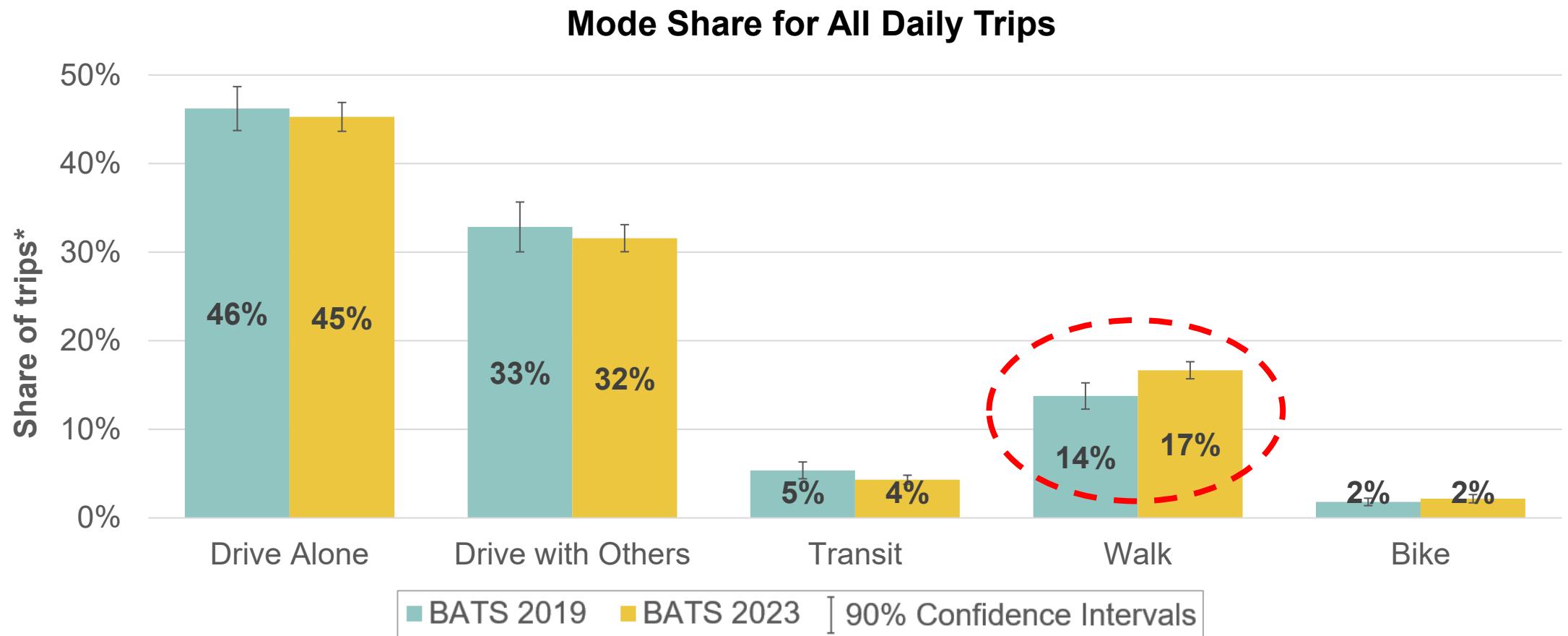
## Share of Workers Who Work More Than 2 Days Per Week From Home, by *Employment Status*



■ BATS 2019 ■ BATS 2023 — 90% Confidence Intervals

Workers includes full-time, part-time, and self-employed

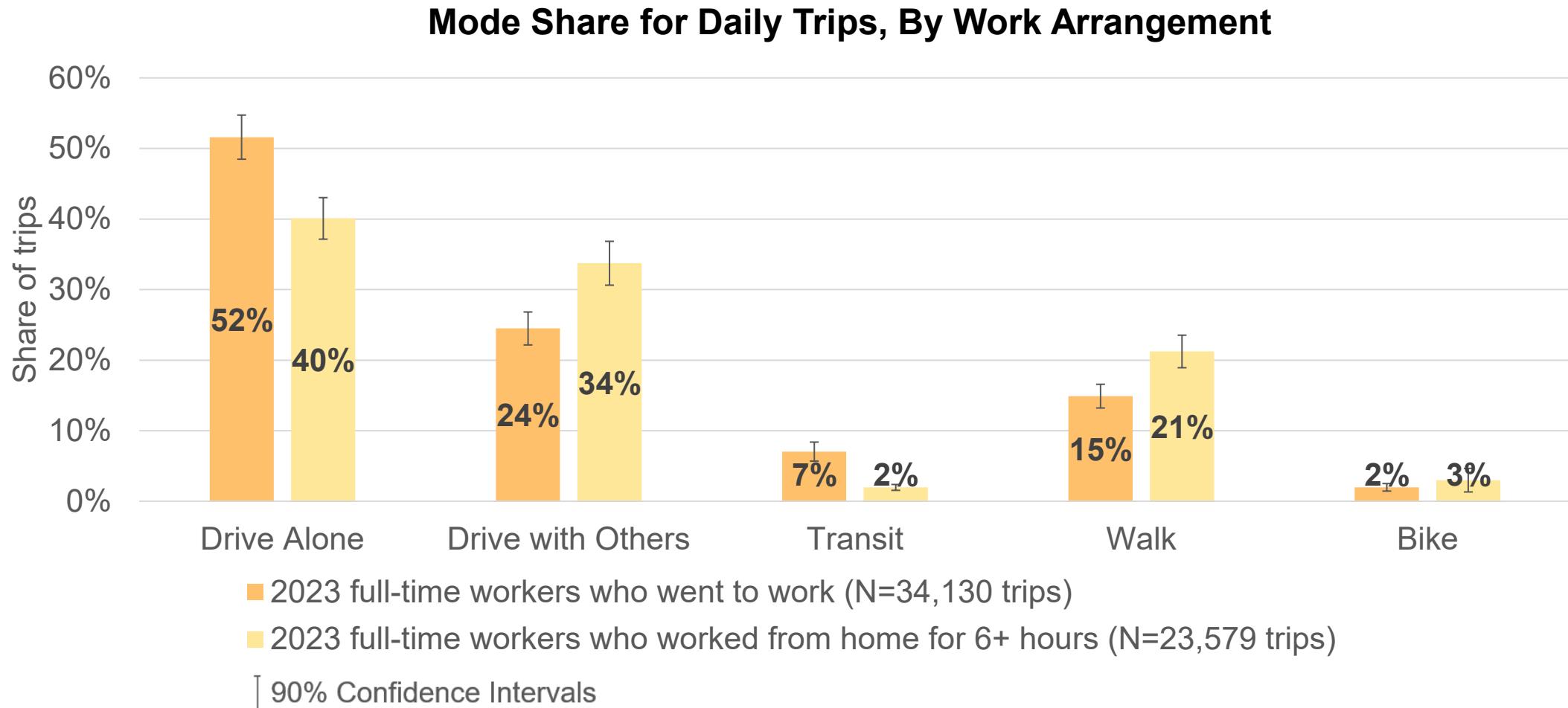
# Trip Mode Shares Have Been Broadly Stable



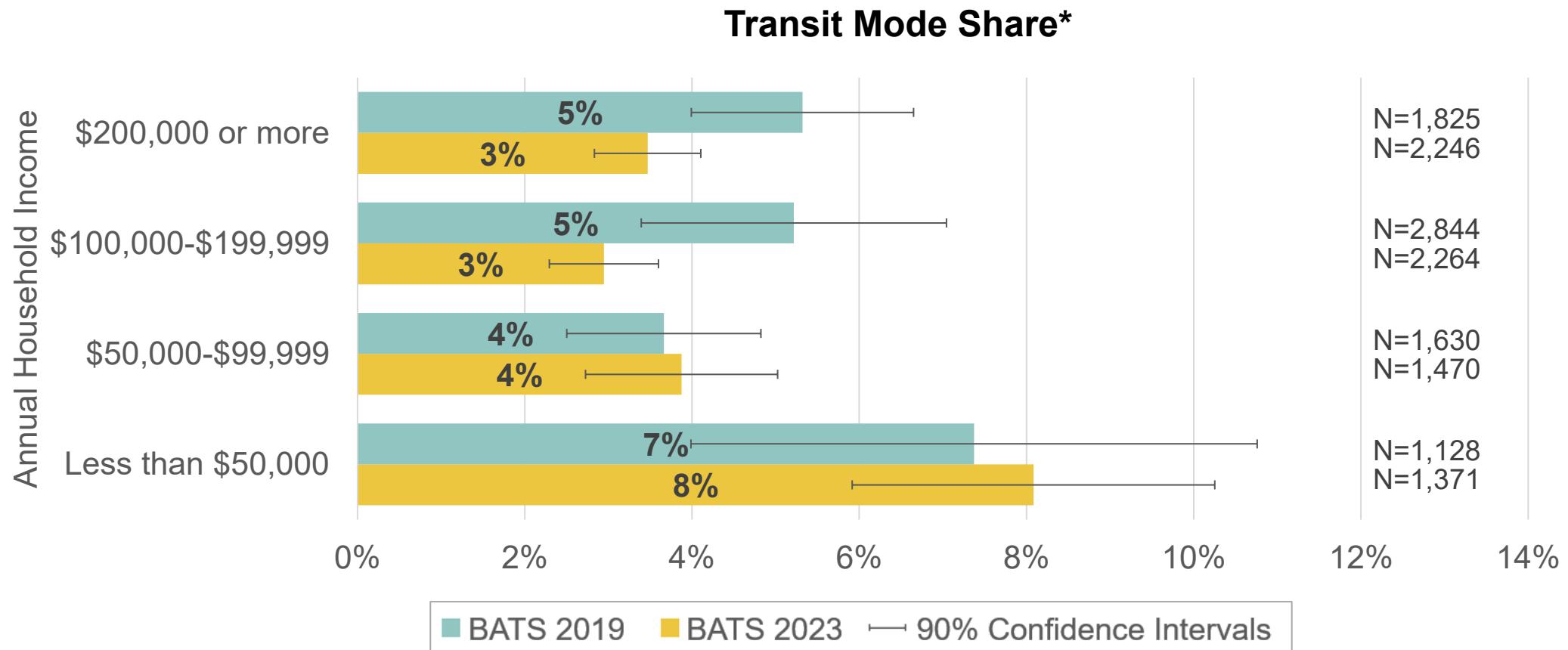
\* By Bay Area adult residents (18 or older) on a typical weekday (Monday to Thursday)

Sample Size: BATS 2019, N=68,184 trips; BATS 2023, N=140,847 trips

# Mode Shares Differ Markedly Between Those Who Commuted and Those Who Worked from Home

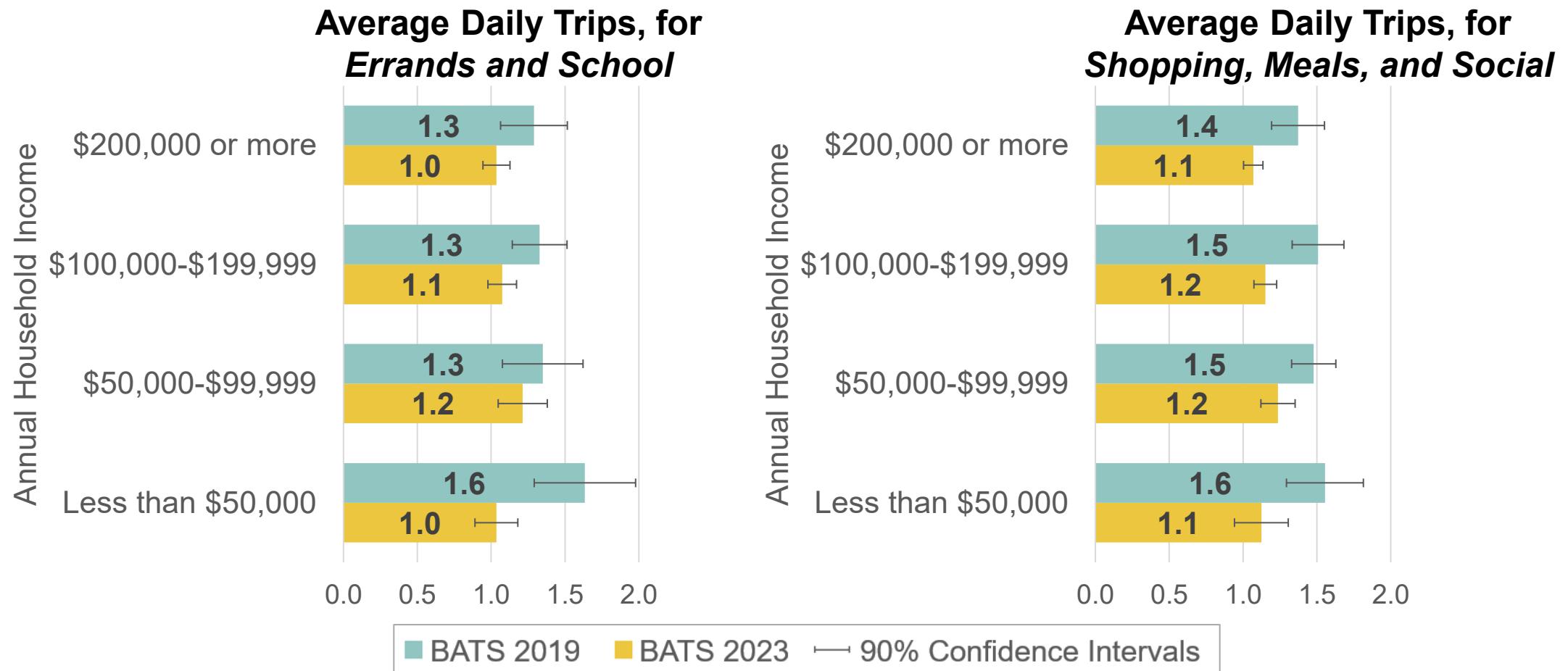


# Transit Use Remains High Among Lower-Income Households



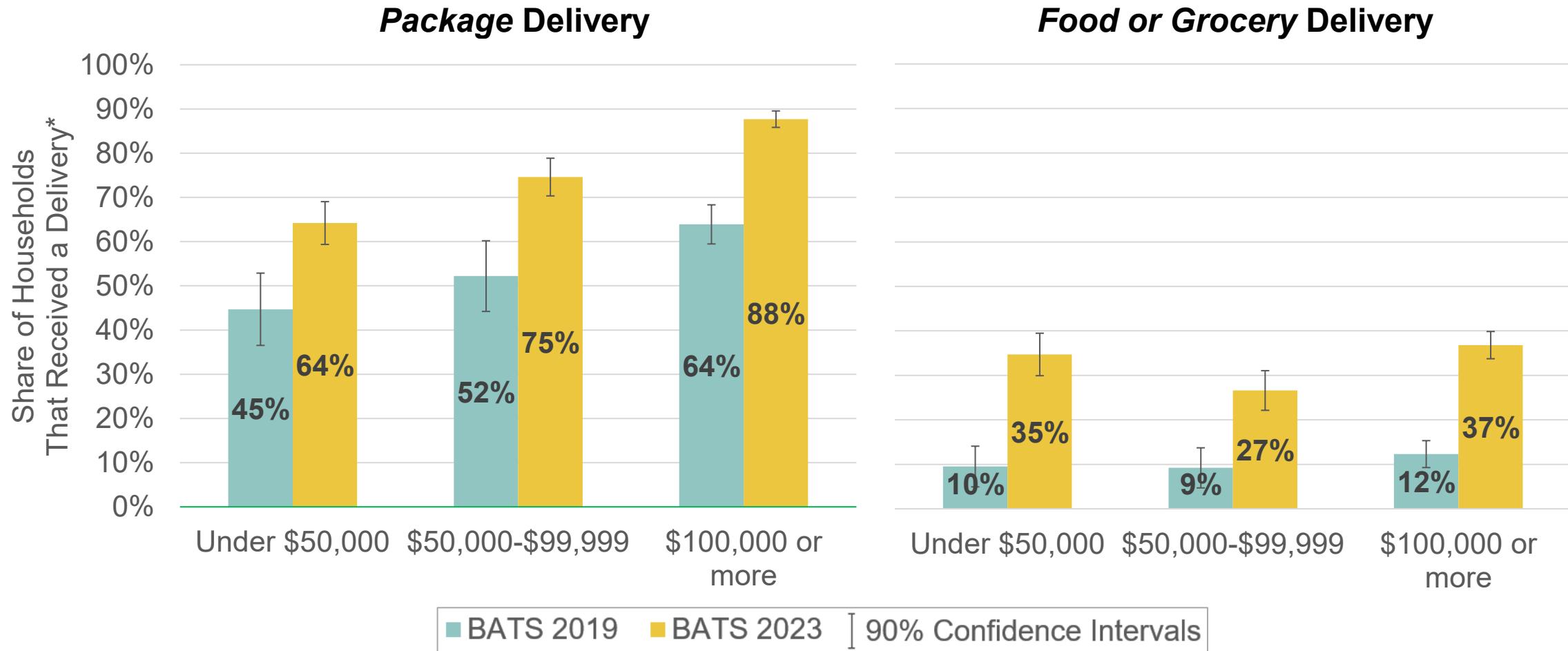
\* Of Bay Area adult residents (18 or older) on a typical weekday (Monday to Thursday)  
Error bars are larger on this slide than on others because of the focus on transit trips

# Beyond Work Trips: Non-Work Travel Has Also Declined



\* By Bay Area adult residents (18 or older) on a typical weekday (Monday to Thursday)

# Delivery of Packages, Food, and Groceries Increased Significantly Between 2019 and 2023



\*Received at least one delivery **on any day** from Monday through Thursday

# Key Findings and Next Steps

## In Summary: 2019 vs. 2023

1. Overall, Bay Area residents across all income groups are **taking fewer trips**.
2. Transit use is income-related, with **low-income residents relying on transit more than other groups and at similar levels pre- and post-pandemic**.
3. Work-from-home workers take **more walking trips than their commuting peers**, and their numbers have grown substantially.
4. The rapid shift toward **hybrid and remote work** has also occurred in sync with **robust increases in online shopping**.

## Next Steps

- **Now:** Interactive dashboards under development
- **Spring 2026:** Next cycle of data collection via 2026 Bay Area Travel Study

## Staff Contact:

Flavia Tsang

Email: [ftang@bayareametro.gov](mailto:ftang@bayareametro.gov)

<https://mtc.ca.gov/tools-resources/survey-program>