

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



**METROPOLITAN
TRANSPORTATION
COMMISSION**

Regional Network Management Council

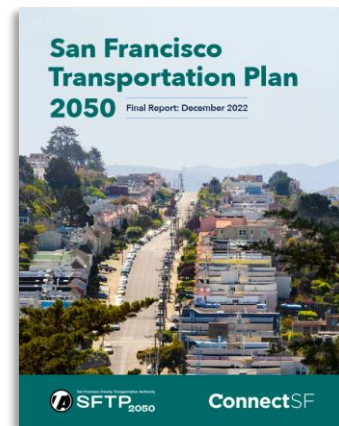
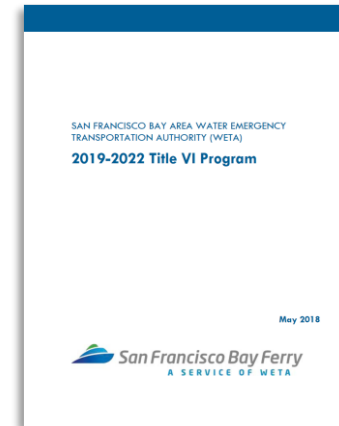
November 17, 2025

Agenda Item 3a

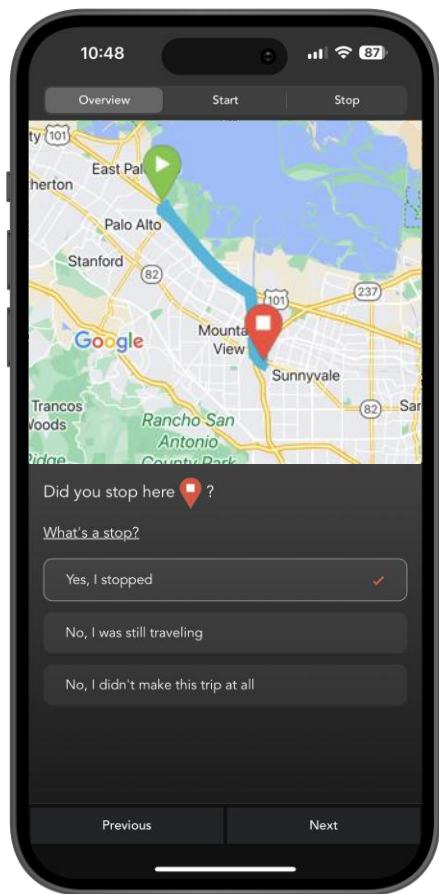
Attachment A

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



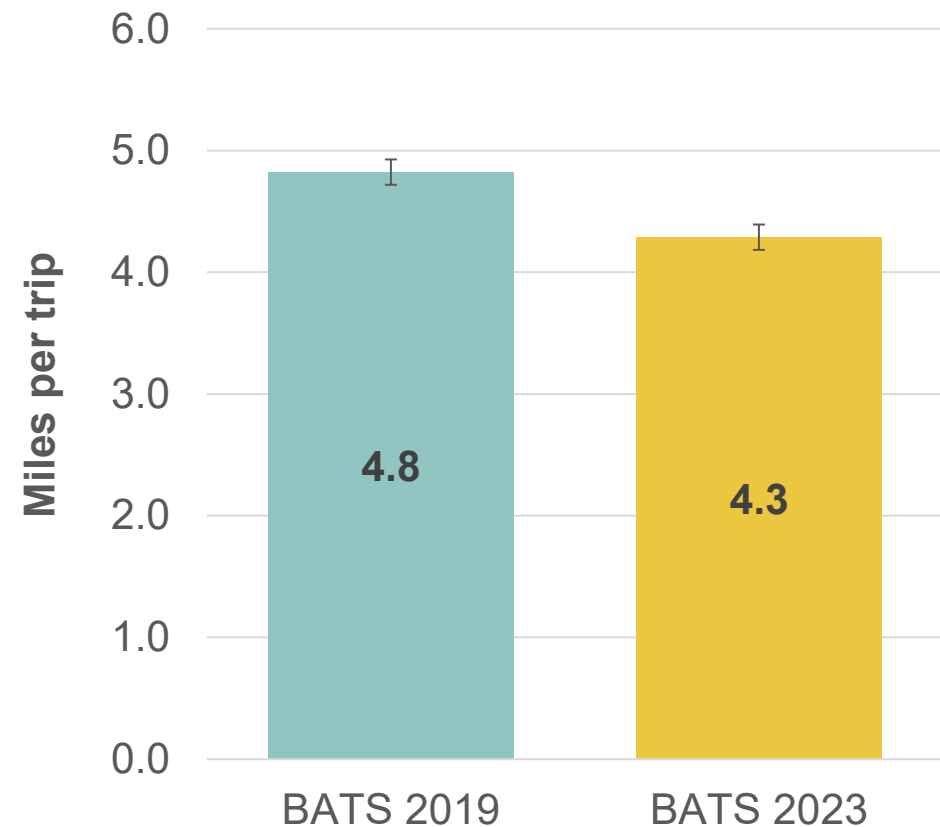
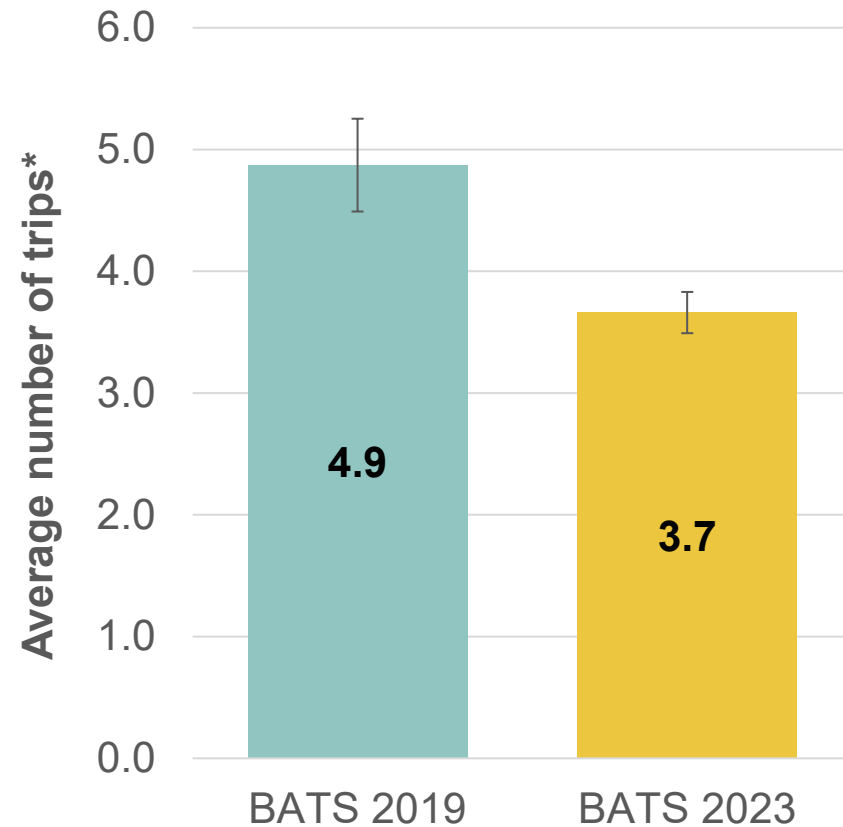
6.7M
location points

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

For both surveys, information collected:

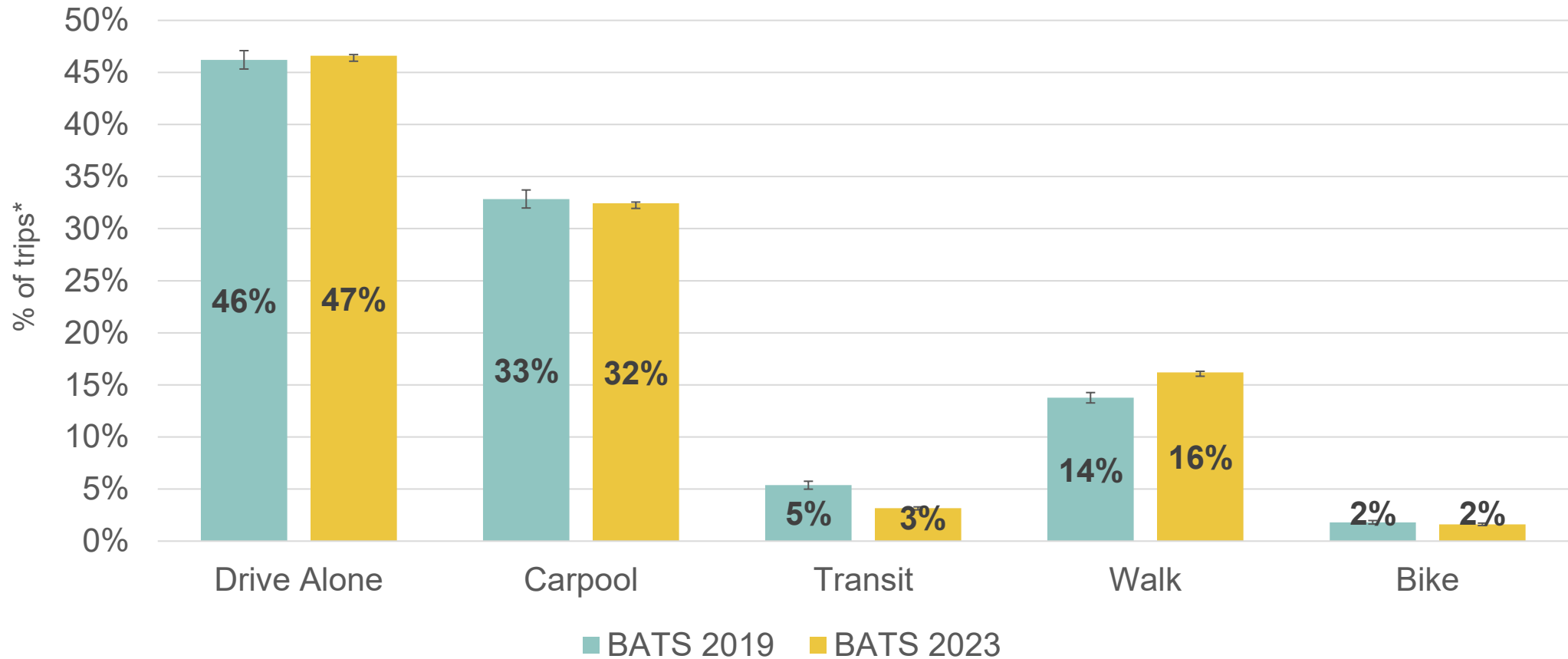
- Trip purpose, mode(s)
- Detailed travel paths
- Travel party size/composition
- Parking, transit, and toll fees
- Travel substitution
- Household/person demographics, vehicle data

Trip-Making Has Declined: Fewer and Shorter Trips in 2023



* By Bay Area residents (18 or older) on a typical weekday (Monday to Thursday)
Sample Size: BATS 2019, N=28,533 person-days; BATS 2023, N=74,716 person-days

Mode Shares Have Shifted: Less Transit Use, More Walking in 2023

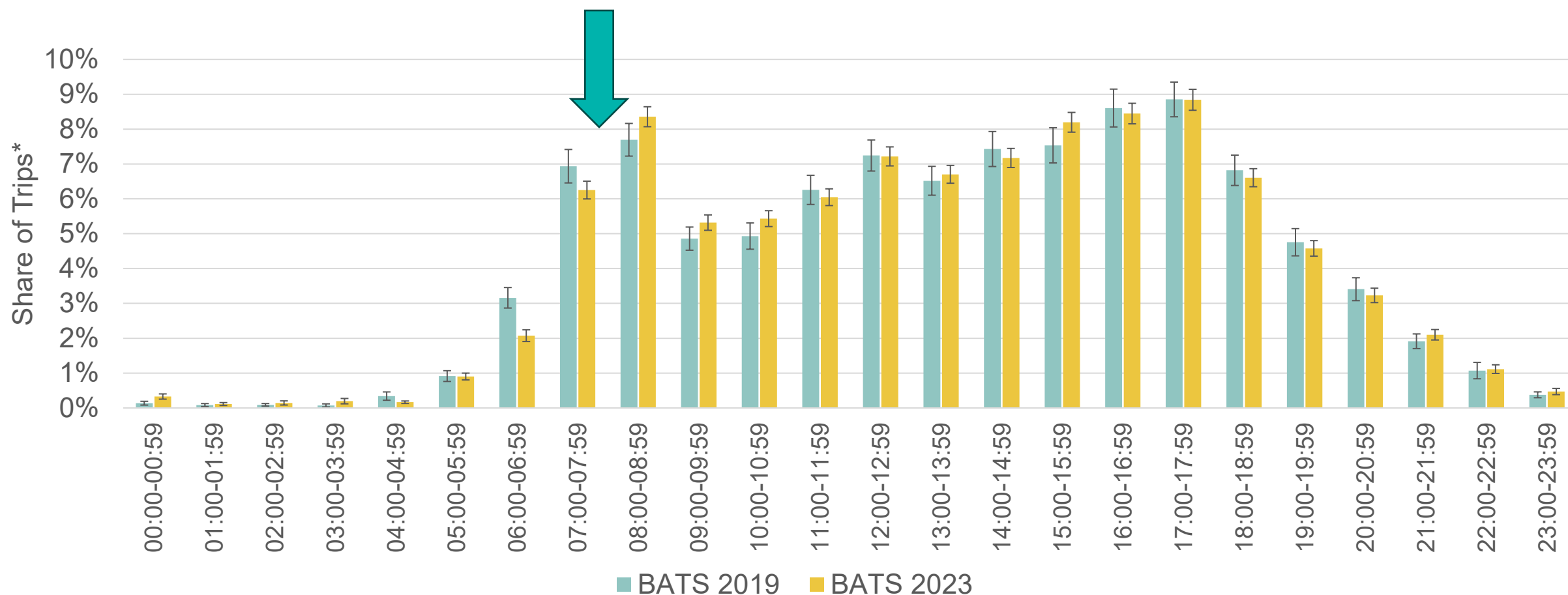


* By Bay Area residents (18 or older) on a typical weekday (Monday to Thursday)

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



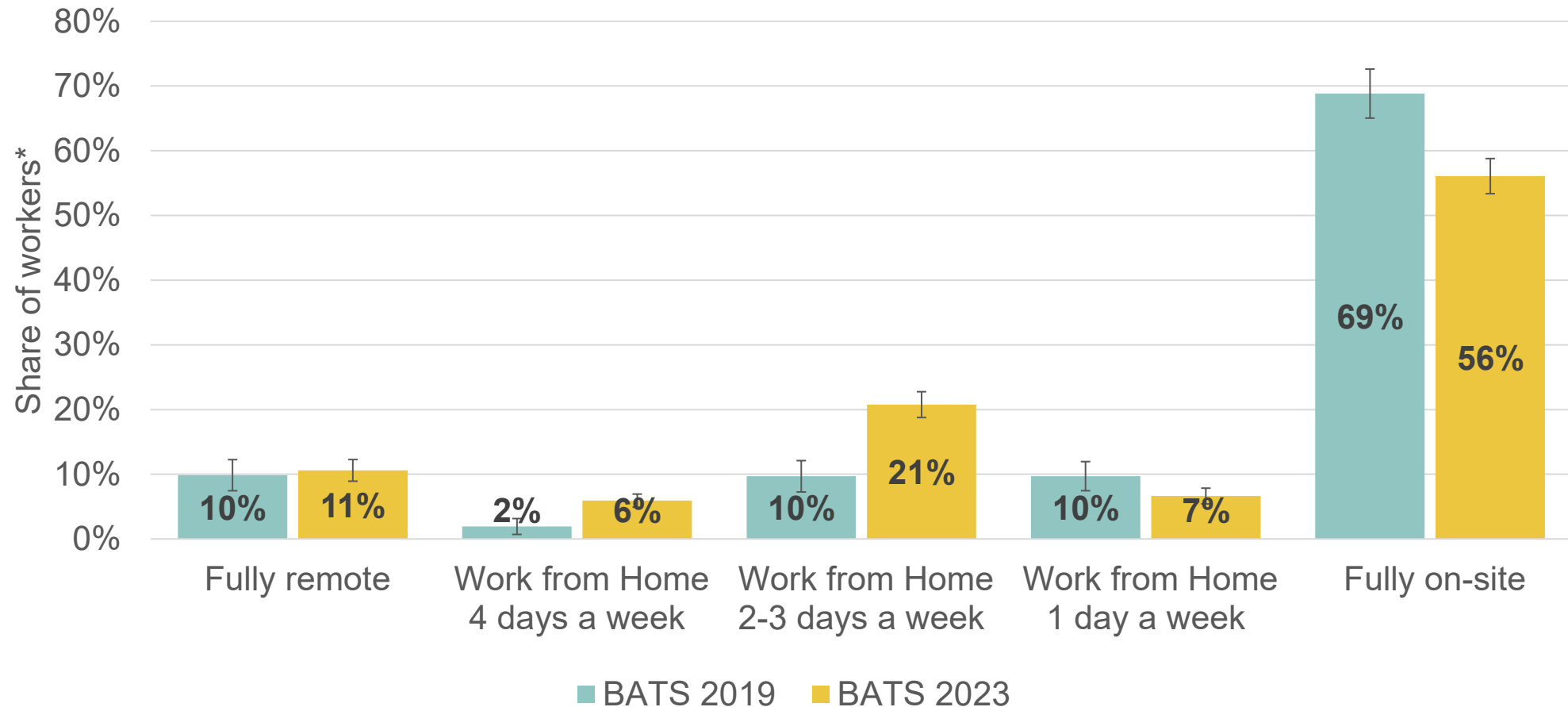
Morning Trip Departures Occurred Later in 2023



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

Sample Size: BATS 2019, N=70,415 trips; BATS 2023, N=144,677 trips

Major Shifts in Hybrid and Remote Work Since 2019

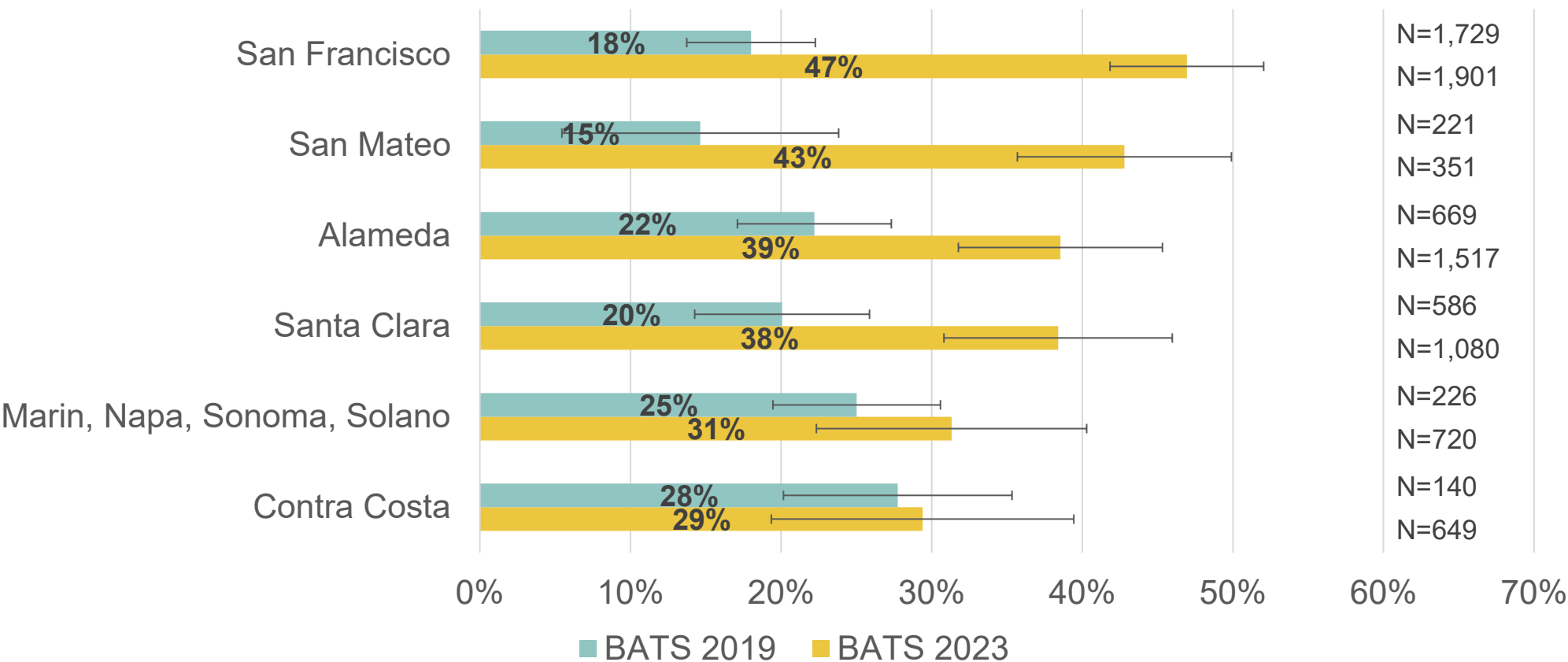


Sample Size: BATS 2019, N=3,571 workers; BATS 2023, N=6,218 workers

* Includes full-time, part-time, self-employed, and unpaid interns or volunteer workers

Hybrid or Remote Work Is Common Across All Bay Area Counties

Percentage of Workers Who Work More Than 2 Days From Home



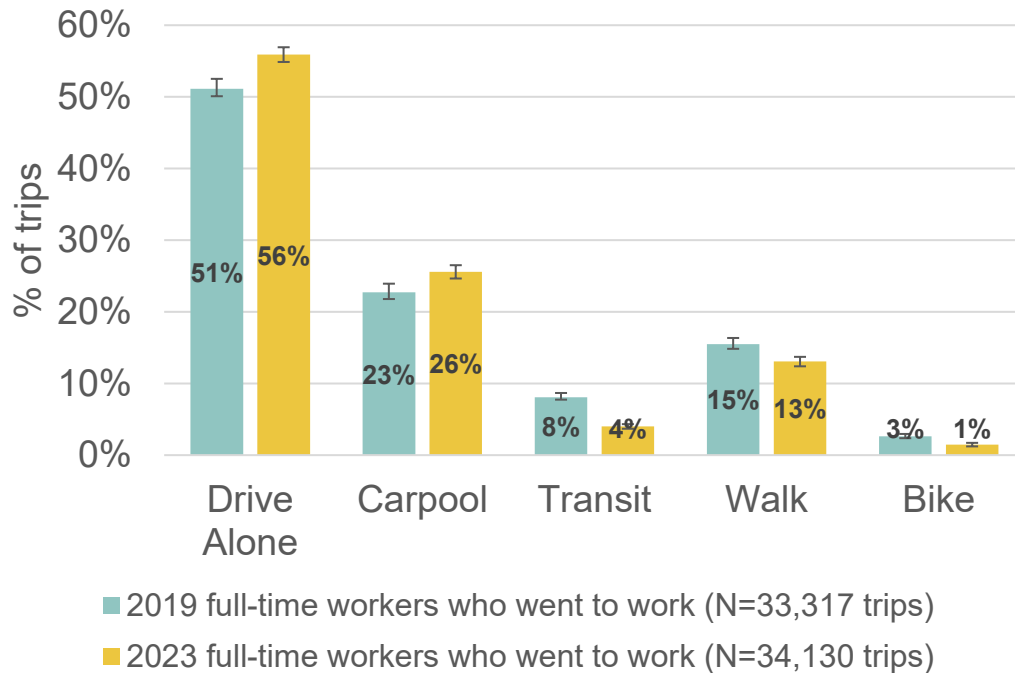
Workers includes full-time, part-time, self-employed, and unpaid interns or volunteer

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

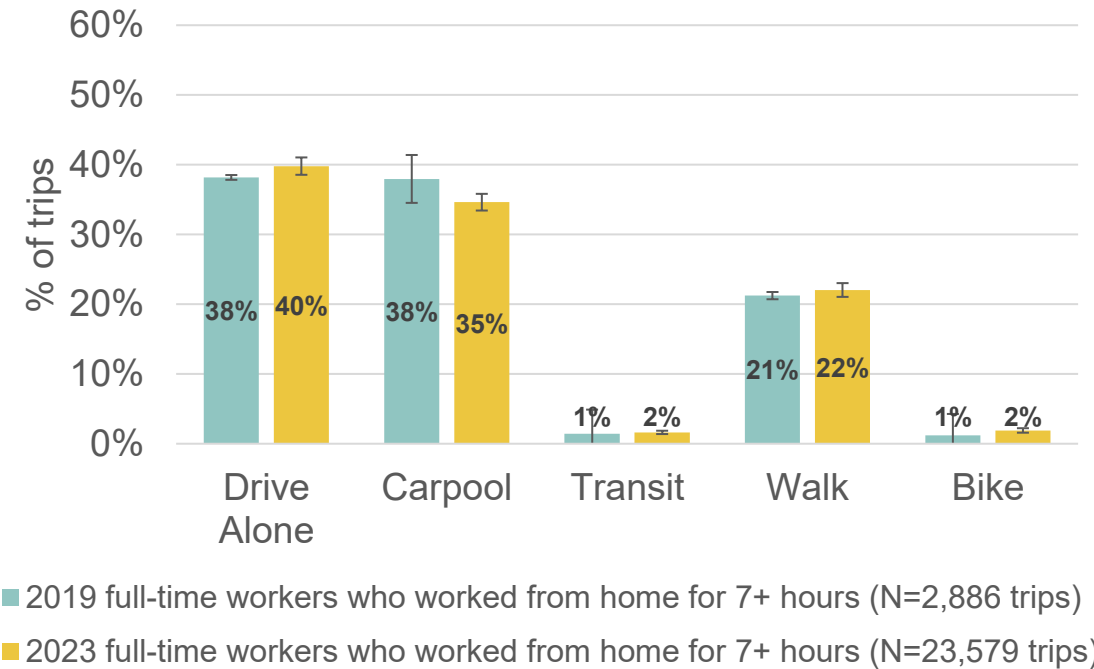


Daily Travel Patterns Differ Significantly Depending on Work-from-Home Arrangement

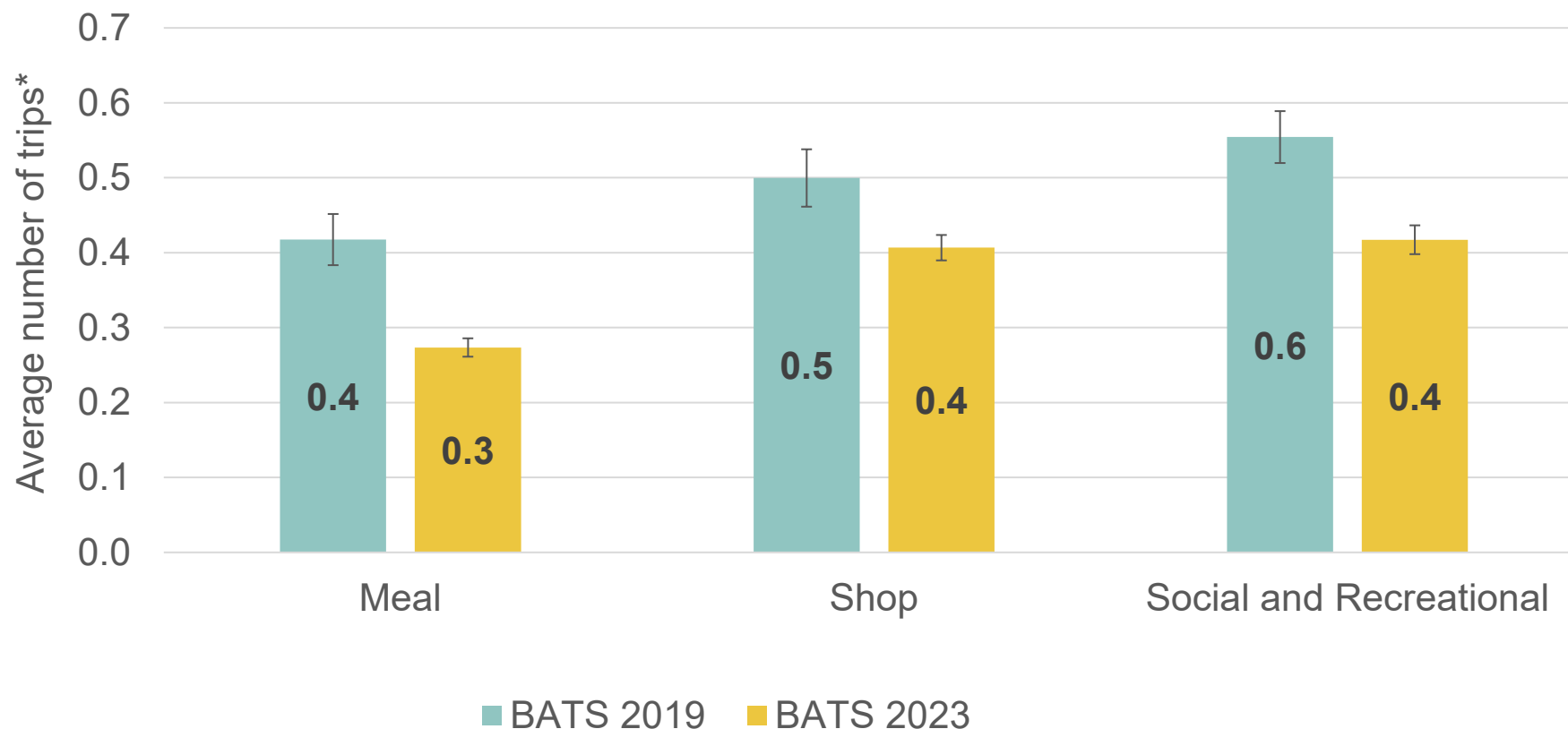
Commuters are increasingly relying on driving alone and carpooling for commute and non-commute purposes.



Work-from-home workers continue to take more walking trips and use transit less than their commuting peers.

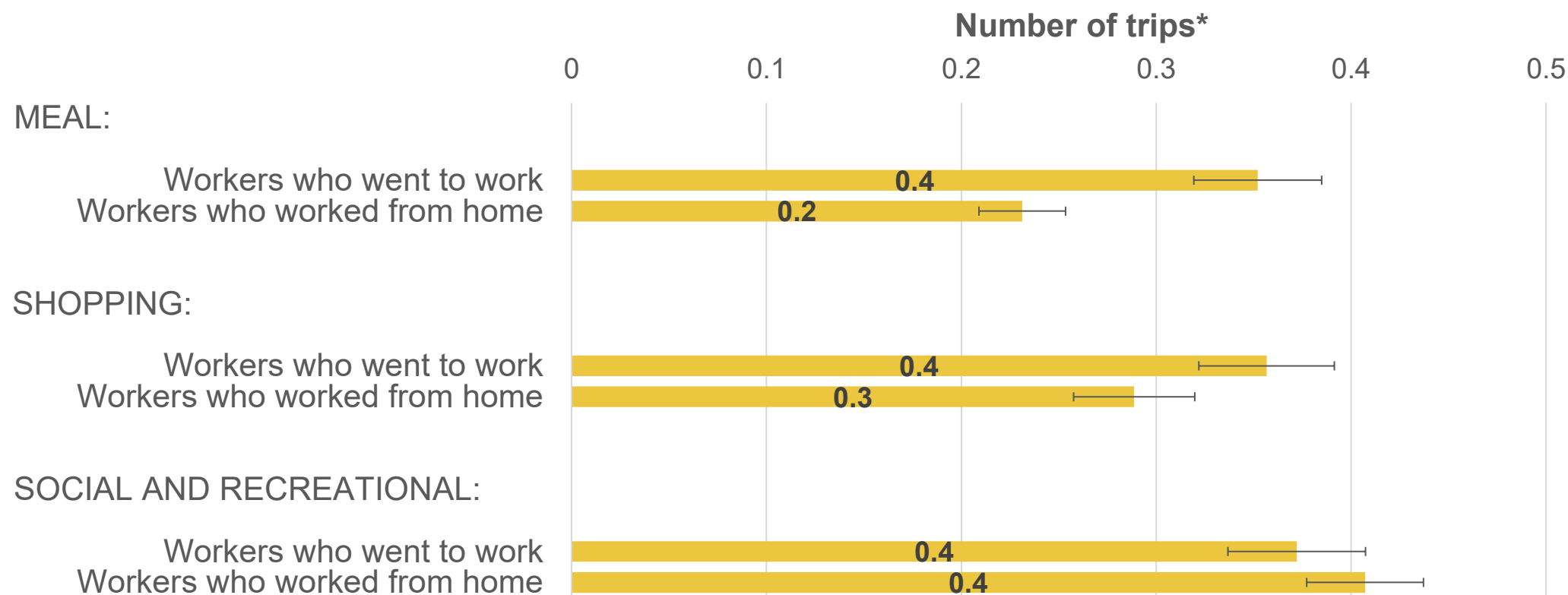


Beyond the Commute: Non-Work Travel Has Also Declined



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

Working from Home Changes Non-Work Trips

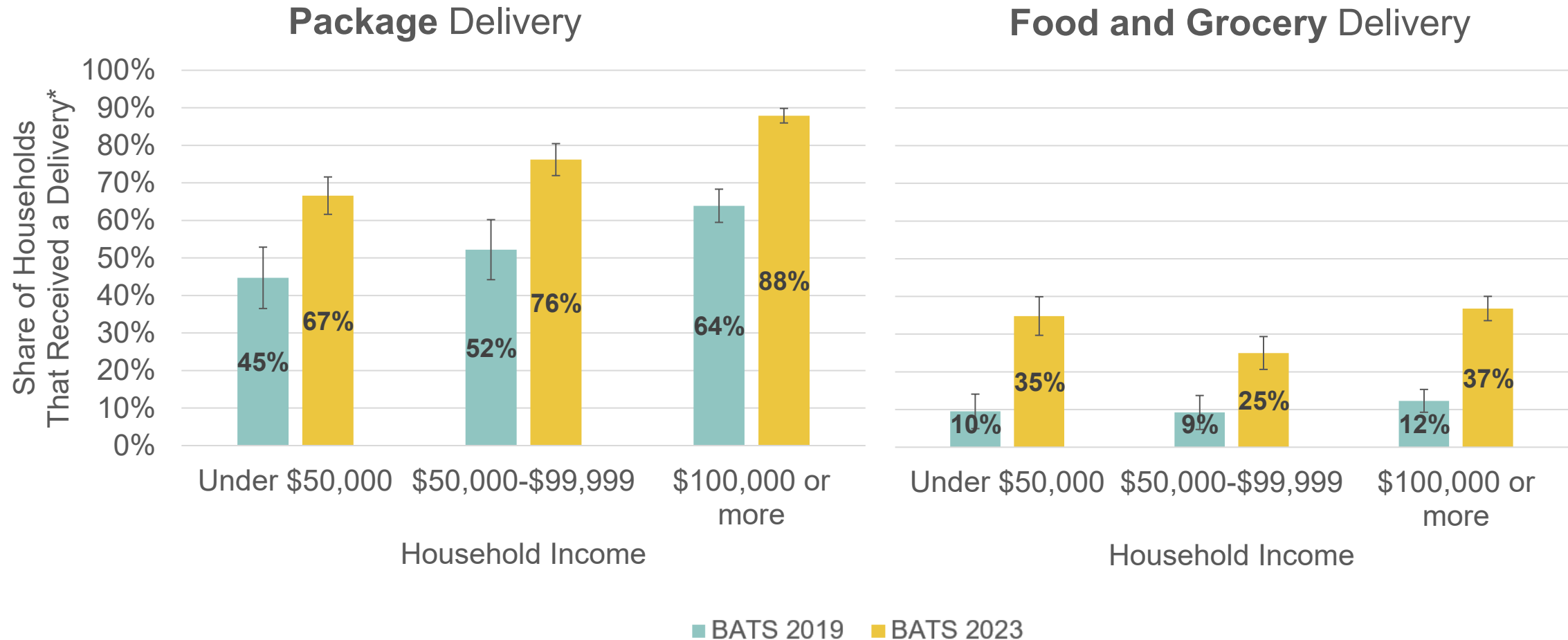


* Average number of trips across full-time workers on a typical weekday (Monday to Thursday)

Sample Size:

BATS 2019, N=7,216 full-time workers who went to work; N=967 full-time workers who worked from home for 7+ hours
BATS 2023, N=7,432 full-time workers who went to work; N=8,743 full-time workers who worked from home for 7+ hours

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. Bay Area residents are **taking fewer trips** and **traveling shorter distances**.
2. Bay Area residents are **relying less on public transit** and are **walking more** than pre-pandemic.
3. 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 Survey

Flavia Tsang

Regional Planning Program

Email: ftsang@bayareametro.gov

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