

Metropolitan Transportation Commission  
Planning Committee

January 9, 2026

Agenda Item 10a

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

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**Subject:**

Presentation comparing Bay Area travel trends between pre-pandemic (2019) and post-pandemic (2023) iterations of the Bay Area Travel Survey.

**Background:**

A travel diary survey collects demographic, vehicle, and travel information from participating households over a one-to-seven-day period, including origin and destination locations, trip purpose, duration, and modes, transit boarding/alighting locations, and parking, transit, and tolls. MTC has conducted regional travel diary surveys in 1965, 1981, 1990, 1996, 2000, and 2013. A smaller-scale adult-based (as opposed to household-based) survey was administered in 2018 and 2019, with an added emphasis on gathering data about usage of transportation network company (e.g., Lyft, Uber) services.

MTC completed the latest iteration of the Bay Area Travel Survey in 2023, which has yielded new insights about travel patterns amongst Bay Area residents. The accompanying presentation highlights topline findings that emerged from comparisons of 2019 and 2023 survey data, looking at key metrics such as trip-making, travel distance, modal share, and delivery trends. As summarized in **Attachment A**, key findings include:

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

**Next Steps:**

Staff will continue to develop an online interactive dashboard spotlighting data from the 2023 Bay Area Travel Survey, which will allow users to explore data at a greater level of specificity to understand key trends. The new 2023 survey dashboard is slated for release this winter.

In addition, staff are also preparing for the next iteration of the Bay Area Travel Survey, slated to kick off in spring 2026. That effort is anticipated to yield further insights on Bay Area travel patterns today, including any notable post-pandemic changes that have occurred since 2023.

**Issues:**

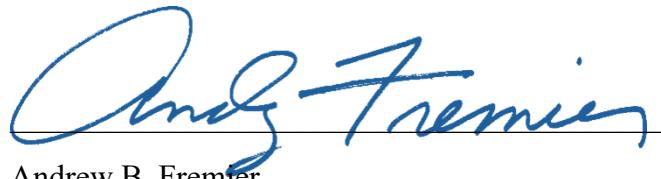
None identified.

**Recommendation:**

Information

**Attachments:**

- Attachment A: Presentation



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