**Commuters’ Transport Mode(s), Reasons and Preferences Differ by Home-to-Work Distance**

**Background:** Although distance is the strongest correlate of walking and cycling for transport, home-to-work distance is often not considered when examining work travel patterns and preferences. This research compared commuters’ transport to work modes, reasons, and preferences by home-to-work distance in Wellington City.

**Methods:** In 2023, 1027 Wellington City residents (61% female) completed the Pōneke/Wellington Transport Survey online. Participants reported current and preferred mode(s) of transport to work and reasons for their transport mode(s). Home-to-work distance was calculated as the shortest driving distance between street centroids, for home and work locations, using the ESRI routing service.

**Results:** Overall, 15% of respondents lived ≤2 km, 37% lived 2-5 km and 48% lived >5 km from their work. Usual and preferred modes of transport to work differed by home-to-work distance. Walking was the most common (70%) and preferred (62%) mode for those living ≤2 km from work. Use and preferences for public transport and private vehicle travel increased with increasing distance. Among those living 2-5 km and >5 km from work, pedal or e-bike use were 14% and 13%, respectively, whereas preferences for those modes were 24% and 20%, respectively. Overall, 27% had no other transport options, with no difference by distance. Convenience (93%), home-to-work distance (85%) and commute time (82%) were most common reasons for mode choice. Reasons differed by transport user groups and home-to-work distance. Physical and mental health, cost, and climate change concerns were frequently reported by pedestrians and cyclists living ≤5 km from their work.

**Conclusions:** Analysis and reporting of commuters’ travel to work patterns, preferences and reasons for mode choice should consider travel to work distance and views of different transport user groups. Understanding context-specific enablers and barriers to walking and cycling for transport is essential for supporting mode shift and achieving health and environmental benefits.