

TRAIN OR PLANE

WITHIN EUROPE –

HOW CAN WE TRAVEL MORE CONSCIOUSLY?

This comparison highlights differences in journey time and CO₂ emissions between train and flight travel across selected European cities.



Journey time by train



Journey time by plane

(including check-in/check-out¹ and transfer²)



Night train



Emissions (train/plane) in kg CO₂ eq.³

Data sources and assumptions: (Data as of October 2025)

Train journeys: Data from Deutsche Bahn (DB) and the Google Directions API; Air travel: Flight times collected via standard flight booking portals; Flight routes via greatcirclemap.com⁴

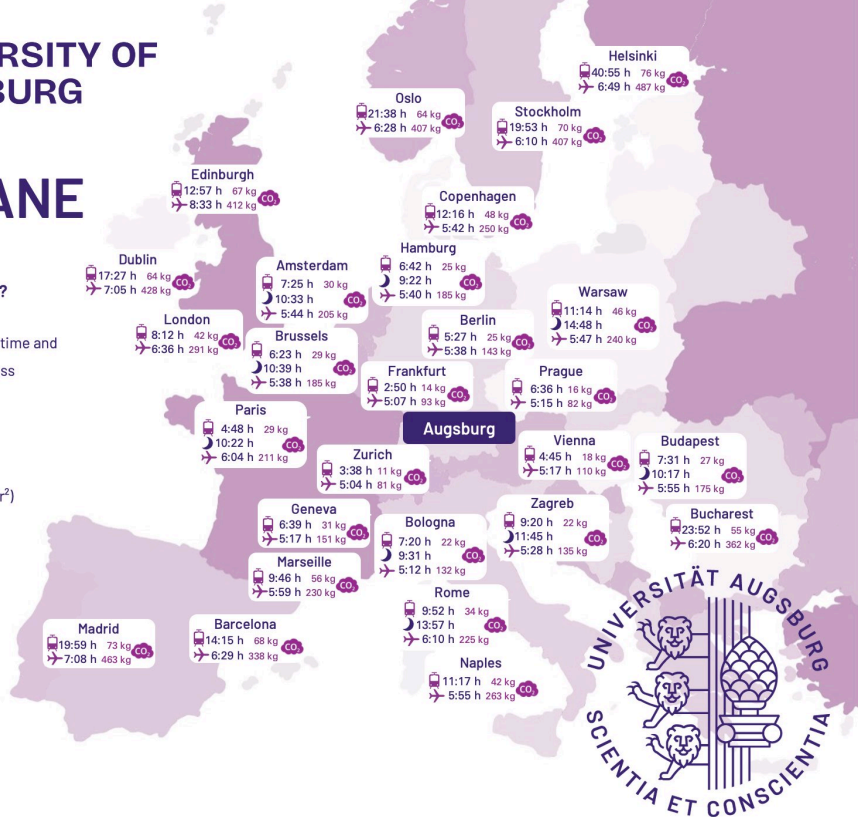
¹ Check-in in accordance with airport guidelines (2 hours); Check-out 0:30 hours

² Transfer to Munich Airport 1:25 h; transfer to city centre at destination according to

Google Directions API (average 0:27 h [0:07-0:40 h])

³ Greenhouse gas emissions according to mobiltool v3.0 / BAFU; train emissions are based on average system emissions. Offset credits are not taken into account in accordance with the GHG Protocol.

⁴ Flight distances are based on the Great Circle Distance and have been multiplied by the DLR factor of 1.058 to account for flight inefficiencies, in accordance with Eurocontrol (DLR 2008; Hurtevant 2021)



Global Environmental Performance Report - Q3 2023					Detailed Analysis of Key Cities				
City	Travel Mode	Duration (h)	kg CO2-eq.	CO2-Reduction vs. Air Travel (%)	City	Travel Mode	Duration (h)	kg CO2-eq.	CO2-Reduction vs. Air Travel (%)
Amsterdam	Train	07:25	30	86%	Copenhagen	Train	12:16	48	81%
	Night train*	10:33	25	88%		Flug	06:42	250	75%
	Flight	05:44	205	78%	London	Train	08:12	42	86%
Barcelona	Train	14:15	68	80%	Flug	06:36	291	76%	
	Flight	06:29	338	72%	Madrid	Train	19:59	73	84%
Berlin	Train	05:27	25	83%	Flug	07:08	463	70%	
	Flight	05:38	143	79%	Marseille	Train	09:46	56	76%
Bologna	Train	07:20	22	83%	Flug	05:59	230	73%	
	Night train*	09:31	18	85%	Naples	Train	11:17	42	84%
	Flight	05:12	132	77%	Flug	05:55	263	71%	
Budapest	Train	07:31	27	84%	Oslo	Train	21:38	64	84%
	Night train*	10:17	22	86%	Flug	06:28	407	69%	
	Flight	05:55	175	75%	Paris	Train	04:48	29	86%
Bucharest	Train	23:52	55	85%	Night train*	10:22	25	87%	
	Flight	06:20	362	70%	Flug	06:04	211	74%	
Brussels	Train	06:23	29	84%	Prague	Train	06:36	16	81%
	Night train*	10:39	23	86%	Flug	05:15	82	78%	
	Flight	05:38	185	73%	Rome	Train	09:52	34	85%
Dublin	Train	17:27	64	85%	Night train*	13:57	38	83%	
	Flight	07:05	428	68%	Flug	06:10	225	72%	
Edinburgh	Train	12:57	67	84%	Stockholm	Train	19:53	70	83%
	Flight	08:33	412	65%	Flug	06:24	407	67%	
Frankfurt	Train	02:50	14	85%	Warsaw	Train	11:14	46	81%
	Flight	05:07	93	79%	Night train*	14:48	40	87%	
Geneva	Train	06:39	31	80%	Flug	05:47	240	70%	
	Flight	05:17	151	76%	Vienna	Train	04:45	18	83%
Hamburg	Train	06:42	25	86%	Flug	05:17	110	77%	
	Night train*	09:22	20	88%	Zagreb	Train	09:20	22	84%
	Flight	05:40	185	71%	Night train*	11:45	28	89%	
Helsinki	Train	40:55	76	84%	Flug	05:28	135	70%	
	Flight	06:49	487	66%	Zurich	Train	03:38	11	87%
Cologne	Train	04:04	19	86%	Flug	05:04	81	75%	
	Flight	05:16	135	78%					
*ab München									