

RYANAIR HOLDINGS PLC
Form 6-K
December 03, 2009

SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 6-K

Report of Foreign Private Issuer

**Pursuant to Rule 13a-16 or 15d-16
of the Securities Exchange Act of 1934**

For the month of December, 2009

RYANAIR HOLDINGS PLC
(Translation of registrant's name into English)

**c/o Ryanair Ltd Corporate Head Office
Dublin Airport
County Dublin Ireland**
(Address of principal executive offices)

Indicate by check mark whether the registrant files or will file annual reports under cover Form 20-F or Form 40-F.

Form 20-F..X.. Form 40-F.....

Indicate by check mark whether the registrant by furnishing the information

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contained in this Form is also thereby furnishing the information to the Commission pursuant to Rule 12g3-2(b) under the Securities Exchange Act of 1934.

Yes No ..X..

If "Yes" is marked, indicate below the file number assigned to the registrant in connection with Rule 12g3-2(b): 82- _____

RYANAIR'S TRAFFIC GROWS 15% IN NOVEMBER

The passenger and load factor statistics for November 2009 for Ryanair, the world's largest international scheduled airline are as follows:

| | Nov 08 | Nov 09 | Increase | 12 mth to 30 Nov 09 |
|-------------------------|---------------|---------------|-----------------|----------------------------|
| Passengers (m) 1 | 4.32M | 4.96M | +15% | 64.8M |
| Load Factor 2 | 79% | 80% | +1% | 82% |

1. Represents the no of earned seats flown by Ryanair.
2. Represents the no of pax as a percentage of total seats available.

Ends.

Thursday, 3rd December 2009

For further information:

Stephen McNamara - Ryanair

Pauline McAlester - Murray Consultants

Tel: 00 353 1 812 1212

Tel: 00 353 1 4980 300

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned, hereunto duly authorized.

RYANAIR HOLDINGS PLC

Date: 03 December, 2009

By: ___/s/ Juliusz Komorek___

Juliusz Komorek
Company Secretary