

Outdoor Sports in Protected Areas



EUROPARC
F E D E R A T I O N



A scenic photograph of a mountain landscape. In the foreground, a calm lake reflects the surrounding environment. The middle ground is filled with dense evergreen forests. In the background, towering, rugged mountains with rocky faces and patches of snow rise against a clear sky. The image is partially framed by blue geometric shapes: a large triangle on the left and two parallel diagonal lines on the right.

What is Outdoor Sports?

A decorative graphic in the bottom right corner consisting of several overlapping triangles in various shades of light blue, creating a geometric pattern.





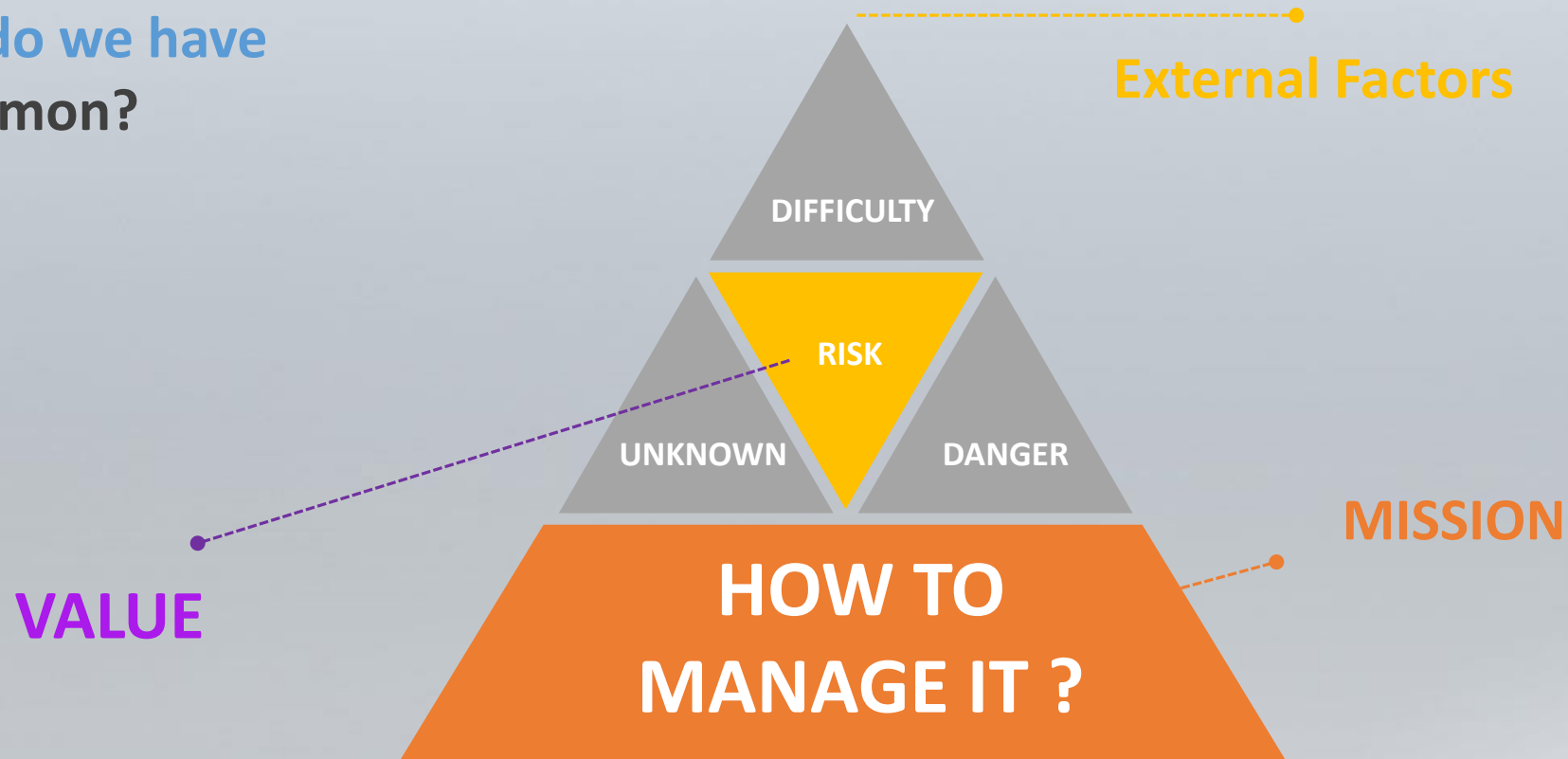






Outdoor Sports scanner

What do we have
in common?



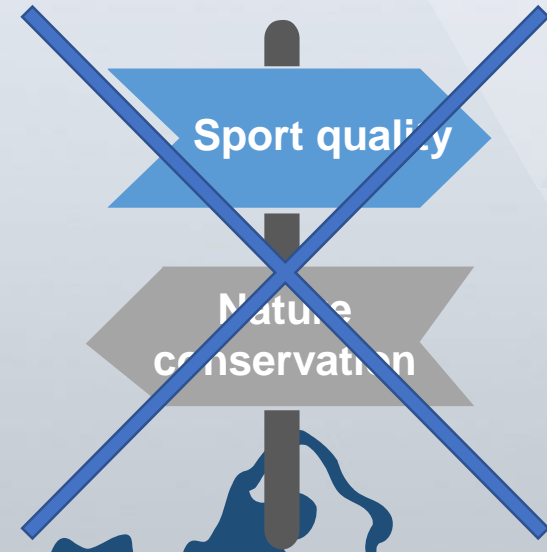
An aerial photograph of a rugged coastline. Large, dark, craggy rocks are scattered along the shore, meeting a sandy beach. The water is a vibrant turquoise color, with white foam from the waves washing onto the sand. Lush green vegetation covers the land behind the rocks. The image is framed by blue diagonal lines.

What about
the project?

Decorative geometric shapes in shades of blue, including a large triangle on the left and a cluster of smaller triangles on the right, framing the central text.

Target(s)

We usually think they have opposed paths.

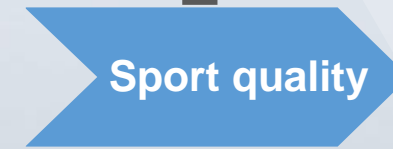


REAL Target

“As guests in these natural spaces, we will inevitably create an impact. It is our responsibility to minimise harmful effects, so that we can continue enjoying nature in a harmonious way”



ENOS
European Network
of Outdoor Sports



Inverse planning



Guidelines

Promote good conduct

Reality check

Collect data

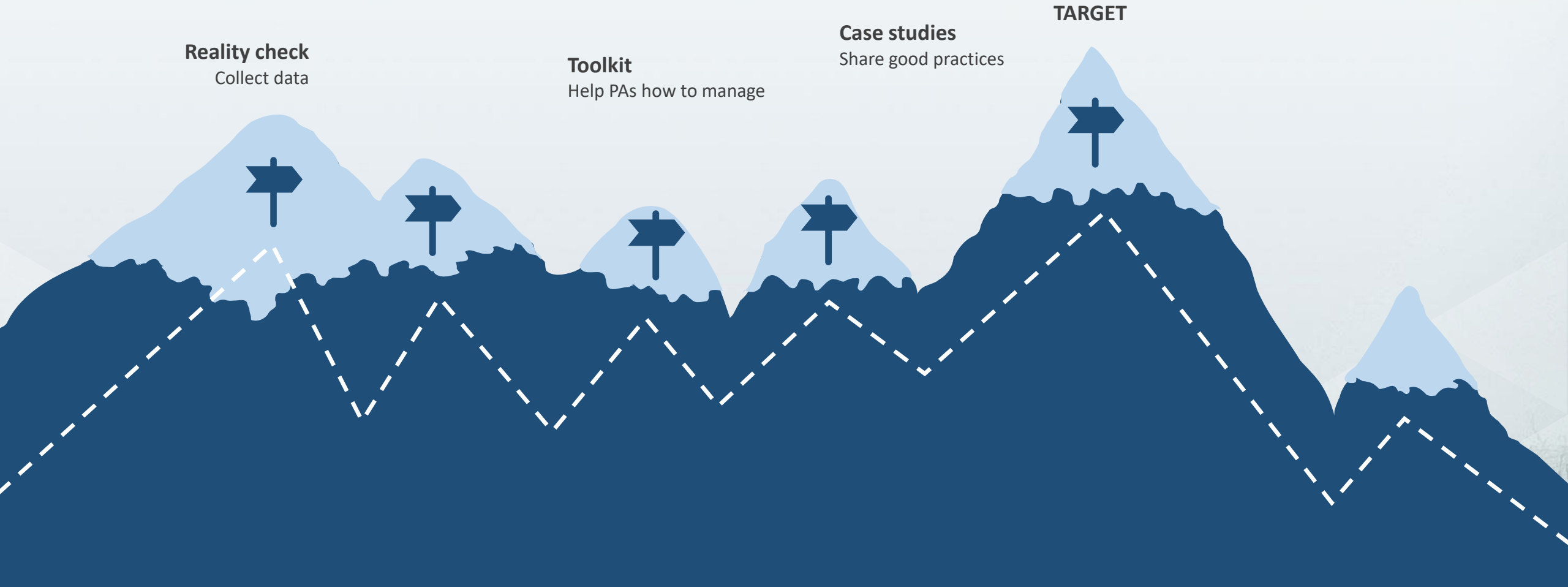
Toolkit

Help PAs how to manage

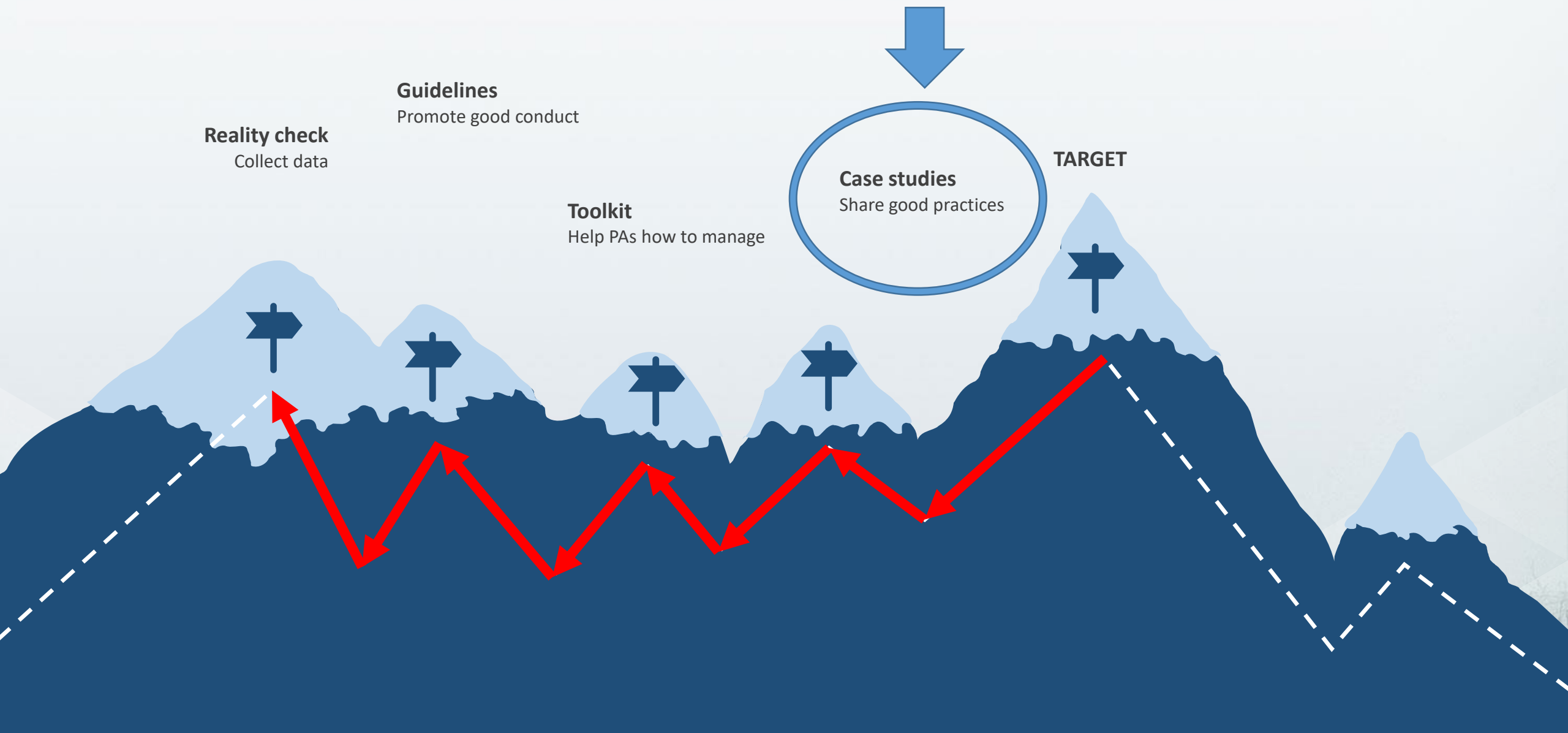
Case studies

Share good practices

TARGET



Inverse planification



Agenda



Previous actions

After creating MoU with ENOS, first campaign is to create 10 principles to promote good conduct among practitioners, preserving the natural heritage in PAs

10 Good Principles for Outdoor Sports in PAs

Diffusion + Languages + Customize



Step forward

Go deeper into different disciplines in order to create tools to manage conflicts and negative externalities

Case studies

Toolkit

EVENT



Contents Here

<https://www.europarc.org/nature/outdoor-sports/>



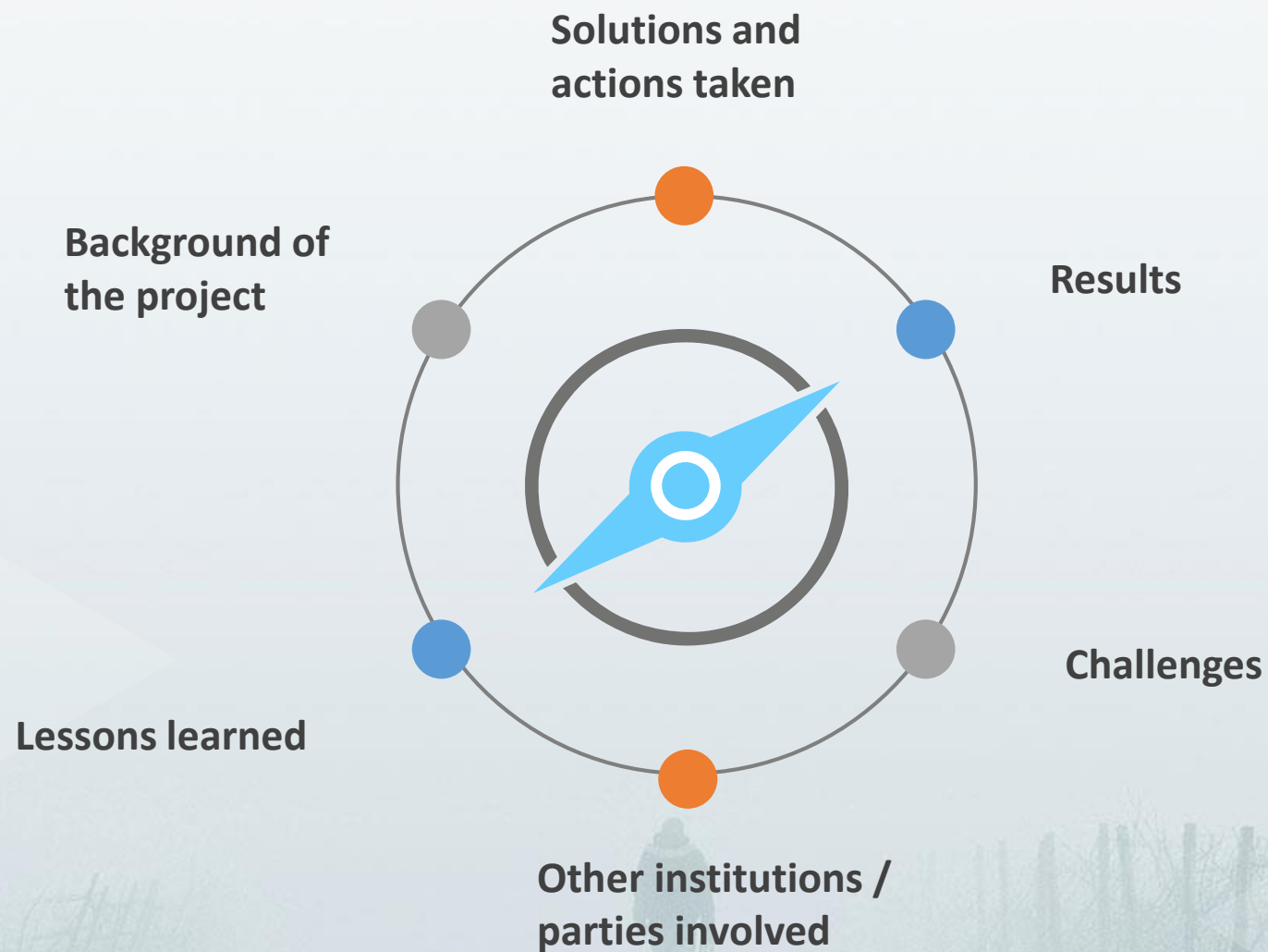
A photograph of a rugged, rocky coastline with a prominent orange-brown rock formation in the center, set against a blue sky and sea. The image is partially obscured by blue geometric shapes.

Case studies (RE)CONNECT

Categories



General questions





Specific questions

01

Current status

- Strategy + vision
- Management criteria + regulation
- Opportunities + demand

03

Planning + managing

- Appropriateness of the location
- Minimization of environmental impacts
- Track design and construction + maintenance
- Availability of resources to provide and maintain the experience: funding, partnership, volunteering
- Provision of a quality experience and balancing competing visitor demands / visitors safety

04

Communication

- Communicating existing and new opportunities: signage, maps, website, connecting the others on park experiences, Rules of the Trail (Code of Conduct), education, events...
- Priority projects + research + connection with other projects (health, tourism, culture, economy)
- Evaluation

KEY ASPECTS

Monitoring



Carrying capacity



Payback schemes





Case study: Aree Protette dell'Ossola – using ECST



Trail Network: Hiking, cross country ski, snowshoes

‘RESICETS’ project: collaboration/dialogue + training, diffusion

SOLUTION: Communication strategy using European CHARTER for Sustainable Tourism network



Case study: Aree Protette dell'Ossola – using ECST



Aree protette
dell'Ossola

Scopri di più



IN INVERNO

L'inverno è una stagione affascinante per frequentare la montagna: paesaggi fantastici, panorami mozzafiato e divertimento sulla neve.

Scopri di più



BE PART OF THE MOUNTAIN

Scopri di più



IN ESTATE

L'estate è la stagione dell'attività fisica, del movimento e delle gite fuori porta. Le montagne costituiscono un richiamo irresistibile per gli appassionati delle attività outdoor

Scopri di più



MATERIALI E DOWNLOAD



Case study:

Samenwerkingsverband nationale parken – Building trust

Trail Network: Hiking, mountain biking, walking, horse riding

‘Support for nature’: Collaboration/dialogue:
conservation organization + sport associations

SOLUTION: Creating tool to build common projects



Case study:



Samenwerkingsverband nationale parken – Building trust

up Sport for Nature



[Home](#)
[Wat is S\(up\)port voor Nature](#)
[Hoe werkt S\(up\)port for Nature](#)
[Voordelen S\(up\)port for Nature](#)
[Stappenplan](#)
[Aanvraagformulier](#)
[Partners](#)
[Contact](#)
[Logo gebruik](#)

Wat is S(up)port for Nature?

S(up)port for Nature is een vrijwillig natuursysteem dat voor zowel terreinbeheerders als organisatoren van sportevenementen in bos- en natuurterreinen een toegevoegde waarde kan hebben. Het is erop gericht te zorgen dat sportevenementen geen schade en overlast veroorzaken. Een terreinbeheerder kan een organisator vragen om S(up)port for Nature te gebruiken, maar organisatoren kunnen het ook vrijwillig toepassen. Het toepassen van S(up)port for Nature is overigens geen garantie voor toestemming, maar laat een terreinbeheerder wel zien dat alle mogelijke stappen zijn ondernomen om een evenement zo natuurvriendelijk mogelijk te organiseren.

S(up)port for Nature bevat twee onderdelen:

- **Voorwaarden voor de natuurvriendelijke organisatie van het sportevenement**, bijvoorbeeld m.b.t. flora, fauna, afval, bewegwijzering, waarschuwen omwonenden, afschermen kwetsbare gebieden e.d.
- **Richtlijn voor een financiële vergoeding voor de instandhouding van het gebied**. Het beheer van bos- en natuurgebieden kost veel geld en de huidige inkomstenbronnen, waaronder subsidies, dekken lang niet alle kosten. Het gevolg is dat maatregelen, die de kwaliteit van het gebied in stand houden of vergroten achterwege blijven. Beheerders zijn van mening dat sporten en recreëren tot het normale gastheerschap behoort, maar dat voor het toestaan van sportevenementen best een financiële bijdrage gevraagd kan worden voor de instandhouding van het gebied, immers, sporten en recreëren in zo'n geweldige omgeving is een voorrecht.



S(up)port for Nature



Case study:
Scarpe-Escaut Regional Natural Park
- N2000 Prize



Trail Network: Hiking, mountain biking, running

‘Bienvenus les sportifs’ project:
accompagnement, guidance and knowledge
transmission

SOLUTION: work together with the organizers and
federations to understand the reason for the restrictions

[illegible]



Case study: Guadeloupe National Park – marine activities



Activities: navigation, snorkeling, diving, kayaking...

Good Behavior Practices: from swimming till
bird watching (reducing impact)

SOLUTION: select the most suitable professionals to work in
the area and make them work with the rules



Case study:

Guadeloupe National Park – marine activities



GUIDE DES BONS COMPORTEMENTS DANS LES ESPACES MARITIMES DU PARC NATIONAL DE LA GUADELOUPE

Le Parc national de la Guadeloupe a pour mission principale de préserver les écosystèmes marins et terrestres situés sur son territoire. Le respect de la réglementation et l'adoption de bons comportements sont les conditions nécessaires à l'exercice durable et partagé de toute activité s'exerçant dans cet espace naturel protégé. Le présent guide des bons comportements, rédigé et signé par le Parc national et ses partenaires, s'adresse à l'ensemble des usagers des espaces maritimes du parc national.

JE M'ENGAGE À :

Comportements éco-responsables

- rapporter mes déchets et ceux des autres
- ne pas faire de feu au sol
- ne pas faire de bruit
- ne pas utiliser de vaisselle jetable
- ne pas rejeter des eaux de lavage et de nourriture
- ne pas vidanger les cuves d'eaux grises et noires
- ne pas nourrir ni déranger les animaux
- ne pas prélever ni manipuler la flore
- respecter la charte de whale-watching
- ne pas faire de travaux d'entretien du navire en mer

Comportements liés à la navigation et au mouillage

- avoir un navire propre, bien réglé et en bon état de fonctionnement
- limiter au maximum les émissions de gaz à effet de serre et les pollutions sonores et olfactives
- réduire ma vitesse à 5 noeuds à moins de 300m du littoral et des mangroves
- utiliser les mouillages



Topics

Biodiversity Conservation

Capacity building & Training

Climate Change

Communication and Promotion

Community involvement

Ecosystem Services

Environmental Education

EUROPARC

European Policy

Forestry

Fresh Water Ecosystems

Green Infrastructure

Health & Green Exercise

IMPACT Interreg Europe

Invasive Species

Landscape & Cultural Heritage

Large Carnivores

Marine & Coastal

Meadows and Grasslands

Natura 2000

Outdoor Sports

Toolkits

Learn about the topic "Health-green-exercise" through our different toolkits.



Health & Well-being
benefits from Parks &
Protected Areas

If you prefer you can browse among the different resources we have for the topic "Health & Green Exercise":

Case studies





General Case Study questions:

Contact name + Institution name – Website + Region & country + Summary

Daniele Piazza

Aree protette dell'Ossola – RESICETS project

<http://www.areeprotetteossola.it/it/conservazione-e-ricerca/progetti-in-corso/resicets/muoversi-consapevolmente>

Italy → Alpe Devero (others do not have sports)

Summary: RESICETS is a 3-year-project that analyse different sport disciplines, making the difference between summer and winter season: hiking (summer) ski, backcountry aski and snowshoes (winter). For reasons like the track characteristics or the altitude, MTB aren't really common, even though the new E-bikes could change this situation. With this project they provide the general guidelines for minimising the impact of outdoor activities in the local fauna and environment in general, and they achieve to involve all the stakeholders, from tour operators, businesses or mountain guides associations, using the format and basis of the CHARTER in order to make them spread the content and really take care of the offer the park provides to the visitors, presenting it as an added value.

Addressing at local level the impacts of recreational activities on habitats and species in protected areas is an important and difficult task: to manage it requires an integrated strategy involving the participation of all stakeholders involved in the local tourism chain (including users) and an overview. Adequate information for tourists is therefore needed, as well as training for operators and adequate management tools for protected areas. CIPRA Italia is the Ossola Protected Areas Management Authority on the RESICETS project - Environmental recreational activities in the protected areas of the Ossola, through the European Sustainable Tourism.

This is an articulated initiative that involves different actors of the local tourism information, awareness and also economic and territorial development: the European Sustainable Tourism - CETS, through its PHASE II promotes in fact the certification of operators (guides, escorts, accommodation activities) who commit themselves to the Authority for the management and reduction of the impacts of recreational activities, among the first ones activated in this field.

Background of the project:

-How was the situation previous to your actions?

The park starts collecting data and monitoring in 2004/2006 with a Life Project monitoring but then no further actions, no managing. It's in 2013 when due to the decision to take first steps, and 5 years later in 2018 after achieving a certain balance between all the stakeholders involved in the park's development, when they decide to RESICETS together with the foundation CARIPLO.

-What were the needs you identified?

One of the most interesting points of this project is that while they identify the issue in order to offer quality sports experiences while limiting the impact on the environment, of carrying out the project is not a response to an emergency situation or a so-called contrary. It is a strategic vision that allows us to anticipate the necessary measures.

Returning to the need, it is obviously to combine the main activities of the park with a maintenance of the local flora and fauna, so that the increase or maintenance of one of the fields do not affect the other, achieving a balance.

Solution and actions taken:

-What solution you found to cover those needs?

According to this agreement between the environment and sports activities, the solution lies in the ability to motivate all the actors involved in the life of the park, in order to transmit this message, these environmentally friendly guidelines, without reducing the range of activities. The actors would range from users to mountain guides or equipment rental shops. The project identifies 4 objectives:

- To increase the awareness and the participation of local actors in the problem, also through a perspective of economic development of their commitment.
- Propose alternative, shared and attractive solutions.
- To increase the awareness of the users through positive messages and to induce voluntary and conscious changes.
- Improve the effectiveness of nature planning, with the identification of vulnerable areas and appropriate mitigation/regulation measures.

-What actions did you take to reach the solution?

-Aree Protette Dell'Ossola

-Fondazione CARIPLO

-CAI – Club Alpino Italiano

-ALPARC: Rete delle Aree Protette Alpine → Be Part of the Mountain → This is a shared communication campaign to raise awareness among hikers and outdoor enthusiasts of the problem of the impact of use on the natural resources of protected areas in the Alps, and to give greater visibility to local initiatives launched in individual territories. Be Part of the Mountain is an international cooperation project that aims to bring together protected areas, environmental NGOs, public bodies, Alpine clubs and testimonials throughout the Alps. The main objective is to trigger virtuous behaviour among winter sports practitioners, through the exchange of good practices, the development of common tools for raising awareness and dissemination of information.

-Others: hotels, tour operators, mountain guides schools, local business, private partnerships...

Results:

-What is the situation now, after your actions?

To speak of results would be to say the least misguided, due to the incipient phase of the project, and according to the tempo of the project, the fruit of a forward-looking vision and not of an emergency, the results are analysed in a relaxed way and with an objective focused on maintaining acceptable levels of equilibrium, more or less in line with the objectives of the project.

In any case, the best result obtained with the implementation of the project is to have achieved the collaboration and involvement of so many actors: a collaboration that goes beyond the seminars organized annually by the park in relation to each of the sports disciplines and their development in the protected area, and transcends all the events organized by private actors, from mountain safety courses to sports competitions, where it is possible to devote time to raising awareness about the impact of activities and the common objective of natural conservation.

Challenges:

-What were the main problems or difficulties you had to face?

-As a main challenge, in addition to the technical complications of elaborating a monitoring techniques sufficiently representative for the rest of the visitors, would be to bring the actors together and involve them in the same mission.

-Another challenge is to get local administrations involved, as they may be the parties most reluctant to accept the project, under the suspicion that the local economy may suffer.

-An outstanding challenge would also be the capacity to analyse tangible results, due to the intrinsic

The lesson learned is that collaboration between stakeholders is much easier when a win-win situation arises for everyone, so that the park increases its natural conservation goal and operators can offer improved experience packages.

Specific Outdoor Sports:

Current status:

-Strategy/vision → what do you want to achieve? More conservation/more sport quality?

-Policy/regulation

Management Plan of the Special Conservation Area - SAC and Special Protection Area - SPA IT 11400016 "Alpi Veglia e Devero - Monte Giove"

-Management criteria

Not forbidding. Collaboration. Involvement of stakeholders. Training + information + sharing.

-Opportunities and demand

Analysed through monitoring process. Reports in the website. Description below.

Planning + Managing:

- Appropriateness of the location: Nature reserves and wilderness areas characteristics + Transport and facilities

Within the three protected spaces, it is the Alpe Devero that has the ideal characteristics for the practice of sport, the other two being neither known nor adequate in this field.

Important information to note regarding transport: there is one single car park, which is also the only access point to the park. This facilitates not only monitoring tasks but also the user to reach the relevant communications before the start of the trails.

-Monitoring:

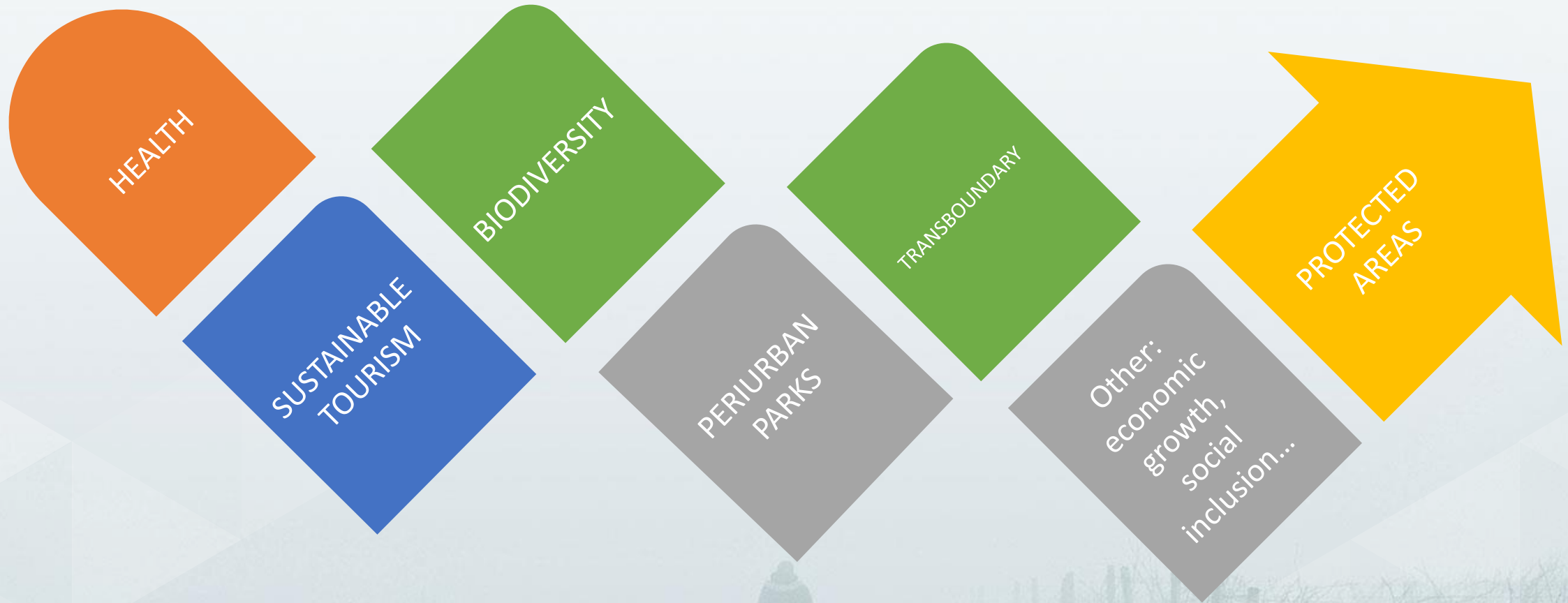
In the first phase of the project, one of the most important tasks was carried out: the monitoring of visitors. Through the collection of qualitative data (through interviews/questionnaires) and quantitative data (counting of visitors entering through the car park), a comprehensive analysis of the situation is carried out in order to study all types of information, from the personal characteristics of the visitors, to their knowledge of the area or their aspirations when entering the protected space. In addition, frequency maps are analysed in order to understand which are the most visited routes, the number of users of the car park, or the size of the groups of visitors. Once results have been obtained that reflect visitors' needs and preferences, they are compared with those obtained about 10 years earlier to draw conclusions about the evolution of demand. This monitoring is carried out by park staff. At the same

A photograph of the Aurora Borealis (Northern Lights) in shades of green and blue, dancing over a range of snow-capped mountains and a calm lake. The image is framed by a large, stylized blue 'V' shape that extends from the top left towards the center.

Why is it
IMPORTANT?

A decorative graphic in the bottom right corner consisting of several overlapping triangles in various shades of light blue, creating a geometric pattern.

Re (connect)



The background features a scenic view of snow-capped mountains rising above a thick layer of white clouds. The sky is a soft gradient of pink and purple. The image is framed by large, stylized geometric shapes: a large pink triangle on the left and two parallel blue diagonal stripes crossing the scene. In the bottom right corner, there is a cluster of light blue triangles of various sizes.

Steps FORWARD

What's next?



Raise awareness

Showcase case studies,
outcomes, benefits...



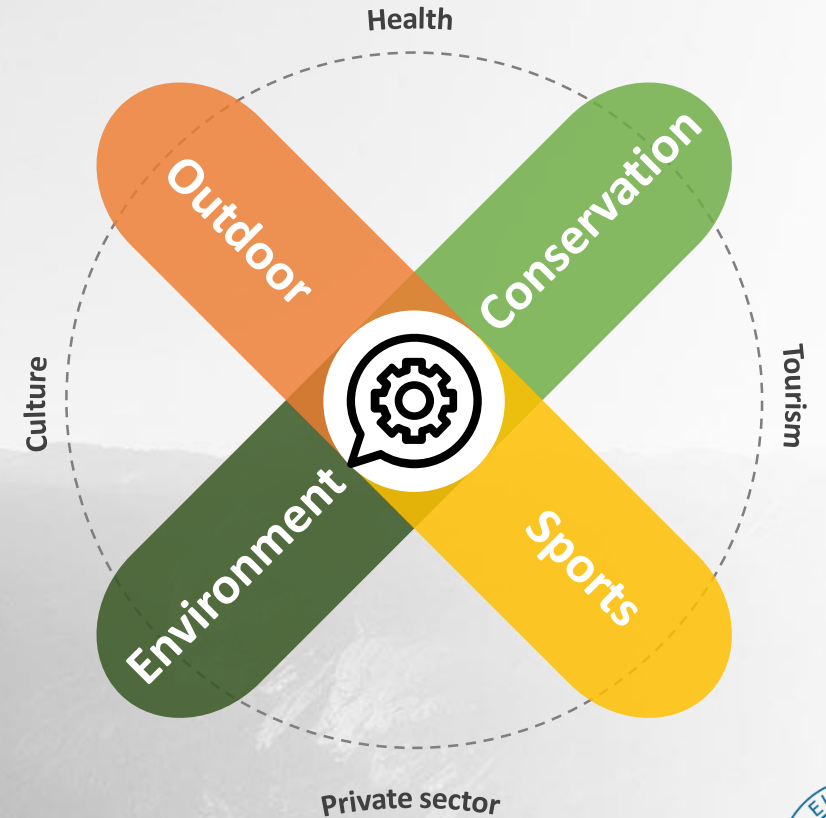
Interact

EU Institutions, networks,
private brands, Universities,
Administrations, ONGs, others



Create Network

Working with the principles and
the shared vision





Thank you

Alberto Robles García