

# SUSTAINABILITY AND ENVIRONMENTAL EDUCATION IN OUTDOOR SPORTS

Strengthening the partnership between Outdoor Sports and Protected Areas



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**EUROPARC**  
F E D E R A T I O N



Co-funded by the Erasmus+ Programme of the European Union

## About the International Mountain Bicycling Association Europe

- Non- profit umbrella for national mountain biking associations, advocacy groups and trail associations (grassroots level)
- Representation mountain biking at EU level
- Dedicated network for municipalities, DMO's, regions, National Tourism Boards, forestry services, trail centers
- Training / education in the field of trail development, construction & maintenance



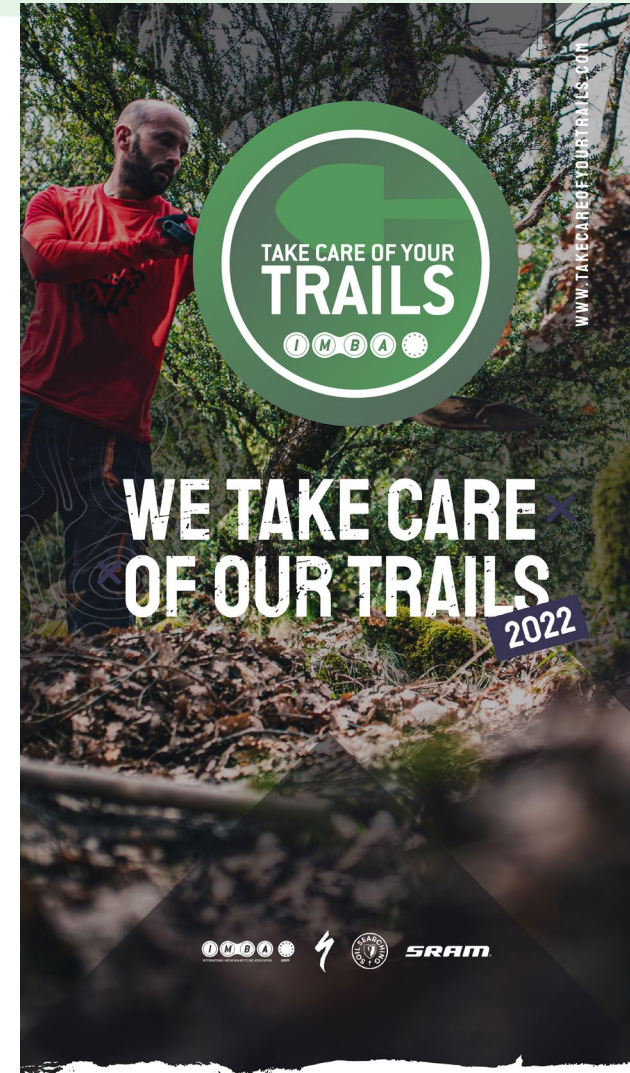
Originated as a competitive sport, mountain biking subsequently developed more and more as a widespread leisure activity, a culture of its own, and even an important pillar in the tourism sector. As a result of mountain biking's increasing popularity, the sector seized as many opportunities as it faced challenges. This new strategy builds upon the opportunities mountain biking can provide to society but also addresses challenges like access, responsible riding behaviour and nature conservation.

## Priorities Strategy 2025

- Mountain biking for everyone and mountain biking that benefits health, sustainability and economies
- Riding close to home and destinations that excite
- Strong, diverse and vibrant MTB communities
- Sustainable riding and trail building

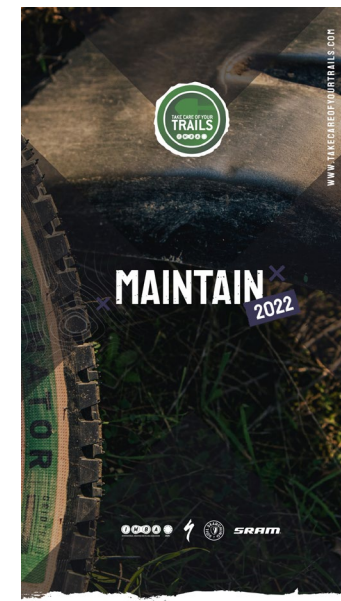
## TRAIL STEWARDSHIP BY MTB VOLUNTEERS

- European campaign since 2017
- Trail repair, maintenance, clean-up and build efforts
- Promote / highlight volunteer work
- Strengthen relationships with land / NP / PA managers
- Mitigate impact by better maintained recreational trail infrastructure
- Pre-covid results; 152 actions in 15 countries, 2517 volunteers and + 15000 hours of volunteer work
- Increased feeling of nature connection and willingness to protect the place we love to explore



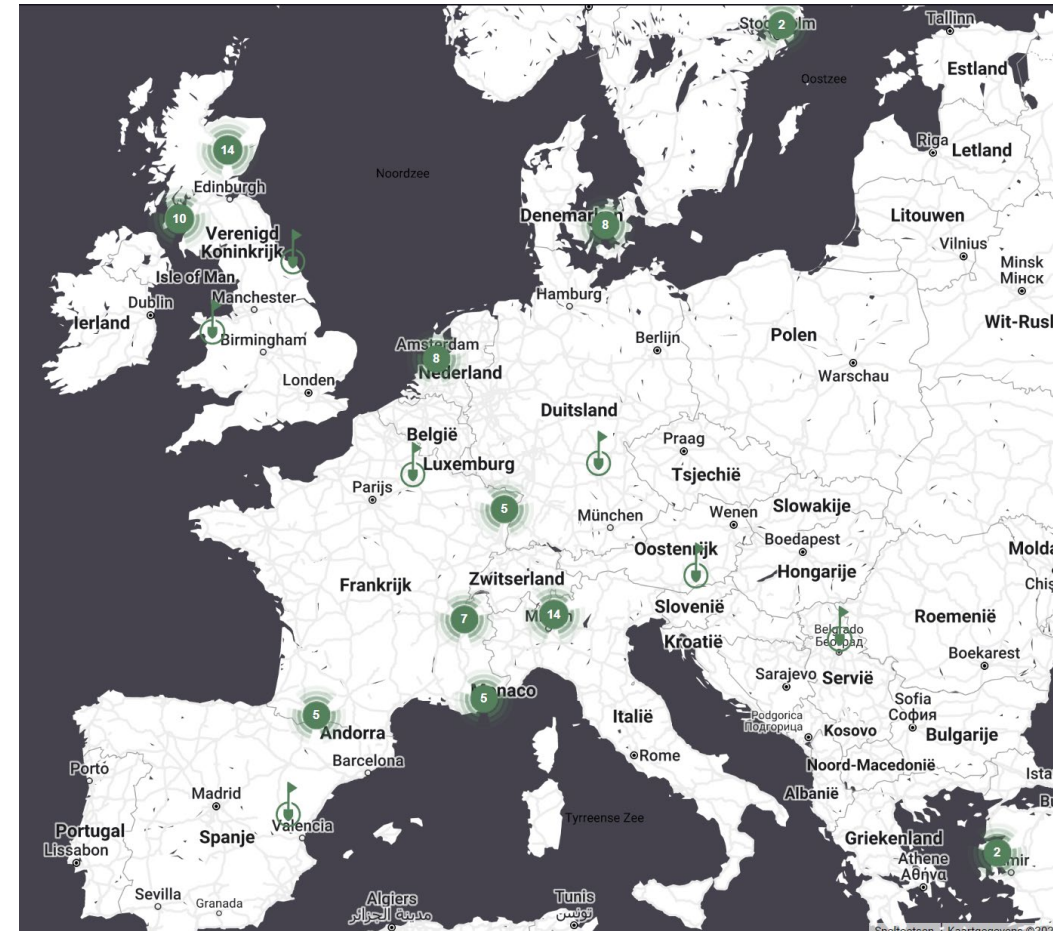
## 2022 – NEW GOALS, NEW DIRECTION

- Protect & Preserve
- Link with Earth Day, European Day of Parks, Trash Free Trails
- Partnering with EUROPARC - matchmakers between NP/PA managers and local groups
- Campaign runs until June 4th
- New Protect & Preserve award
- Grant for project that combine MTB & nature conservation



## GOOD PRACTICE

- UK: repairing paths & protecting peat bog on Cut Gate
  - Peak District NP, Ride Sheffield, Peak District MTB & More
- Netherlands: volunteers removing invasive species, fundraising for a fauna (badger) tunnel, planting thicket
  - NP Utrechtse Heuvelrug & MTB Utrechtse Heuvelrug
- Scotland: Capercaillie project, repairing, reducing & better planning of trails
  - Cairngorms NP & Developing Mountain Biking in Scotland
- More partnerships to come



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## 10 Good Principles for Outdoor Sports in Protected Areas

### Plan your visit sustainably

When we enter a Protected Area, we all make an impact on the natural environment no matter how small this might be. It is important not just to care for ourselves but the nature around us. Nature is inviting you into her home, be a good guest!



Come on foot, bike or public transport as a priority.



When using private vehicles, try to share the ride.



Circulate with caution and park in the spaces reserved.

### How to make the most out of your visit and to take care of the Protected Area?

**1 You are a privileged guest.**  
Stay in the trails, respect the natural environment and regulations to guarantee the beauty of the place.

**2 Plan your activity carefully.**  
Gather the information you need to enjoy your activity and the place; you will appreciate it better.

**3 If you come with a dog,**  
take extra care of it. Follow the regulations. Dogs can disturb other species.

**4 Take care of yourself and others.**  
and be prepared to help others, regardless their sport.

**5 Everyone wants to enjoy the place.**  
Give way to other users; anticipate that they often do not feel or see you coming, respect speed limits.

**6 Help us to keep this place clean.**  
Leave no trace and take with you the waste you make.

**7 Night is for species to be alone.**  
Avoid going in the night for your safety and let the animals live in peace.

**8 Keep "secret places" secret!**  
Use social media and GPS tracks with responsibility and according to official regulations.

**9 Avoid excessive noise.**  
Enjoy the quietness and calm, animals need quietness as we do.

**10 See it, Say it, Sort it!**  
If you see something wrong, tell the park. Open your eyes, appreciate nature and enjoy!

### Get Out & Get Into Nature

[www.outdoor-sports-network.eu](http://www.outdoor-sports-network.eu)  
[www.europarc.org](http://www.europarc.org)



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SCAN ME!

