Active Cairngorms
Cairngorms National Park
Active Cairngorms

A strategy for outdoor access in the National Park.
Active Cairngorms

• What is it?

  – At its heart Active Cairngorms aim is for all residents and visitors to enjoy and use the Park for physical activity once a day.
  – Active Cairngorms is divided into three themes where we in partnership can make the biggest difference – Active Places, Active Management and Active Promotion.
  – To deliver Active Cairngorms the Park Authority convenes and chairs the Active Cairngorms Partnership. This partnership is made up of NHS, Paths for All, SNH, Sustrans, SportScotland and land management representatives.
Active Places

Improve design of existing outdoor and active travel infrastructure.
Active Management

Reduce the environmental impact of outdoor Recreation.
Active Promotion

Increase levels of physical activity.

Welcome to Nature’s Gym
On your marks. Get set... GO...
... Let's get active Cairngorms

Why Exercise...
It's medically proven that people who do regular physical activity have:
- 30% lower risk of early death
- up to a 35% lower risk of coronary heart disease and stroke
- up to 50% lower risk of type 2 diabetes
- up to 30% lower risk of breast cancer
- up to 10% lower risk of depression
- up to 10% lower risk of dementia

Recommended physical activity levels
- Children (5-13): 180 mins every day
- Youths (13-18): 60 mins every day
- Adults (19-64): 150 mins every week
- Adults (65+): 150 mins every week

Active promotion to date
2,004 Health Walks Delivered (COAT)
From April 2011 - Jan 13

Tread Lightly in the Park: Responsible access campaign
Also produced promotional boards, maps, flags and banisters.

Communities with path leaflets:
Aviemore
Atholl
Ballater
Braemar
Boat of Garten
Cambridge
Dalwhinnie
Dulnain Bridge
Glen Clova
Glen Esk
Grantown-on-Spey
Kingside
Laggin
Newtyle
Strathdon
Tomintoul

Active Promotion
Munros 55
Corbetts 26
Mountain Bike Centres 3
Ski Centres 3
Outdoor Activity Centres 9
Community Path Leaflets 16
Ranger Services 12

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Priorities

1. Complete long distance route extensions
2. Support delivery of Active Aviemore
3. Develop health walks in the Park
4. Develop Volunteer Ranger Service
5. Celebrate being active in the Park with events such as Wee Walks Week
Case Study 1
Active Promotion- promoting walking
The Path Manager’s Guide to Grading

Standard waymarked path grading system for Scotland
Beach Trail

Meander through the beautiful pine, birch and alder woods by the Allt Mor burn and Loch Morlich’s golden sands.

Largely wide, smooth gravel and tarmac surface, with slightly uneven and loose sections. Some short fairly steep slopes. Includes two road crossings.

1½ miles / 2.4 kms
Allow 1 hr

www.pathsforall.org.uk/pathgrading
Case Study 2
Health Walks
Why health walks?

The National Walking Strategy for Scotland Vision: A Scotland where everybody benefits from walking as part of their everyday journeys, enjoys walking in the outdoors and where places are well designed to encourage walking.

– We support 25 Health Walks across the National Park and on its boundaries:
– We support 96 Volunteer Health Walk Leaders, with one group which is delivered by a paid member of staff (Alzheimer’s Scotland) once a month:
– 420 walkers are currently registered with the project.
Some successes

- Each community in the CNP area has access to a health walk:
- We’ve worked in partnership with two GP practices over the last two years to develop health walk groups.
- We are developing partnerships and providing training to allow us to engage with particular populations who would benefit from regular physical activity: eg those living with alzheimers, dementia, heart disease or cancer.
- We are also working with partners to provide progression routes beyond health walks, eg: Next Step walks, Ranger-Led walks, linking to community sports hubs.
Some challenges

- Accessibility:
- Understanding:
- Diversifying:
- Succession.
The future of health walks

• *Moving beyond communities of interest:* We’re now piloting Dementia Friendly Accreditation for one of our Health Walks, and considering rolling this out more generally across the CNP in coming years if possible:

• *Ongoing training, celebration and support:* In an area with very dispersed health walk groups, it’s important to build a shared identity and sense of community between the volunteer health walk leaders to help maintain engagement. We organise ongoing training, networking and celebration events for them to come together (eg events during Wee Walks Week) as well as ensure CNPA staff walk with the groups at least twice a year.
The Big Challenges

What works to influence behavior change in inactive people?

• How do we connect with inactive people? How do we encourage inactive people use the Park’s outdoors to be more active?

Are there 'game changers' which could have a significant impact on increasing outdoor activity?

• How do we break free from the curse of Action Plans? Every organization has their own action plan with a wide a range of projects that rarely deliver real change, so how do we decide what the real game changers are, and focus on two or three projects that will have regional and national impact?
Any questions?