



ENOS

European Network  
of Outdoor Sports

# A platform where knowledge, practice, and policy converge

We serve multiple audiences:

**Governance bodies** – ministries, local authorities, Olympic committees, and other public institutions seeking evidence-based guidance to design policies that balance sport, health, environmental, and social goals.

**Outdoor sports organizations** – associations, clubs, and NGOs promoting participation, social inclusion, and responsible practices.  
Environmental actors

**Protected areas, environmental foundations,** and agencies working to ensure outdoor sports are compatible with biodiversity and nature conservation.

**Research and education institutions** – universities, training centers, and experts generating knowledge to guide practice and policy.

**Industry partners** – destinations, tourism operators, outdoor education providers, and tech innovators enabling high-quality and sustainable outdoor experiences.



Founded 2014 ENOS has currently 75 member organisations in 19 countries



# ENOS Members and stakeholders

## Protected areas



## ONGs



## Industry associations



## Outdoor platforms



## Universities and research labs



## Ministries and competence centres



## Environmental agencies



## Foundations



## Olympic Committees



## Training centres



## DG Commission



## Organisations int.



## Programmes



## Local authorities



## Sport associations



# What we do



## FACILITATING KNOWLEDGE EXCHANGE

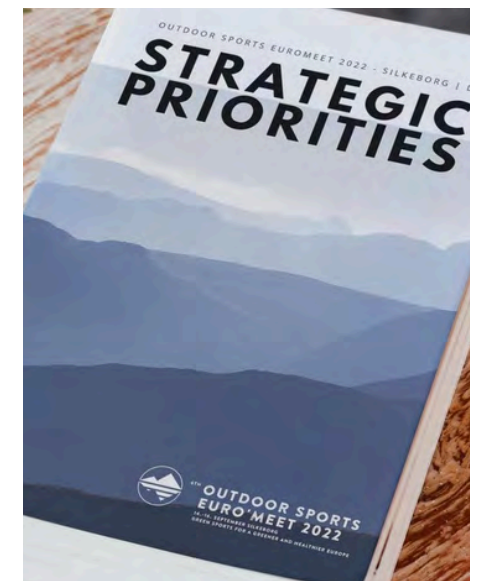
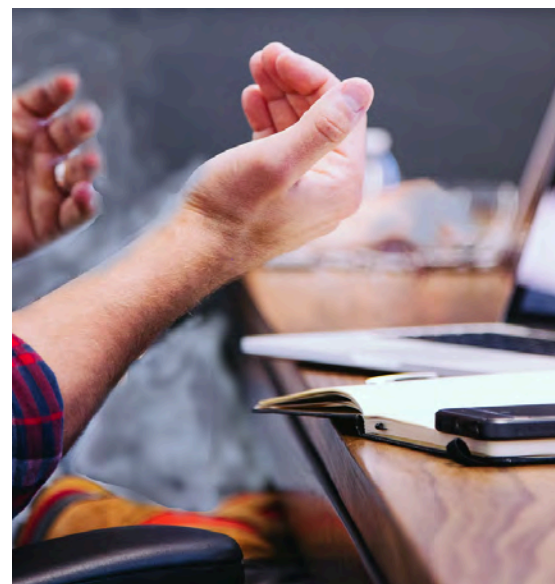
We connect individuals, organizations, and professionals through conferences, workshops, webinars, and collaborative projects to share expertise and best practices in outdoor sports

## EMPOWERING STAKEHOLDERS

We strengthen the outdoor sports sector by supporting capacity building, fostering innovation, and encouraging cross-border and cross-sector cooperation. We also promote funding opportunities, facilitate projects, and provide essential resources and networking spaces.

## ALLIANCE AND EVIDENCE-BASED ADVOCACY

We collaborate with policymakers, sports organizations, and environmental agencies to ensure outdoor sports are accessible, sustainable, and inclusive.





 **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?**

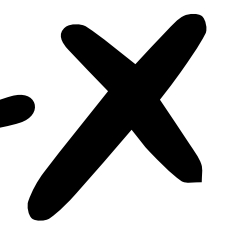
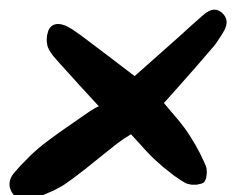
- 1 You are a privileged guest.**  
Stay in the trails, respect the natural environment and regulations to guarantee the beauty of the place.
- 2 Plan your activity carefully.**  
Gather the information you need to enjoy your activity and the place; you will appreciate it better.
- 3 If you come with 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)



**SEE**  
SUSTAINABILITY AND  
ENVIRONMENTAL EDUCATION  
IN OUTDOOR SPORTS





Common perceived issues caused by outdoor sports in protected areas

Overcrowding

Erosion

Conflicts with other users

Unleashed dogs

Parking issues

Littering

Practicing in restricted areas

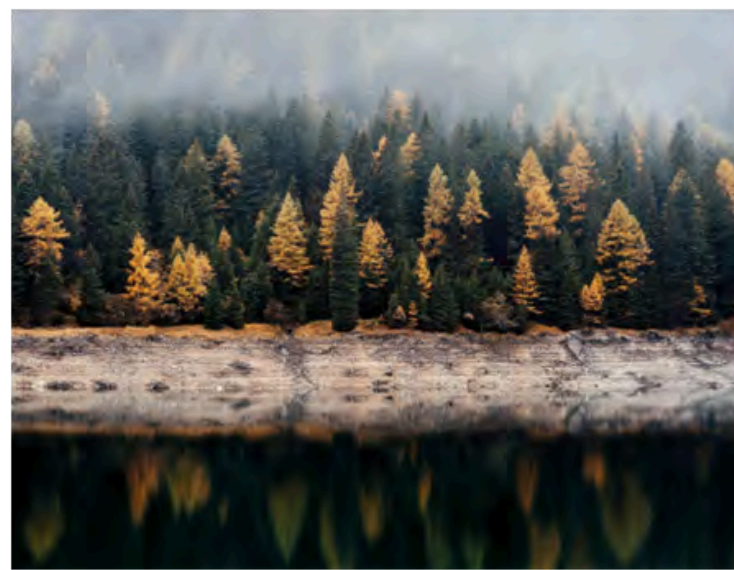
Disturbing wild fauna



SUSTAINABILITY AND ENVIRONMENTAL EDUCATION IN OUTDOOR SPORTS

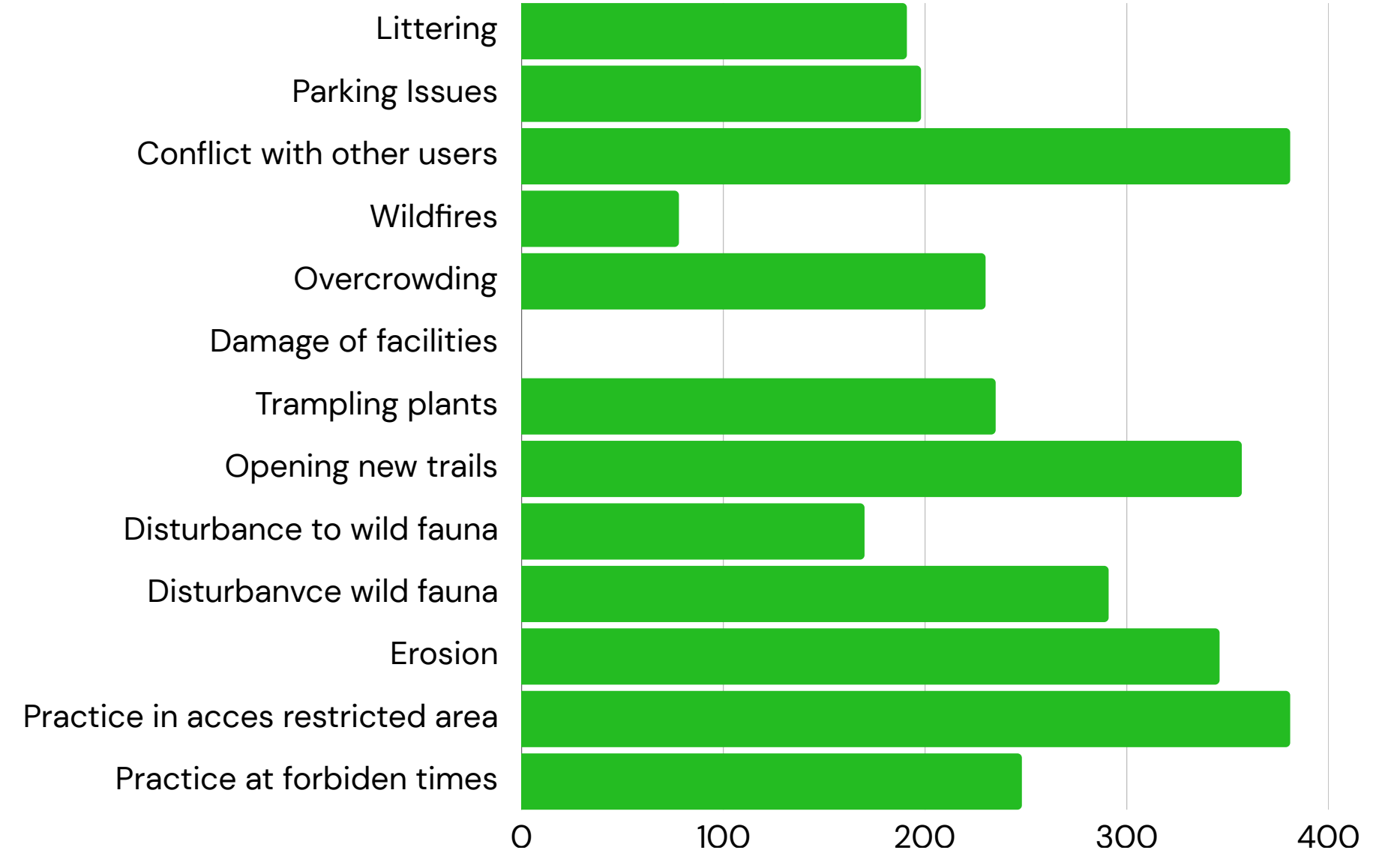
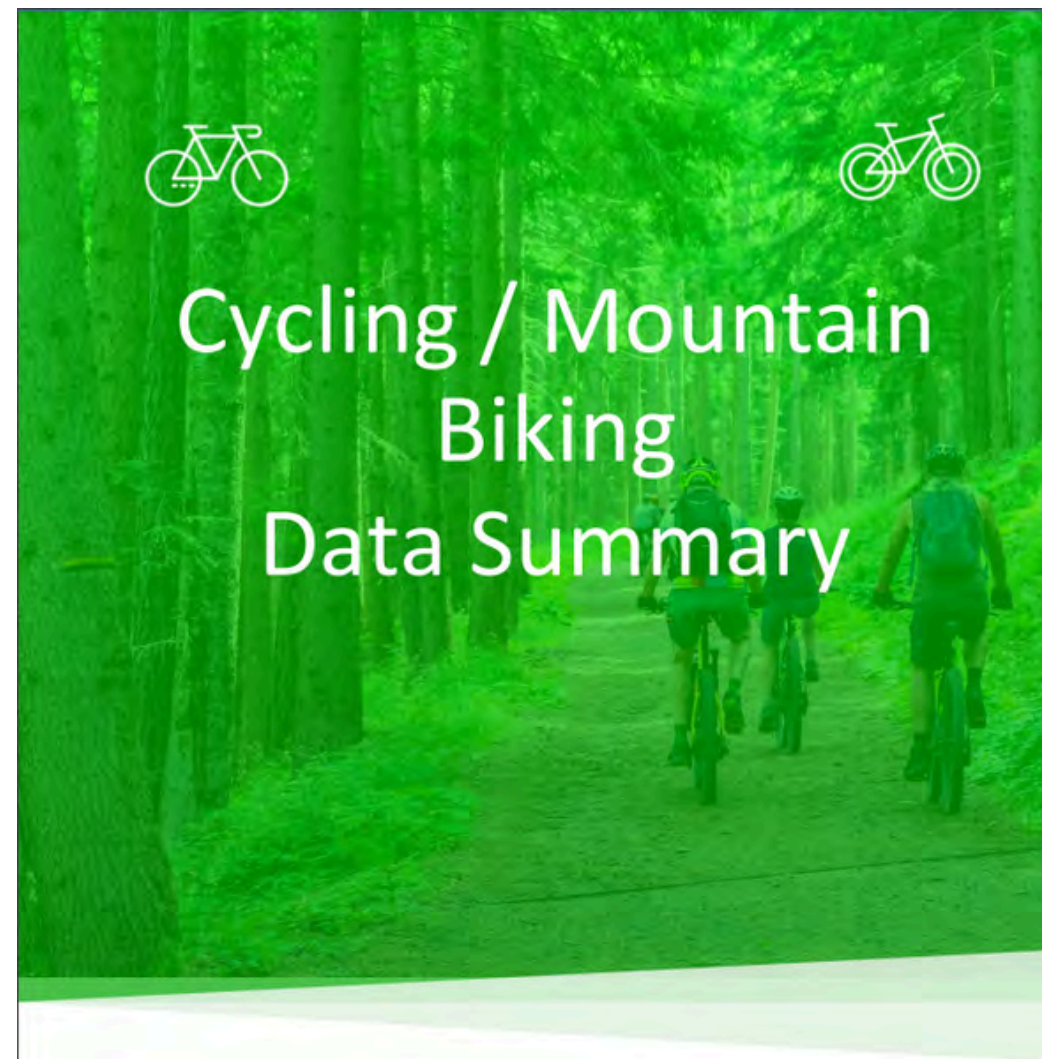


Figure 10: Average perceived score (0-6) caused by outdoor sports





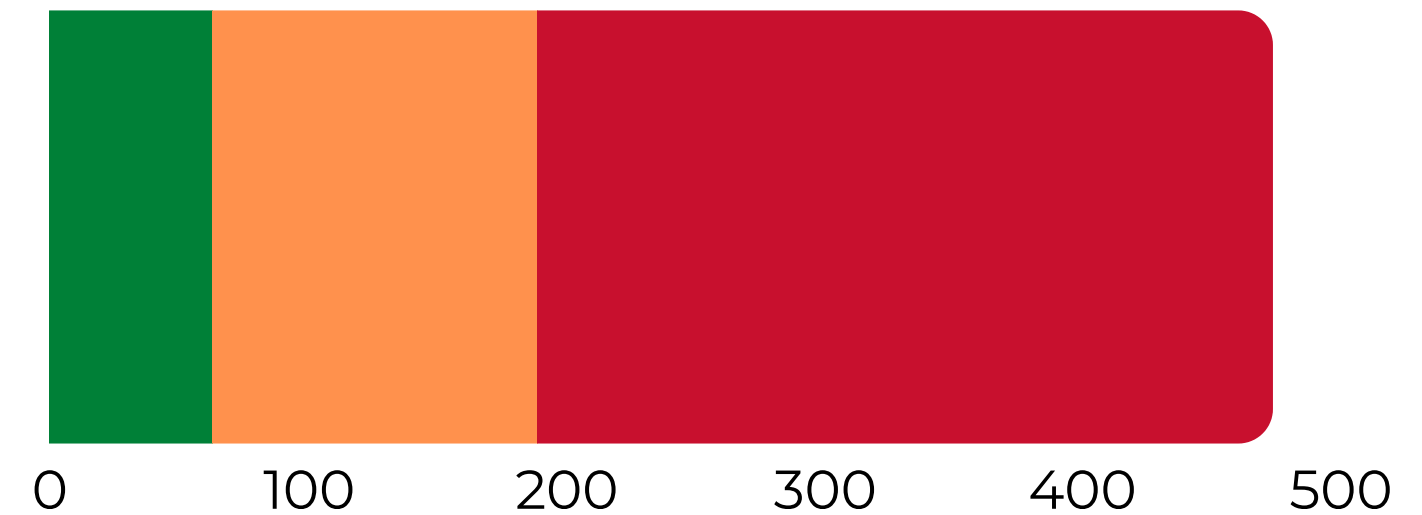
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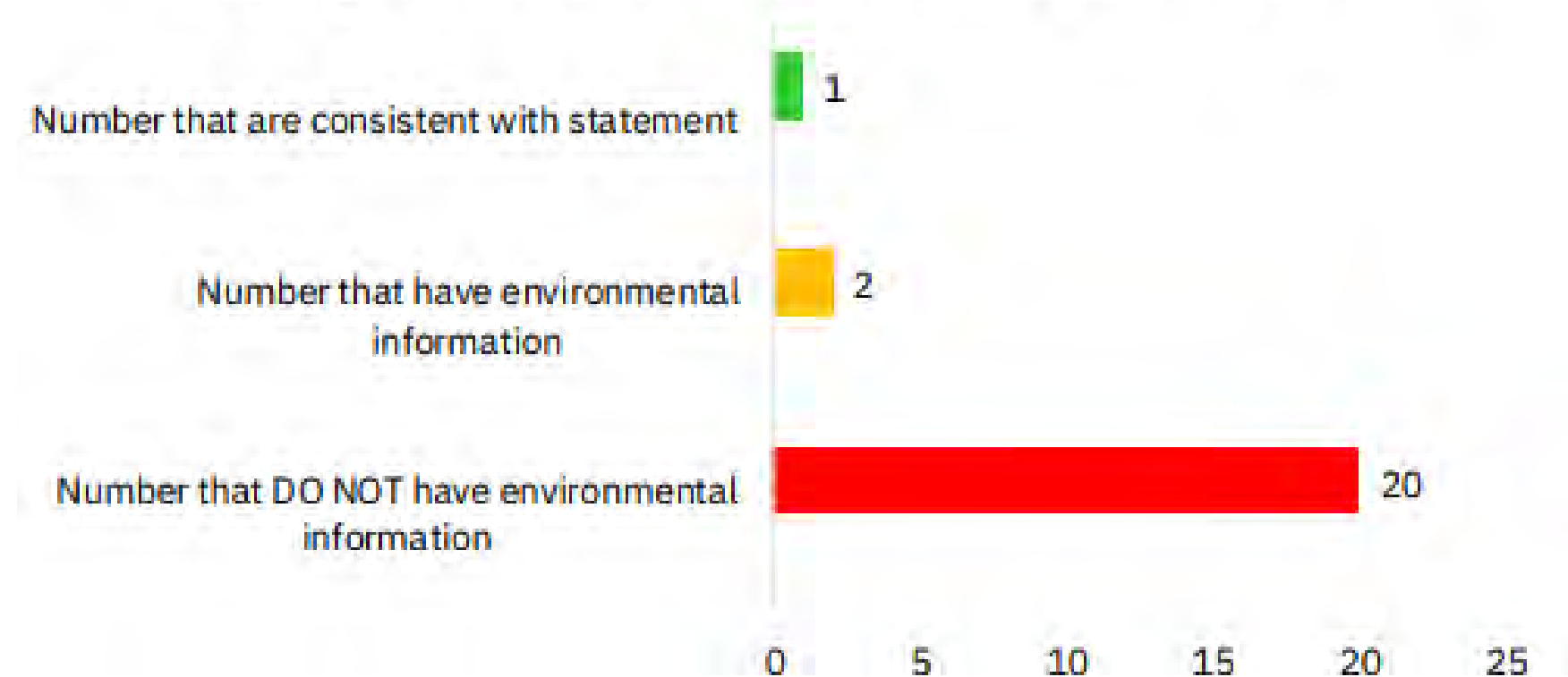
# Environmental communication across the Outdoor sports associations

Out of 411 analyzed websites, 63 meet the standards defined within the project framework.

- High quality environmental information
- Basic or non-specific environmental inf..
- No environmental information



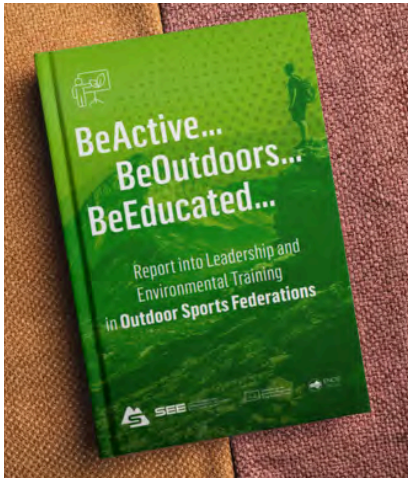
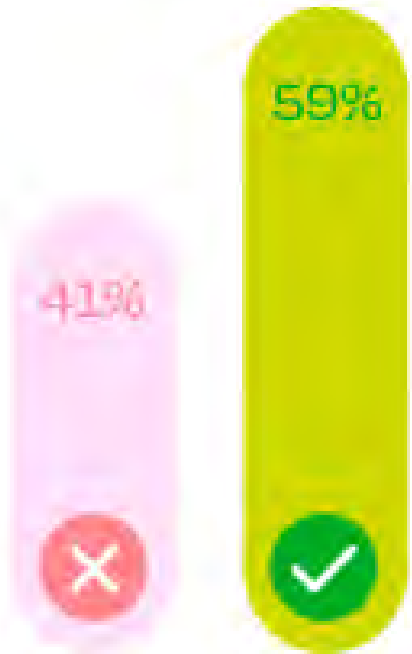
## Cycling federations' websites and environmental information



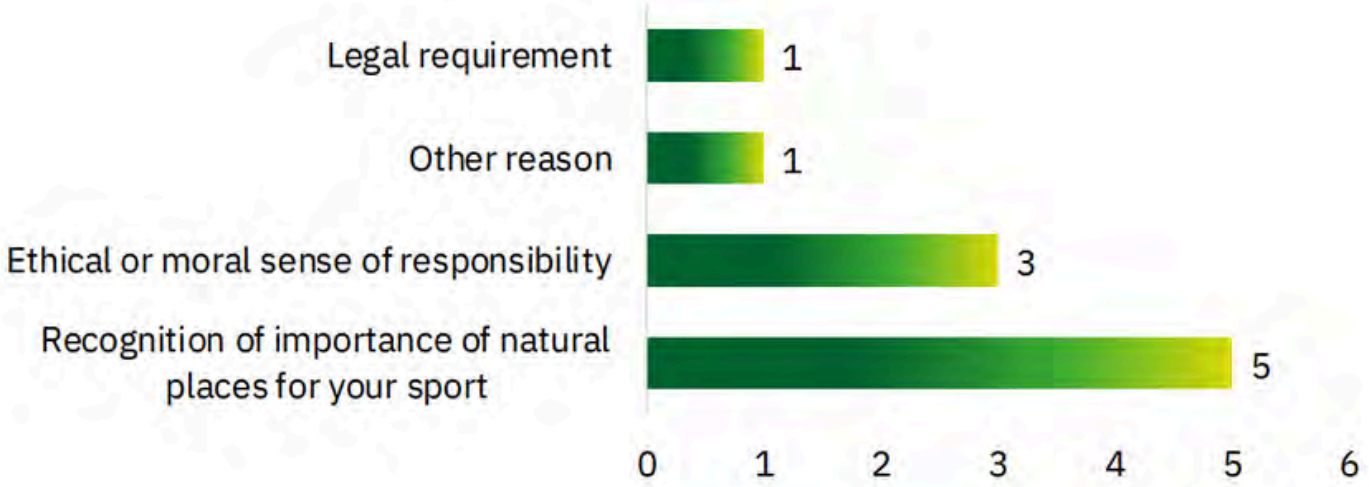
# Environmental Education in educators and guides Training Programs



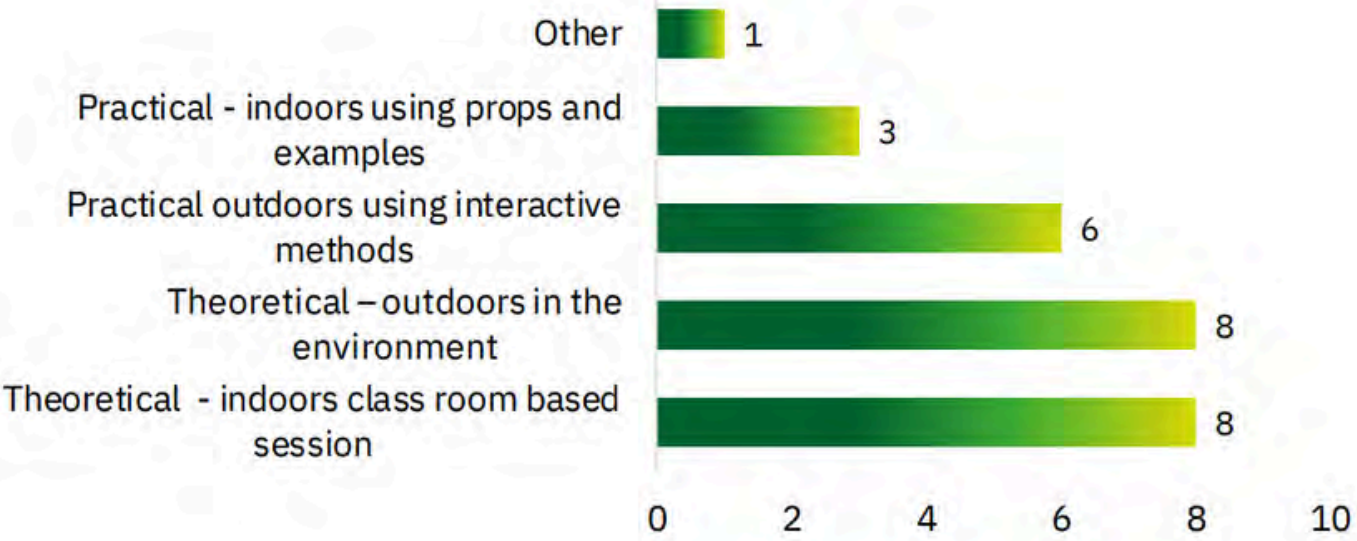
Figure 4 Do you provide environmental training for outdoor leaders / guides / instructors as a required part of their training course?



Why Training is Provided



Training Methods Used



Average % of Time Spent on courses





## BeActive Top 20 Recommendations on what should be done next for Outdoor sports in Protected Areas!

All agree that Outdoor Sports and Protected Areas need constructive engagement, effective management and responsible, sustainable and nature-sensitive participation.

Having undertaken an analysis of the results of the survey, these **Top 20 Recommendations** for Protected Area managers, Outdoor Sports practitioners and their respective European networks will enable everyone to **BeOutdoors!**

### For Protected Area Managers

1. Engage with Outdoor Sports stakeholders on a regular basis and work together on collaborative projects, communication and the management of activities in the area.
2. Ensure that any regulations are grounded by research on causality and collaborate closely with the sports stakeholders.
3. Engage with the sports stakeholders to gain volunteers to help with nature conservation projects.
4. Share and promote good practice and keep EUROPARC informed on good case studies for sharing across Europe.
5. Promote the ENOS – EUROPARC 10 good principles for responsible use of protected areas.

### For EUROPARC Federation

The largest European network  
of Protected Areas

6. Collect and provide good practices on outdoor sport management.
7. Build capacity among its members on sport management in Protected Areas.
8. Promote roundtables and dialogue events with the outdoor sport sector.
9. Provide communication support.
10. Promote the ENOS – EUROPARC 10 good principles for responsible use of protected areas.

### For Outdoor sports Federations, Clubs and Educational/Training Organisations

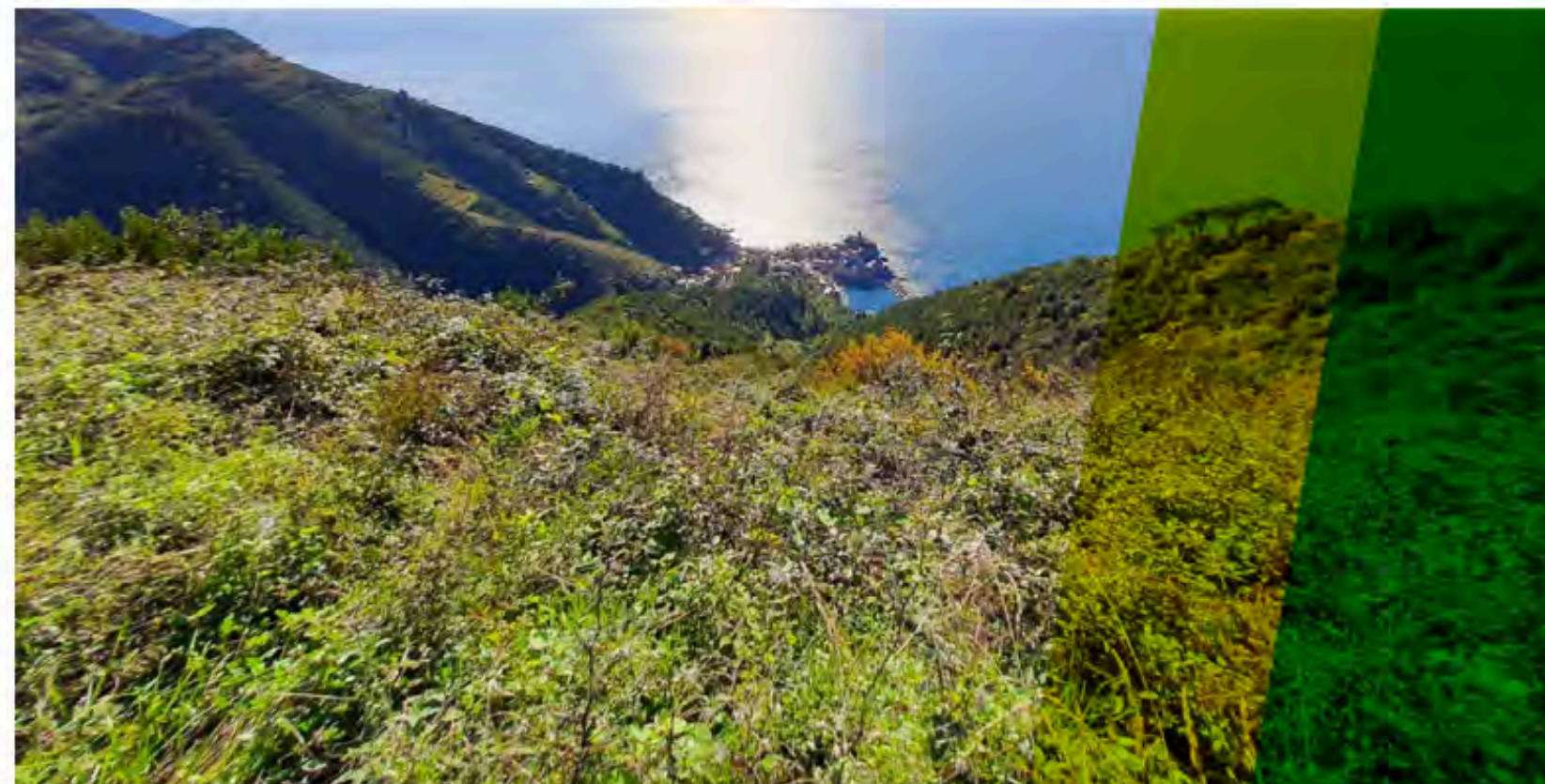
11. Address issues and perceived negative impacts, through education and training courses to encourage, responsible, sustainable pro-environmental behaviour.
12. Communicate to members and practitioners on the regulations and policies as well as responsible and respectful behaviour in natural and protected areas.
13. Seek to engage with the Protected Area managers in your country or region and suggest engagement and collaborative working.
14. Promote the ENOS – EUROPARC 10 good principles for responsible use of protected areas.

### For All Outdoor sports Enthusiasts and Practitioners

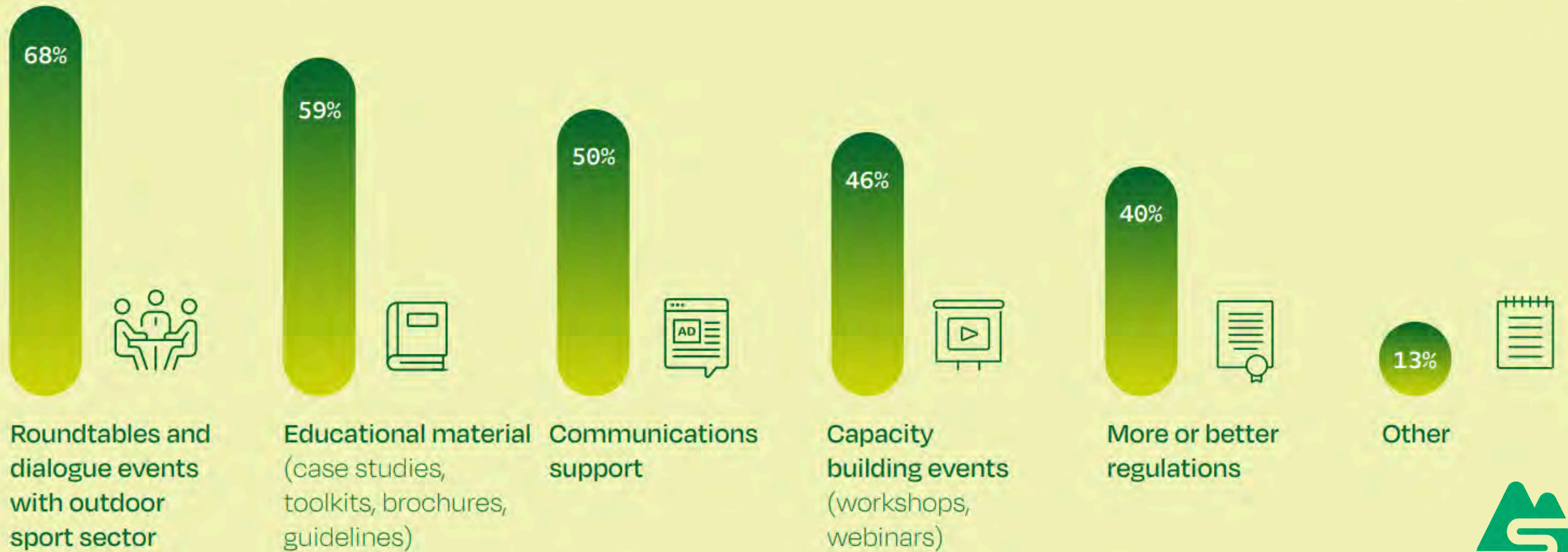
15. Appreciate and value the opportunity the Protected Area offers you to enjoy your sport in nature.
16. Respect regulations, plan carefully and co-operate with Protected Area staff and rangers and follow the ENOS – EUROPARC 10 good principles for responsible activity in Protected areas.
17. Get involved as nature advocates and seek out opportunities to volunteer and “give back” to your local area and act to protect and restore our natural areas.

### For ENOS The European Network of Outdoor Sports

18. Explore opportunities to gain deeper insight on attitudes and barriers to responsible behaviour in natural areas.
19. Promote roundtables and dialogue events with the nature sector.
20. Promote the ENOS – EUROPARC 10 good principles for responsible use of protected areas.



# SUPPORT NEEDED TO IMPROVE OUTDOOR SPORTS MANAGEMENT & COORDINATION



## DIFFERENT GOALS

Coordinating efforts across these sectors can be difficult when their missions don't align

## VARYING ORGANIZATIONAL CULTURES

Each sector may have its own organizational culture, norms, and decision-making processes

## COMMUNICATION AND INFORMATION SHARING

Sharing information and data across sectors can be hindered by the lack of opportunities to meet and share information

## RESOURCE CONSTRAINTS

Resource allocation and budgeting vary between sectors, making it challenging to balance and distribute resources effectively when working together

## POLITICAL AND INTERESTS CONFLICTS

Political and vested interests within each sector can lead to conflicts and competing agendas that hinder collaboration

## LACK OF TRUST

Building trust between sectors is crucial for successful collaboration. However, historical conflicts or misunderstandings can create barriers to trust

## COORDINATION AND DECISION-MAKING

Coordinating actions and making decisions across sectors often requires extensive communication, negotiation, and consensus-building, which can be time-consuming





**CONNECT**

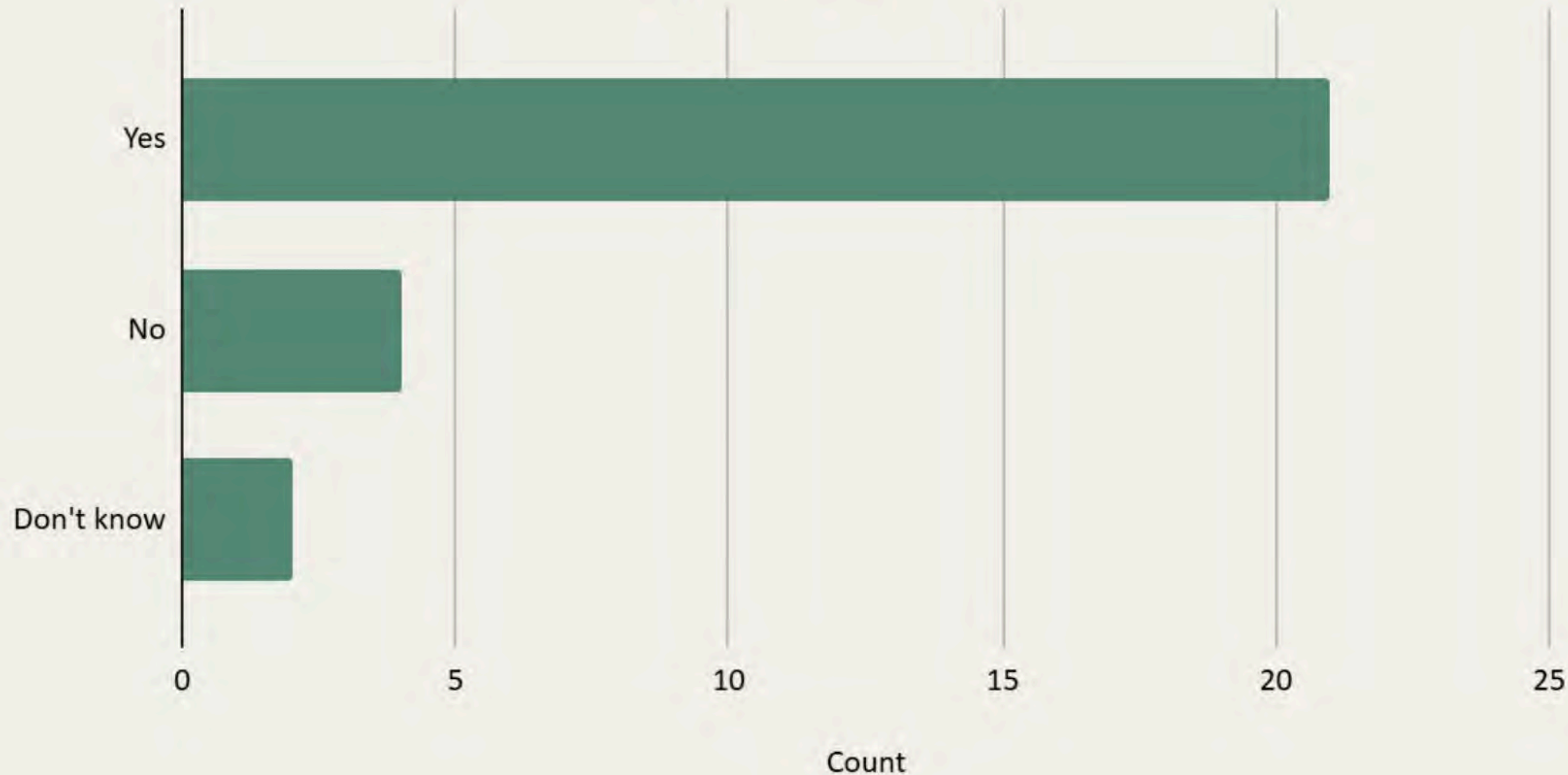
*Reconnecting Sports and Nature*



- **Benchmarking**
- **Co-creation  
(pilot sites)**
- **Capacity  
Building/  
Guidance**

Manerli Regional Park, Lithuania, by Laurynas Aronavičius

# Do any of your PAs collaborate with any outdoor sports/recreation organization?

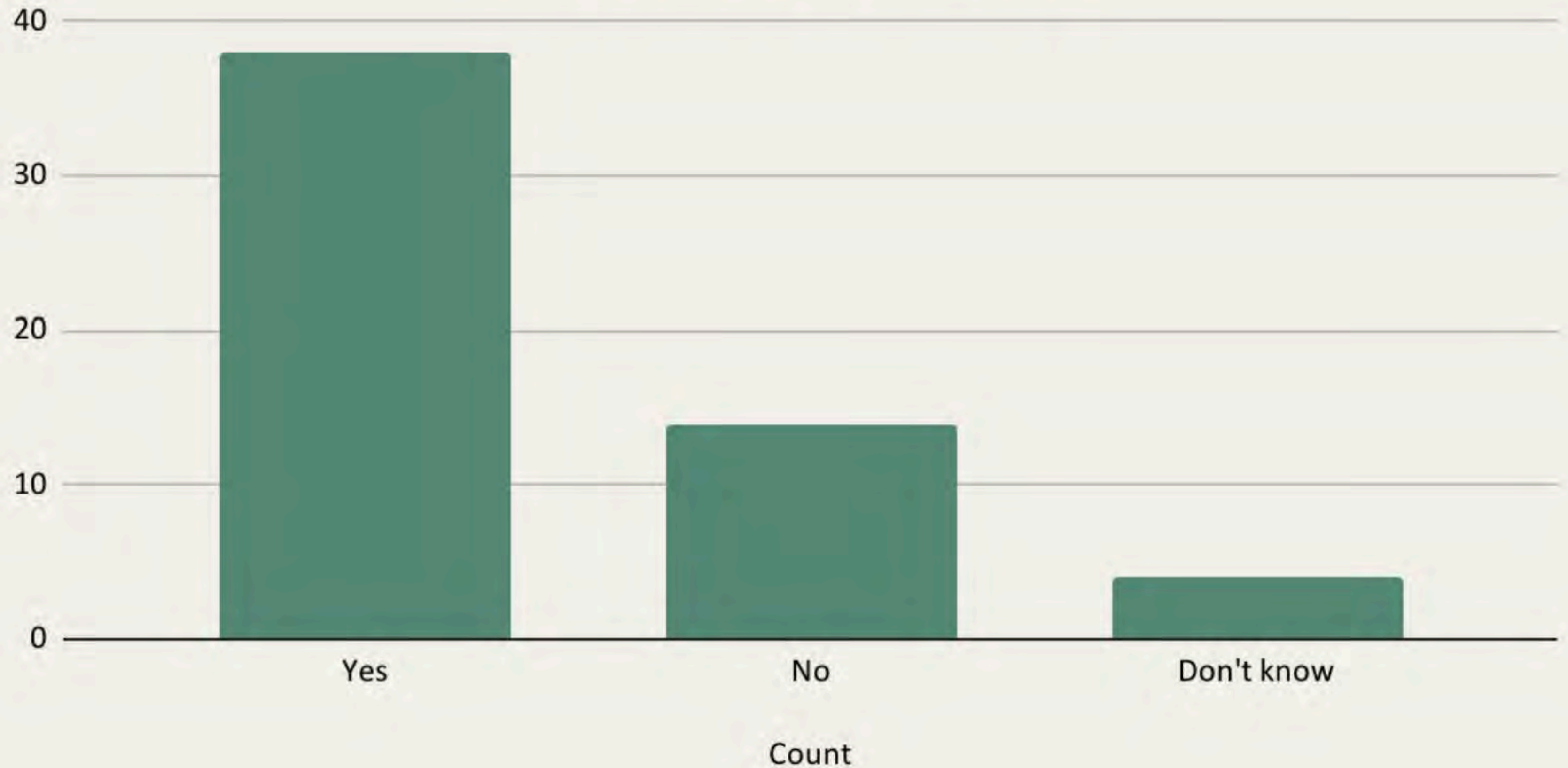


## Types of Collaborations with Outdoor Organizations

- Coordinating on usage rules and co-designing regulations
- Organizing events and festivals
- Collaboration with sporting groups to strengthen nature-based tourism
- Creating uniform cross-border signage and guidance
- Sports organizations have a seat on park council or forum for ongoing communication
- Volunteer trail maintenance and marking by sports clubs



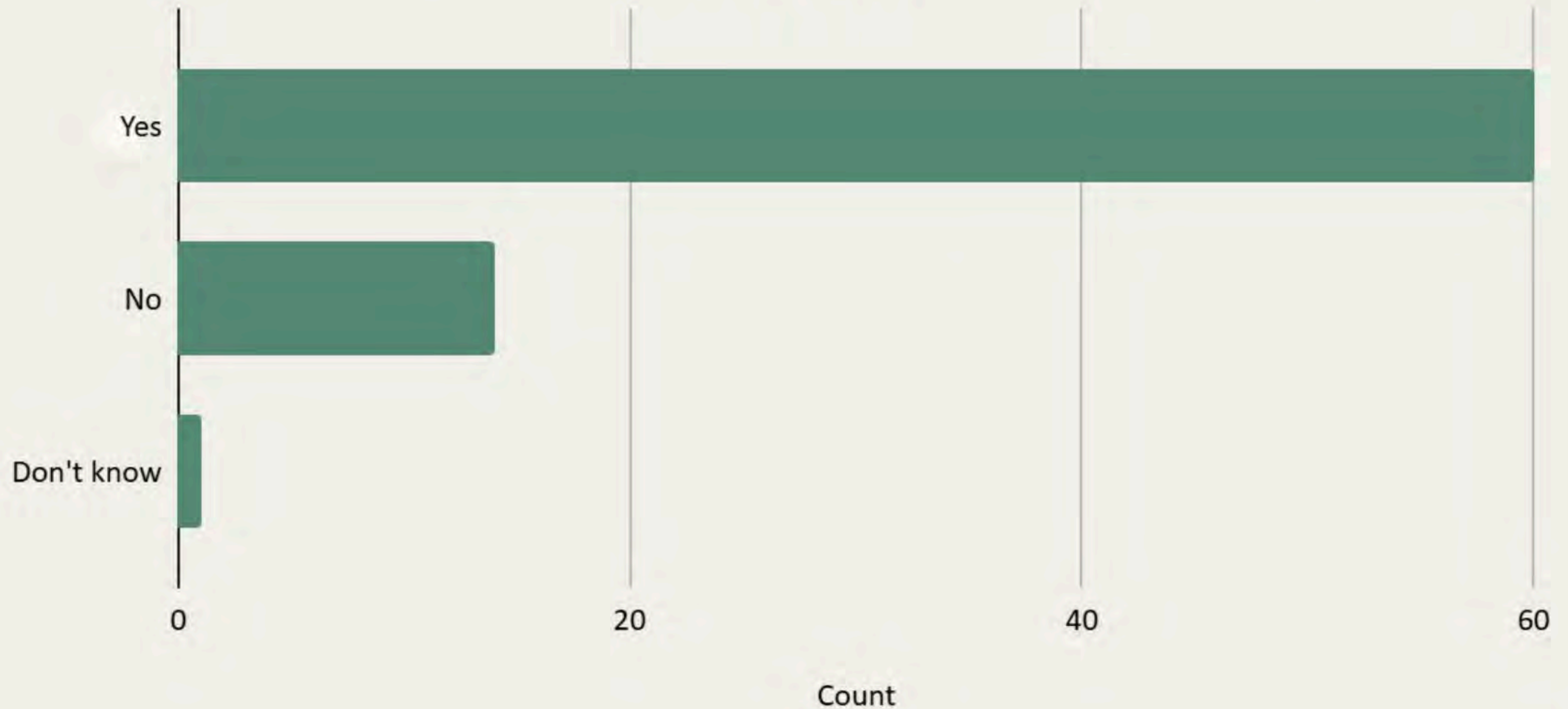
# Does your federation have any direct collaboration with protected nature areas in your country?



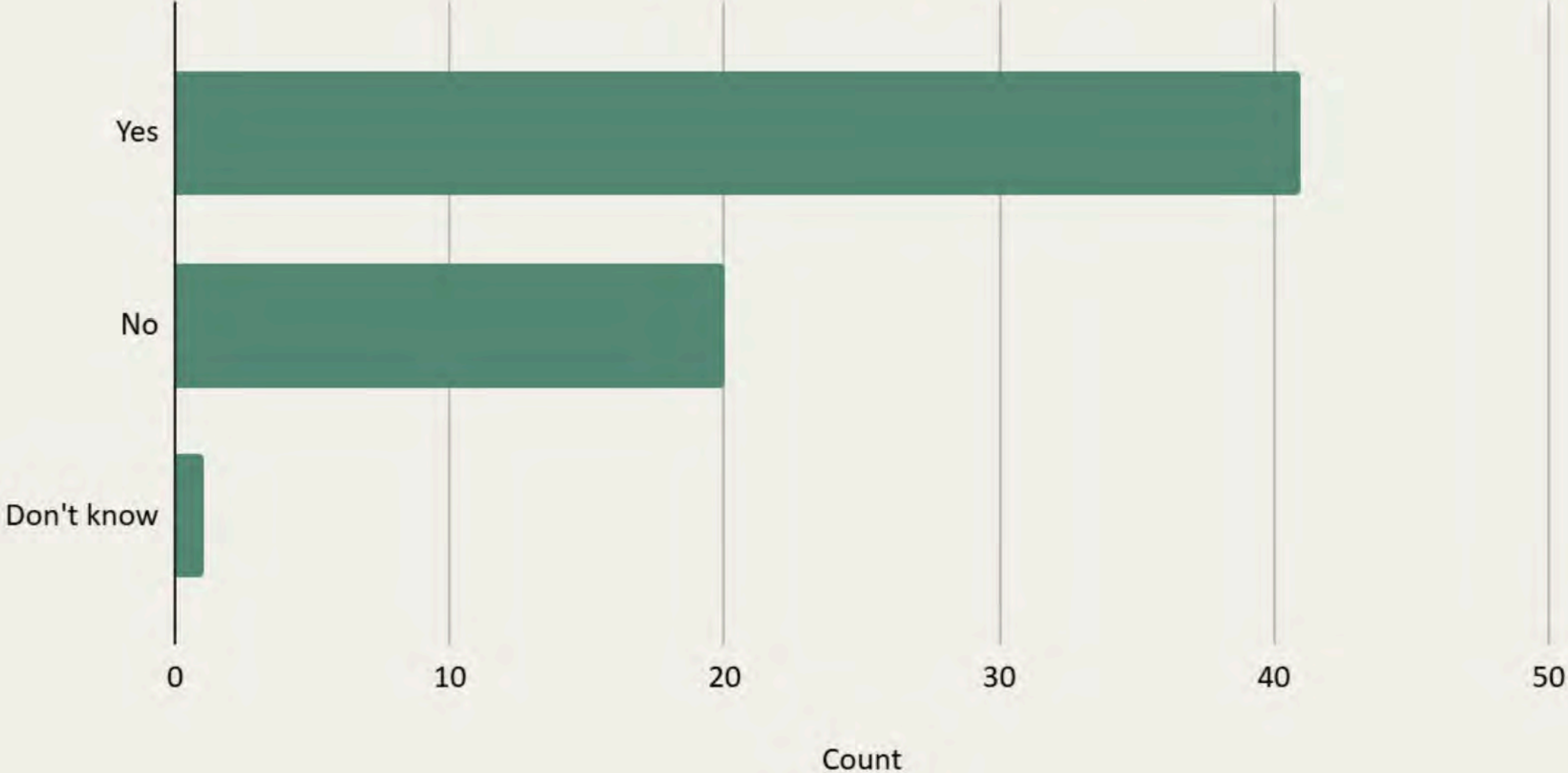
## Types of Direct Collaborations between Federations and PAs

- Coordinating to run competitions
- Participation in habitat restoration and trail maintenance
- Federations have board members on the organizations that are establishing new PAs
- Direct responsibility for management of hiking trails
- Supporting and collaborating on access projects for research purposes
- Negotiating permissions for climbing and other sports in protected areas

# Does your club/organisation have activities in one or more protected nature areas



# Does your club/organisation collaborate with any protected nature area management organisations?



## Types of Direct Collaborations between Clubs and PAs

- Collaborating on sporting events in the park
- Keeping PAs apprised of activities and asking for permissions where appropriate
- Participating in conservation efforts in PAs
- Altering routes to protect sensitive areas
- Helping look after facilities, trails, or sensitive areas for the PA
- Provide guides and other information on hiking opportunities in PAs





**CONNECT**

*Reconnecting Sports and Nature*

Ref. Ares(2025)7014516 - 29/08/2025



**CONNECT**

## Co-designing future partnerships

*between the Nature Conservation and Outdoor Sports and Recreation Sectors*



Co-funded by  
the European Union

Manelini Regional Park, Lithuania, by Laurynas Aronavičius



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