

Path Benefits Questionnaire



This research is being carried out on behalf of Paths for All. We would be grateful for five minutes of your time to complete the survey. We will not collect any information that could be used to identify you personally.

Interviewers note: Please answer questions marked * before moving on to the next question.

***1. For online completion:** Please add your initials, plus the date and time that you start

Interviewer Initials (type 'qz' for self completion)	
Interview date	
Interview time	

2. How often do you use this path network?

Daily	Weekly	Monthly	Less often	First time	Never

3. How often do you use the network for the following activities?

(Please answer each line)	Not at all	Once a month or less	3 times a week or less	4 times a week or more
Running / jogging				
Cycling				
Horse riding				
Dog walking				
Walking				
Observing Nature				

If you would like to add further information

4. How often do you use the network for any of the following?

(Please answer each line)	Not at all	Once a month or less	3 times a week or less	4 times a week or more
As a cycle route to/from work or place of study				
As a walking route to/from work or place of study				
As a way of getting to shops/ local facilities or visiting friends				

If you would like to add further information

5. How much exercise or physical activity do you do?

How many times per week do you take part in exercise or physical activity?	
What is the average duration (in minutes) of each exercise session?	

Explanation of physical activity taken: this is a session of ‘deliberate’ exercise, whether it is walking, jogging, a keep-fit class, a physical sport, cycle ride etc.

6. How would you describe the intensity of exercise?

Low (e.g. no noticeable effect on breathing)	
Medium (e.g. raises breathing rate slightly)	
Vigorous (e.g. makes you sweat and out of breath)	

7. To what extent has the presence of the network increased the amount of exercise or physical activity you regularly take?

Significant decrease	Slight decrease	No change	Slight increase	Significant increase

If you would like to add further information

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8. Thinking about your overall experience of the path network (including being amongst nature; taking exercise and interacting with other people on the paths).

How much do you agree or disagree with the following statements?

Using the path network...	Strongly disagree	Disagree	Neither	Agree	Strongly agree
helps me to relax					
makes me feel happier					
makes me feel less stressed					
lets me meet people					
makes me feel part of the community					
makes me feel better about myself					
increases my awareness of nature and the environment					

If you would like to add further information

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9. What is your age?

16-24	25-34	35-44	45-54	55-64	65+

10. What is your gender?

Male	Female

11. How far have you travelled today to use this network?

Less than 1 mile	between 1 and 10 miles	between 11 and 20 miles	more than 21 miles

12. What is your postcode? (This cannot be used to identify you individually)

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***13. Is this postcode within the 'local economy'?**

[Please refer to the list of postcodes that are included in the 'local economy']

Postcode on the list (within the local economy)		Please go straight to question 24
Postcode not on list (visitor from outwith local economy)		Please go to question 14

Please ensure that this question is answered correctly - it helps the interviewer to decide whether to ask the next set of questions (14-23) or just the last question.

Visitors to the area

Please complete this page if you don't live locally (you could be a tourist to the area or a visitor from a neighbouring area).

14. How many people are with you during your visit?

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Please take this to mean the people you set out with today. If you are part of a bus tour or organised group, please only include the people that you actually set out with at the beginning of the tour (i.e. your party), rather than the whole group.

15. Which of the following best describes where you are staying overnight while you are using the path networks?

At home (e.g. day visit)		[please go straight to question 18]
In the local area		
Elsewhere in Scotland		
Outside Scotland (please specify)		

16. What type of accommodation are you using?

Staying with friends or relatives		[please go straight to question 18]
A guest house or B&B		
Hotel or Motel		
Camp site or caravan park		
Self catering accommodation		
Other (please specify)		

17. How much (if anything) are you spending on ACCOMMODATION each night? (please tell us the amount for your party rather than the price per person)

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Please continue to Question 18.

About the money you spend during your visit

We would like to ask you about how much money you intend to spend in the local area while you are visiting. Please only include money spent locally (have a look at the map provided to see what we mean by 'locally'), and exclude the cost of accommodation.

We are interested in the total amount for your group so that we can calculate the expenditure per person.

18. How much money have you spent TODAY (or expect to spend) on the following items? (please only include money spent on hotels if it is extra to board and room charges)

Food and drink	£
Hire or purchase of equipment	£
Maps / guides / leaflets	£
Souvenirs / gifts	£
Travel (public transport)	£
Fuel / Parking	£
Other items (include any 'left over' amount)	£

The breakdown of figures should be the amount of money, rather than a fraction or percentage of the total. **Please give answers to the nearest whole pound.**

19. How many days do you think that you will use this path network during your visit? (if you are just here for a day, please enter 1)

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20. How did the presence of the path network affect your choice for being here today?

Not at all	A little	Quite a lot	Specific reason for visit	No answer

21. Is your visit to this path network part of a holiday in Scotland?

Yes		No	
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If the answer to the above question is 'No', thank you for your time in completing this survey. Please answer the final question (number 24) before finishing.

About your holiday in Scotland

There are just two questions to ask about your holiday.

22. How many nights are you planning to spend in Scotland?

23. EXCLUDING ACCOMMODATION, how much IN TOTAL do you plan to spend IN SCOTLAND on holiday? (please include everyone in your party)

Thanks for your time

You have completed the survey, thanks for taking the time to give us your responses.

***24. For data protection purposes please tell us what we are allowed to do with your responses.**

I understand that the information collected cannot identify me personally and I am happy for my responses to be used for the purpose of this survey	
I have decided to withdraw from this survey and wish my answers to be deleted	