

Let's Get Scotland Walking

The National Walking Strategy



Action Plan 2016-2026

Revised March 2019



Scottish Government
Riaghaltas na h-Alba
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Delivery Forum Member Logos



The National Walking Strategy for Scotland and the delivery of the Action Plan is supported by all the members of the National Walking Strategy Delivery Forum and is facilitated by Paths for All

Ministerial Foreword



Being physically active is one of the very best things we can do for our physical and mental health. It helps to prevent heart disease, strokes, diabetes, and a number of cancers; it plays an important part in helping us maintain a healthy weight; and reduces the risk of developing depression.

We know that that there are many ways we can be active and regular walking is one of the way's we are tackling Scotland's physical and mental well-being. But it is important that we make walking easy, accessible and part of our normal routine.

Walking can have a transformative effect on communities, by providing opportunities for people to connect with their neighbourhoods and come together in shared activities which will inspire and motivate. We want to build well-connected and attractive 'walkable' public places, routes, greenspaces and streets to encourage more people to walk and make active travel choices in their daily routines.

We have a truly exceptional outdoor environment, and world-leading access legislation that ensures everyone is able to enjoy its many benefits and we continue to invest in activity and infrastructure to address inequalities. This Action Plan will support and drive our ambition for a Scotland where everyone can walk as part of their everyday journeys, where places are well designed for walking and everyone can enjoy walking outdoors.

This is a fantastic resource that commits us to systematically work across boundaries to do all we can to ensure everyone can benefit from everyday walking. I am determined that the health and wellbeing of our population improves by getting Scots more active, more often.

A handwritten signature in blue ink that reads "Joe FitzPatrick".

Joe FitzPatrick MSP

Minister for Public Health,
Sport and Wellbeing

Let's Get Scotland Walking

Let's Get Scotland Walking: The National Walking Strategy was launched in 2014 and was one of the first national walking strategies in the world.

Our vision is for: A Scotland where everyone benefits from walking as part of their everyday journeys, enjoys walking in the outdoors and where places are well designed to encourage walking.

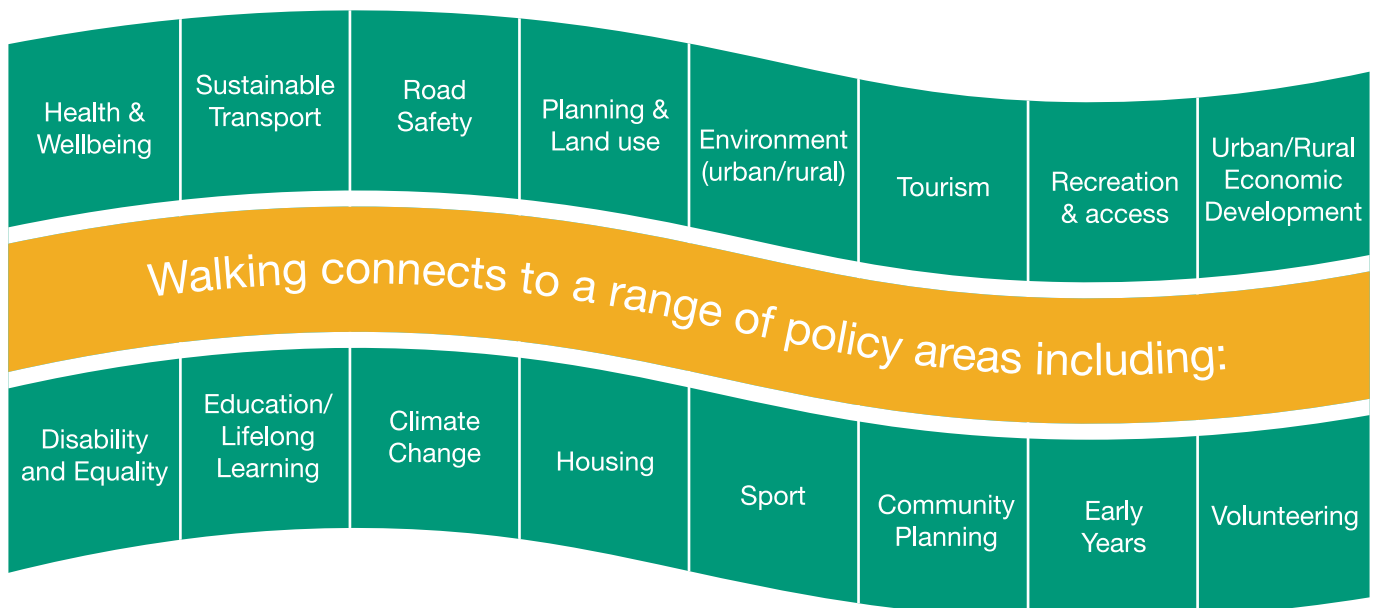
There are many benefits from getting Scotland walking, including: more people will use active travel more often and will walk more for pleasure and for recreation; children will have safer routes to school and local facilities; older people will feel more connected with their communities; employers will have a healthier and more productive workforce; Scotland will reduce its use of carbon; and local economies will benefit from increased footfall.

Scotland has outstanding opportunities for walking both in urban and rural areas. Our spectacular scenery, our range of green spaces (including parks), our walkable urban centres and world-class cities, our community routes, our long distance route networks and our world-class access rights all combine to give Scotland a unique set of 'walking-friendly' factors. Walking can contribute positively to areas such as planning, regeneration, economic development, mental and physical health and wellbeing, transport, climate change and education.

The huge benefits and contribution of walking require much more recognition and promotion than they currently receive. Increased walking opportunities contribute to the Scottish Government's National Performance Framework by helping to deliver all the Scottish Government's eleven National Outcomes and a large number of the National Indicators.

We want people to walk more everyday – to work, to school, for health and wellbeing, to enjoy being outdoors and just for fun! This will enable a step change towards making Scotland a 'walking friendly' country.

N.B. Walking in this context includes the use of wheelchairs, buggies and similar mobility aids with the aim of ensuring easy and convenient independent mobility for all.



The Action Plan

This Action Plan is a high level plan that has been developed to assist in the delivery of Let's Get Scotland Walking - the National Walking Strategy (NWS) and its vision.

We know that there are significant health and economic gains from getting inactive people to become active, and the easiest way for individuals to achieve this is by increasing walking. Walking should be as pleasant, safe and convenient as possible. Improving conditions for walking can bring a range of benefits to everyday lives; to health, safety, access to services and social contact, including a sense of community whether in an urban or rural area.

Walking, along with cycling, is the most sustainable means of daily travel for short journeys. Walking requires only a fraction of the space needed for a car, is more economical, both for the individual and in terms of investment in public infrastructure and causes no noise or air pollution. For longer journeys, it is the most carbon-friendly link to and from public transport. It is affordable for everyone and therefore is the most financially equitable of all transport modes.

The NWS sits within the context of A More Active Scotland Delivery Plan, Active Scotland Outcomes Framework, National Planning Framework and the Long-term Vision for Active Travel in Scotland 2030.

We want people to walk more on a daily basis – from their early years across their life course into active ageing.



The Delivery Forum

The National Walking Strategy Delivery Forum oversees the development and delivery of the NWS Action Plan.

The group is chaired by Craig McLaren (RTPI Scotland) who was appointed in 2014 by Shona Robison, the then Cabinet Secretary for Health, Wellbeing and Sport. The Chair will report to the National Strategic Group for Sport & Physical Activity chaired by the Minister for Public Health, Sport and Wellbeing. Progress on the NWS will be reported through this mechanism.

The Delivery Forum comprises senior representatives from the key organisations who are involved in delivery of the Action Plan. Paths for All provides the Secretariat for the NWS Delivery Forum. It meets 3 times per year.

‘I am delighted that we have a broad group of people who are committed to act as ‘walking champions’ and use their knowledge, ideas and networks to ensure that walking is embedded into how we think and what we do. Given this, I believe that the action plan and the delivery forum give us a fantastic opportunity to work together to make the step change we want on walking in Scotland.’

Craig McLaren, Chair, National Walking Strategy Delivery Forum.



A More Active Scotland:

Scotland's Physical Activity Delivery Plan

The World Health Organization published 'More Active People for a Healthier World', the new Global Action Plan on Physical Activity 2018-2030 in June 2018, to guide and support countries scale up policy actions to promote physical activity. It sets out four objectives and recommends 20 policy actions that are applicable to all countries, and address the cultural, environmental and individual determinants of inactivity.

Scotland is one of the forerunner countries to respond to this challenge by setting out its own plans to address these objectives. Crucially, the Active Scotland Delivery Plan presents a wide-ranging set of concrete actions across multiple sectors to encourage physical activity and reduce inactivity. It embraces many different approaches to physical activity – including walking, cycling, active recreation, sport, and play – and seeks to achieve the 'whole-of-system' approach WHO believes is necessary, working across, for example, the transport, education, health, and planning sectors. The whole-of-community 'systems-based' approach is a key feature of the WHO Global Action Plan on Physical Activity and is reflected in the Active Scotland Delivery Plan.

The Active Scotland Outcomes Framework sets out the shared vision and goals which have shaped the approach the Scottish Government and a wide range of partner organisations have taken to supporting and enabling people in Scotland to be more physically active. This has enabled us to build a cross-government commitment to the importance of physical activity and sport in achieving a wide range of outcomes, gaining international recognition for this integrated and ambitious approach. Our work to date in developing and working to implement the Active Scotland Outcomes Framework means that Scotland is particularly well-placed to meet the challenges set out in the World Health Organization's Global Action Plan on Physical Activity. This Delivery Plan sets out how the actions to achieve our shared outcomes align with the objectives set out in the WHO Global Action Plan.

"The most common activity in 2017 was walking for at least 30 minutes (for recreational purposes), reported by 70% of adults."

Scottish Household Survey

A Step Change for Scotland

TRAVEL

Encourage walking for short journeys and as a key part of multi-mode trips

AIR QUALITY

More people walking and cycling will help reduce air pollution.
It's not far, leave the car

EDUCATION

Implement safer routes to nurseries, schools, colleges and universities to encourage daily walking

BUILT ENVIRONMENT

Design our towns and cities to be walkable, safe, attractive, and sustainable

WALKING FOR HEALTH

Offer free community walking programmes supported by trained volunteers

GREEN INFRASTRUCTURE

Enable easier access to parks, greenspaces and wider countryside for everyone

LOCAL ECONOMIES

Supporting economic activities, including tourism, through improved walking opportunities

WORKPLACE

Promote walking as an important part of the working day

PATH NETWORKS

Provide good quality, maintained multi-use path networks in and around communities

HEALTH & SOCIAL CARE

Promote the benefits of walking for mental and physical wellbeing

EVERYONE, EVERYWHERE

Walking is free, fun, healthy and for everyday journeys

Let's Get Scotland Walking

Everyone can help make Scotland a 'walking friendly' country
#stepchangescot www.stepchangescot.scot



**healthier
scotland**
SCOTTISH GOVERNMENT

Strategic Context

The National Walking Strategy cannot be delivered in isolation. It sits within the context of the National Performance Framework, the Active Scotland Outcomes Framework and Delivery Plan, the Public Health Priorities for Scotland and the Long Term Vision for Active Travel in Scotland amongst others.

The table highlights how walking can deliver and links across these strategic areas.

Walking helps deliver on the individual National Outcomes within the National Performance Framework (NPF). The flower diagram shows each national outcome with its associated symbol.

The NPF symbols have been used against each delivery theme within the NWS Action Plan to highlight where walking can have an impact.



Let's Get Scotland Walking: The National Walking Strategy for Scotland (NWS)

Our vision is for 'A Scotland where everyone walks as part of their everyday journeys, places are well designed for walking and everyone enjoys walking in the outdoors.'

The NWS delivers on and is delivered by the Scottish Government's National Performance Framework

 Globally competitive, entrepreneurial, inclusive & sustainable economy	 We are open, connected & make a positive contribution internationally	 We tackle poverty by sharing opportunities, wealth and power more equally	 We live in communities that are inclusive, empowered, resilient and safe	 We grow up loved, safe and respected so that we realise our full potential	 We are well educated, skilled and able to contribute to society
 We have thriving & innovative businesses, with quality jobs and fair work for everyone	 We are healthy and active	 We value, enjoy, protect and enhance our environment	 We are creative and our vibrant and diverse cultures are enjoyed widely	 We respect, protect and fulfil human rights and live free from discrimination	

The NWS delivers on and is delivered by the Scottish Government's Active Scotland Outcomes Framework and Delivery Plan

'Our vision is of a Scotland where more people are more active, more often.'

We encourage and enable the inactive to be more active	We encourage and enable the active to stay active throughout life	We develop physical confidence and competence from the earliest age	We improve our active infrastructure – people and places	We support wellbeing and resilience in communities through physical activity and sport	We improve opportunities to participate, progress and achieve in sport
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The NWS delivers on and is delivered by the Public Health Priorities for Scotland

A Scotland where we live in vibrant, healthy and safe places and communities	A Scotland where we flourish in our early years	A Scotland where we have good mental wellbeing	A Scotland where we have a sustainable, inclusive economy with equality of outcomes for all	A Scotland where we eat well, have a healthy weight and are physically active
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The NWS delivers on and is delivered by Transport Scotland's 'Long-term Vision for Active Travel in Scotland 2030

'Our vision is that 'Scotland's communities are shaped around people, with walking or cycling the most popular choice for shorter everyday journeys'

Strategic Aims and Themes

We aspire to achieve levels of walking on a par with the best performing countries such as the Netherlands, Norway and Switzerland. In the latter, well over 30% of journeys are walked. We want people to walk more on a daily basis – from their early years across their life course into active ageing. This strategy covers different types of walking, e.g. walking for health including managing long-term conditions, walking to work and school and walking for recreation and sport. It seeks to identify the barriers to walking which need to be addressed and makes clear the benefits that walking provides.

To realise our vision of a Scotland where places are well designed for walking, an increased number of people enjoy the outdoors and more people walk as part of their everyday journeys.

- The NWS Action Plan has 2 strategic aims (please note the Strategy states three which have now been combined into two)
- For each Strategic aim there are several Delivery Themes which then have outcomes and actions against them.

Key principles within the NWS

- **Access and availability** – there must be equal opportunity for all people to participate in activities, and access infrastructure, programmes and services regardless of their gender, age, disability or cultural background. This will address disparities and reduce inequalities.
- **Quality** – create the highest possible quality environment, with a focus on supportive infrastructure to create walkable communities.
- **Adaptability** – provide for flexibility and adaptability to suit changing community needs. This can be achieved through a commitment to integrated approaches to planning and provision.



Strategic Aim 1:

Develop a daily walking culture – everyone, everyday

To deliver on creating a culture of walking where everyone walks more often as part of their everyday travel and for recreation and wellbeing.

Delivery Themes



1. Walking supports Health and Wellbeing



2. Walking supports Education



3. Walking supports Communities



4. Walking increases Productivity



5. Walking increases Active Travel



6. Walking supports the Economy



7. Walking improves Air Quality



8. Walking as part of Research and Innovation

Strategic Aim 2:

Develop walkable places and spaces for everyone

To achieve better quality walking environments with attractive, well designed and managed built and natural spaces and places for everyone.

Delivery Themes



9. Walking influences the Built Environment (Planning and Development)



10. Walking supports Green Infrastructure



11. Walking improves Path Networks



12. Walking increases Active Travel



13. Walking supports Communities



14. Walking supports the Economy

1. Walking supports Health & Wellbeing

Increasing the number of people walking in Scotland is key to tackling our inactivity issue. A third of us in Scotland aren't currently active enough, which has a huge impact on our health and wellbeing. Walking is the best way for many of us to be more active.

There is a clear need for everyone to work together to promote more physically active lives and health and social care professionals can play a key role.

Walking is the cheapest and easiest means of being physically active.



Walk for physical health

Walking can help to prevent a range of health conditions including heart disease, stroke, type 2 diabetes, obesity, some cancers and Alzheimer's. It can help reduce falls in older adults, help you sleep better, help to manage pain and a wide range of long term conditions.

Walk for mental health

It's been proven to have a positive effect on our mental health too, especially if we get into green spaces to do it. Walking can increase feelings of self-esteem, improve mood, and reduce anxiety and depression.

Walk for social health

Walking is a great way to improve your social health. It's been shown to combat loneliness, increase your connections with other people and help you feel connected in your community.

'Walking is man's best medicine'

Hippocrates

Walking supports Health & Wellbeing

DT1	NPF Delivery Areas							
1.1	Outcome	More people are aware of the physical, mental and social benefits of walking						
	Objective	Increase the availability of information on the benefits of walking to residents and visitors to Scotland						
	Action		Delivery Lead					
	Champion walking as an everyday activity		<ul style="list-style-type: none">• Paths for All• Scottish Government (Active Scotland)• Living Streets Scotland					
1.2	Outcome		More people have the opportunity to walk more often					
	Objective		Increase the number of people attending managed walking programmes					
	Action		Delivery Lead					
1.3	Outcome		Walking increasingly used to promote good health, prevent ill health and manage long-term conditions by Health and Social Care Partnerships					
	Objective		Walking opportunities increase and are promoted within Health and Care Service delivery programmes					
	Action		Delivery Lead					
	Deliver awareness raising and education programmes to increase the priority for walking within health and social care policy and strategy		<ul style="list-style-type: none">• NHS Health Scotland• Area health Boards (via Green Health Partnerships)• CAPA (Care about Physical Activity)					
1.2	Increase the number of walking programmes particularly in disadvantaged areas and in areas with no current provision		<ul style="list-style-type: none">• Paths for All• Health and Social Care Partnerships• Local Authorities• Sporta					
	Support the training and development of co-ordinators and volunteers to deliver walking programmes		<ul style="list-style-type: none">• Paths for All• Ramblers Scotland					
	Promote and increase walking activity within groups who do not currently walk regularly e.g. through BME; disabled ramblers		<ul style="list-style-type: none">• Paths for All• Ramblers Scotland• Allied Health Professionals					
1.3	Outcome		Walking increasingly used to promote good health, prevent ill health and manage long-term conditions by Health and Social Care Partnerships					
	Objective		Walking opportunities increase and are promoted within Health and Care Service delivery programmes					
	Action		Delivery Lead					
	Develop and implement walking infrastructure, opportunities and initiatives within a range of healthcare settings		<ul style="list-style-type: none">• NHS Health Scotland• NHS Boards• Care Inspectorate• Health and Social Care Partnerships					
1.2	Increase the number of exercise referral/ social prescribing schemes that signpost walking opportunities		<ul style="list-style-type: none">• NHS Health Scotland• NHS Boards• Allied Health Professionals• Health and Social Care Partnerships					
	Ensure walking is a key delivery element within the National Physical Activity Pathway (NPAP)		<ul style="list-style-type: none">• NHS Health Scotland					

2. Walking supports Education

A generation ago, 70% of us walked to school – now it’s less than half.

Sedentary lifestyles increase the risk of health problems such as obesity, diabetes and heart disease. One of the easiest ways to increase physical activity is to include walking in the daily routine. We want children to be energised and empowered, and to make walking to school their natural choice. Children should get 60 minutes of physical activity a day. Walking to school can go a long way to achieving this goal.








It’s been proven that children who do some form of exercise, especially a walk before school, do better in class because they arrive refreshed, fit and ready to learn. Children who walk to school have been found to have higher academic performance in terms of attention/alertness, verbal, numeric, and reasoning abilities; higher degree of pleasantness and lower levels of stress during the school day; and higher levels of happiness, excitement and relaxation on the journey to school.

The Daily Mile initiative has shown significant benefits to school children, from nursery onwards, across Scotland. The benefits they gain are physical, emotional, social and mental.

“It is easier to build strong children than to repair broken adults.”

F. Douglas

Walking supports Education

DT2	NPF Delivery Areas		    				
	2.1	Outcome	More young people walk as part of their daily routine				
		Objective	Increase the support and resources for nurseries, primary and secondary schools, colleges, universities and youth organisations to get young people to walk as part of their everyday commuting and learning activity				
		Action	Delivery Lead				
		Increase the capacity, reach and number of initiatives that support walking as part of the everyday commute and learning activity within preschool, primary, secondary, college and community settings	<ul style="list-style-type: none">Education ScotlandLocal Authorities				

2.2	Outcome	Schools have good walking infrastructure					
	Objective	Increase support for safer route to schools					
		Action	Delivery Lead				
		Living Streets Scotland programmes to improve walking routes to school	<ul style="list-style-type: none">Living Streets Scotland				
		Sustrans community links safe routes to school delivery	<ul style="list-style-type: none">Sustrans Scotland				

3. Walking supports Communities

All communities are different and have different aspirations, ambitions and abilities. Communities are made up of individuals and groups of people with common interests or characteristics. Communities can be defined by geography where a group of people live in the same locality (i.e. neighbourhood, village, town or region), by culture (e.g. religion, language, ethnicity), or by social network (e.g. education setting, workplace, occupational group, membership of a club).


Increasing physical activity in urban and rural environments in Scotland has the potential, on a population scale, to increase wellbeing and quality of life, improve health and the environment, and support local communities. As well as

the physical benefits, walking regularly in local places also enhances people’s social connections and mental health.

Community Planning Partnership’s, Health and Social Care Partnerships and the Joint Health Improvement Partnerships have a vital role to play in developing, managing and supporting people to become more active through walking in their communities.



Walking supports Communities

DT3	NPF Delivery Areas						
	3.1	Outcome	Increase the number of Community Planning Partnership's (CPPs), Health and Social Care Partnerships and Joint Health Improvement Partnership's (JHIPs) developing policies which support a better walking environment and increase participation				
		Objective	More people walking more often in their local communities				
		Action			Delivery Lead		
		Review existing plans to assess walking content, opportunities and gaps			<ul style="list-style-type: none">Community Planning PartnershipsGreen Health Partnerships		
		Resources and support to encourage Community Planning Partnerships and others to highlight clear actions to generate higher levels of walking across communities			<ul style="list-style-type: none">Scottish Government (Communities)		
		Promote best practice / exemplars to Community Planning Partnerships and local authorities			<ul style="list-style-type: none">Improvement Service		

3.2	Outcome	Increase older adult participation in walking sports					
	Objective	Widen the participation base of walking sports, particularly in older adults					
		Action				Delivery Lead	
		Promote walking related sports activities through existing networks, services and information provision				<ul style="list-style-type: none">SportscotlandScottish Sports Association	
		Support and integrate walking football and other walking sports into sport and community initiatives				<ul style="list-style-type: none">Local AuthoritiesScottish Sports Association	
		Support the development of walking sport provision in an increased range of sports				<ul style="list-style-type: none">SportscotlandScottish Sports Association	

4. Walking increases Productivity

Walking is good for business. Evidence suggests that active employees take 27% fewer days sick leave than inactive employees. Physical activity programmes in the workplace can also reduce staff turnover by between 8% and 13% and reduce industrial injuries by 25%.







Walking is the simplest activity to encourage and promote in the workplace. It fits easily in and around the working day. It's free. No special equipment is required, and most people can take part. It can also improve mental health – regular walking can reduce your risk of depression and dementia by 20-30%, improve your sleep, and prevent and reduce anxiety and stress.

There are many ways to walk more during the working day including; walk all or part of the way to or from work, organise a walking meeting with colleagues, use a standing desk, take the stairs instead of the lift or head out for

a lunchtime walk. By valuing and developing a walking culture within the workplace businesses can benefit from the promotion of an active workforce.



Walking increases Productivity

DT4	NPF Delivery Areas							
4.1	Outcome	An increase in people walking more as part of the working day						
	Objective	More workplaces across Scotland support staff to walk more every day						
	Action		Delivery Lead					
	Deliver initiatives that support walking within the workplace and as part of the everyday commute		<ul style="list-style-type: none">• Paths for All• Sustrans Scotland• Healthy Working Lives• Central Scotland Green Network Trust					
	Support and deliver Walk to Work Week		<ul style="list-style-type: none">• Scottish Government (Communities)					
	Promote the Walk at Work Award which recognises and celebrates employers who are encouraging everyday walking in their workplace		<ul style="list-style-type: none">• Paths for All					

5. Walking increases Active Travel

By supporting more people in Scotland to walk and cycle for everyday short journeys, we will change behaviours, improve health, create safer communities and reduce environmental impacts.

Active travel simply means making journeys by physically active means - like walking, cycling, or scooting. With over 50% of all driven journeys in Scotland being less than 5km, and 26% less than 2km, there is plenty of scope for achieving a significant shift to walking and cycling as the most sustainable forms of transport.

Walking is key to getting more people choosing to not use cars as it is ideal for shorter trips. Walking also forms part of public transport journeys – walking to and from buses, trams and trains.

The Scottish Government, Local Authorities and Regional Transport Partnerships should continue to develop and support modal shift and encourage active travel, in particular walking, at national regional and local levels



Walking increases Active Travel

DT5	NPF Delivery Areas							
5.1	Outcome	More walking initiatives support mode shift from driven to walking journeys						
	Objective	Develop and mainstream initiatives that support mode shift from driven to walking journeys						
	Action					Delivery Lead		
	National Transport Strategy supports and delivers on transport hierarchy					<ul style="list-style-type: none">• Transport Scotland		
	Maximise grant funding for active travel projects to improve infrastructure and increases walking as a mode share					<ul style="list-style-type: none">• Transport Scotland		
	Promote walking as a viable alternative for short everyday journeys					<ul style="list-style-type: none">• Transport Scotland• Paths for All• Sustrans Scotland• Living Streets Scotland• Central Scotland Green Network Trust		
Increase walking within multi modal journeys					<ul style="list-style-type: none">• Transport Scotland			

5.2	Outcome	Walking is embedded in active travel plans at local, regional and national levels	
	Objective	More walking initiatives delivered through Active Travel Plans in Regional Transport Partnerships and Local Authorities	
	Action	Delivery Lead	
	Ensure all existing or developing Active Travel Plans assist with the delivery of the National Walking Strategy	<ul style="list-style-type: none">• Sustrans Scotland• Regional Transport Partnerships• Local Transport Strategies• Local Outcomes Improvement Plans	
	Promote consistently the transport hierarchy with walking at the top	<ul style="list-style-type: none">• Transport Scotland	
	Ensure the National Transport Strategy prioritises walking	<ul style="list-style-type: none">• Transport Scotland	

6. Walking supports the Economy

The visitor economy in Scotland supports many jobs across Scotland. For some, the visitor economy is a cornerstone of its local economy.

In order to remain competitive, it is vital that the quality of our natural environment is mirrored in the quality of our built environment within those villages, towns and cities which attract visitors. As well as the ongoing conservation of our heritage, there is a need to consider the overall visitor experience which is offered.

Whether it's wandering on a local path network or on one of the long-distance routes or bagging one of the country's 282 impressive Munros, Scotland is renowned for its memorable walking opportunities. This market generates up to £1.26 billion to the Scottish economy.

The research by VisitScotland found that in 2015, 4 million trips by visitors

from the UK included walking as an activity, with figures broken down into short walks (up to 2 miles) and long walks (minimum of 2 miles). The latter increased by almost a fifth (18%) on the previous year.

Encouraging our local, domestic and international visitors to spend more time in Scotland and walk more has a significant impact on our economy.



Walking supports the Economy

DT6	NPF Delivery Areas					
6.1	Outcome	More visitors walking in Scotland				
	Objective	Increase the number of visitors (including domestic) to Scotland who come to walk				
	Action			Delivery Lead		
	Promote walking to domestic and international visitors			• Visit Scotland		
	Development and promotion of local path networks			• Local Authorities • National Park Authorities • Community Development Trusts • Central Scotland Green Network Trust		
	Development and promotion of long distance and multi-day walking routes			• Scottish Natural Heritage • Sustrans Scotland • Scottish Canals • Visit Scotland		

7. Walking improves Air Quality





We want to see walking and cycling become the natural choice for short journeys, creating a healthier, socially inclusive, economically vibrant, environmentally friendly Scotland. We believe that:



- **Air pollution is damaging our environment and our health.**
- **Walking and cycling can be an important part of the solution.**
- **Ambitious targets for modal shift to walking, cycling and public transport must be set and supported by significant long term investment to achieve them.**

We must prioritise shifting everyday trips away from motor vehicles to walking, cycling and public transport. This has the potential to dramatically reduce the amount of pollution we create, improving air quality in Scotland, while bringing health benefits to those that switch their journeys.

Walking improves Air Quality

DT7	NPF Delivery Areas					
7.1	Outcome	More short journeys are made by foot				
	Objective	Promote everyday walking for short journeys to help reduce greenhouse gas emissions and pollutants				
	Action			Delivery Lead		
	Promote walking for short journeys or part of multimodal journeys			<ul style="list-style-type: none">• Transport Scotland• Scottish Government (Greener Scotland)		
	Ensure initiatives to tackle air quality promote walking for short journeys			<ul style="list-style-type: none">• Scottish Environment Protection Agency• Local Authorities• Scottish Government (Greener Scotland)		



8. Walking as part of Research and Innovation

In the past health studies, linked to physical activity, often collated results from several activities so it was difficult to extrapolate the specific benefits of walking. Transport research often undervalued the indirect benefits of walking as walking is low cost therefore low status. There is now a significant and growing body of research from Scotland and across the world that is focusing on walking. It is vital that this work continues and can be easily accessed by practitioners on the ground.






There are results from walking studies and programmes which cover e.g. mental, physical and social health and links to climate change, infrastructure, transport etc. Some examples are:

- Walking increased creative output by an average of 60 percent.
- Walking for depression or depressive symptoms: Walking has a statistically significant, large effect on symptoms of depression.
- Walkability around primary schools and areas of deprivation across Scotland highlights disparities in walkability according to deprivation.
- Walking has been shown to improve memory and prevent the deterioration of brain tissue as we age.
- Traffic management and public realm improvements in Kelso increased town centre footfall by 28%

In Scotland we now have SHaRE. This was launched in October 2018 and is an online repository and website designed to facilitate the sharing and use of walking related research. This will significantly help the awareness and dissemination of walking research in Scotland



Walking as part of Research and Innovation

DT8	NPF Delivery Areas	    
8.1	Outcome	Public and professional awareness of the benefits of walking is increased through research
	Objective	Support research looking at the benefits of walking and walking sports and implementation to increase participation
	Action	Delivery Lead
	Delivery of research partnerships relating to walking	<ul style="list-style-type: none">• Physical Activity for Health Research Centre (Edinburgh University)
	Promote research findings to wider cross sectoral audience to influence policy and practice in appropriate formats	<ul style="list-style-type: none">• Physical Activity for Health Research Centre (Edinburgh University)

9. Walking influences the Built Environment Planning and Development

Nearly 70% of the world’s population will live in urban areas by 2030. A town or city needs to be easy and accessible for people to get around, whether that is by road, rail, bike or on foot. Walking is an important mode of transport in its own right, and as part of other journeys i.e. by bus. Walking needs to be at the heart of all urban planning projects. Walkable towns and cities are better places for everyone.

It is important the that we create environments that encourage healthier choices. We need to design physical activity back into our everyday lives by encouraging and facilitating walking as a regular daily transport choice.

In moving towards a more walkable world we will need to see a transformative change in our towns and cities. The time to design around the car has gone and we need to place ‘walkability’ at the centre of our future planning. Walking must become a lever for social change, for everything from healthier neighbourhoods to a more sustainable planet– and walkability needs to be imbedded into the DNA of urban planning.

Planners, engineers, politicians and communities all have a vital role to play in helping to evolve our towns and cities to evolve and become more walkable and put walking first and at the centre of new developments.

The National Planning Framework and subsequent Development Plans must prioritise walking and walkability within place making and delivery.

“If you plan cities for cars and traffic, you get cars and traffic. If you plan for people and places, you get people and places.”

Fred Kent, Project for Public Spaces



Walking influences the Built Environment Planning and Development

DT9	NPF Delivery Areas								
9.1	Outcome	Places are designed to increase everyday walking							
	Objective	Support developers, planning authorities and communities to enhance walkability and create walkable places and communities							
	Action				Delivery Lead				
	Walking is embedded across NPF4 and within Creating Places				<ul style="list-style-type: none">Scottish Government (Planning)Royal Town Planning Institute (Scotland)Architecture & Design Scotland				
	Support planning authorities and developers to use the Place Standard				<ul style="list-style-type: none">Place Standard AllianceRoyal Town Planning Institute (Scotland)				
	Ensure Designing Streets is used within projects by planning authorities and developers				<ul style="list-style-type: none">Transport ScotlandScottish Government (Planning)				
	Develop and promote exemplar case studies				<ul style="list-style-type: none">Transport ScotlandPaths for AllSustrans ScotlandLiving Streets ScotlandGreen Health PartnershipsCentral Scotland Green Network Trust				
9.2	Outcome	Local Development Plans and planning decisions prioritise everyday walking							
	Objective	The Planning System prioritises and supports everyday walking and walkable communities							
	Action				Delivery Lead				
	Support town centre first approach for all major developments				<ul style="list-style-type: none">Scottish Government (Regeneration)Scotland's Towns PartnershipLocal AuthoritiesPartners in Planning				
	Support built environment professionals to improve awareness and skills to ensure everyday walking environments are delivered								
	Prioritise pedestrians in the design of our towns and cities to be walkable, safe, attractive and sustainable				<ul style="list-style-type: none">Scottish Government (Planning)Local AuthoritiesRoyal Town Planning Institute (Scotland)				
	Support town centre first approach for all major developments				<ul style="list-style-type: none">Scottish Government (Regeneration)Scotland's Towns PartnershipLocal AuthoritiesPartners in Planning				
Support built environment professionals to improve awareness and skills to ensure everyday walking environments are delivered									
Prioritise pedestrians in the design of our towns and cities to be walkable, safe, attractive and sustainable				<ul style="list-style-type: none">Scottish Government (Planning)Local AuthoritiesRoyal Town Planning Institute (Scotland)					

10. Walking supports Green Infrastructure








There is a wide variety of types of open and green space in Scotland. They include areas of greenery such as local parks, woodlands, public gardens and playing fields, but also ‘spaces’ such as streets where there are trees planted, and paths and cycle ways. ‘Accessible’ green space is that which is located close to residents’ homes, easy to walk to, physically accessible, safe to use, and provides well maintained facilities. This Green Infrastructure helps to deliver environmental and quality of life benefits

Green active travel routes create attractive places and journeys for people and improve the environment. The deliberate choice to combine natural planting or water systems together with paths for people on foot or bike delivers a range of benefits. From environmental improvements such as increased habitat and biodiversity to improved health and wellbeing for people.

By retrofitting new active travel routes to existing green corridors, introducing or enhancing green infrastructure along an existing active travel route, or by newly planning both active travel routes

and green infrastructure together from the start, this integrated approach can lead to more co-ordinated management approaches that view green active travel routes as coherent pieces of infrastructure.

Walking supports Green Infrastructure

DT10	NPF Delivery Areas		    				
10.1	Outcome	More people benefit from access to greenspace					
	Objective	Reduce the number of households that don't have access to attractive greenspace					
	Action			Delivery Lead			
	Ensure the provision of high quality greenspace is embedded in NPF4			<ul style="list-style-type: none">• Greenspace Scotland• Central Scotland Green Network Trust• Scottish Government (Planning)• Scottish Natural Heritage			
	Ensure Local Development Plans include Open Space Strategies			<ul style="list-style-type: none">• Greenspace Scotland			
	Ensure the provision of accessible greenspaces when assessing planning applications where possible			<ul style="list-style-type: none">• Planning Authorities			
	Promote CSGN Green Active Travel case studies			<ul style="list-style-type: none">• Central Scotland Green Network Trust			
	Ensure local authorities have access to and prioritise long term resources to maintain and improve existing path networks within green spaces, including urban parks and country parks.			<ul style="list-style-type: none">• Scottish Government• Local Authorities			
	Ensure local authorities have access to and prioritise long term resources to maintain and improve existing path networks within green spaces, including urban parks and country parks.			<ul style="list-style-type: none">• Scottish Government• Local Authorities			

11. Walking improves Path Networks

Paths play an important part in providing people with opportunities for enjoying the outdoors, for physical activity and for active travel throughout Scotland. Through proper provision they can be enjoyed by everyone and provide a key tool for managing land and access together.

Having access to good quality, well maintained community paths close to where people live is essential for encouraging everyone to be active.

Welcoming, safe and accessible outdoor environments can improve our physical, mental and social health by allowing people to be physically active outdoors and helping people to connect with and get closer to nature.

Access authorities are encouraged to keep overall path provision under review and community groups play a vital role in managing and maintaining many local path networks. They can often access funding not available to the local authority and can help achieve their priorities.

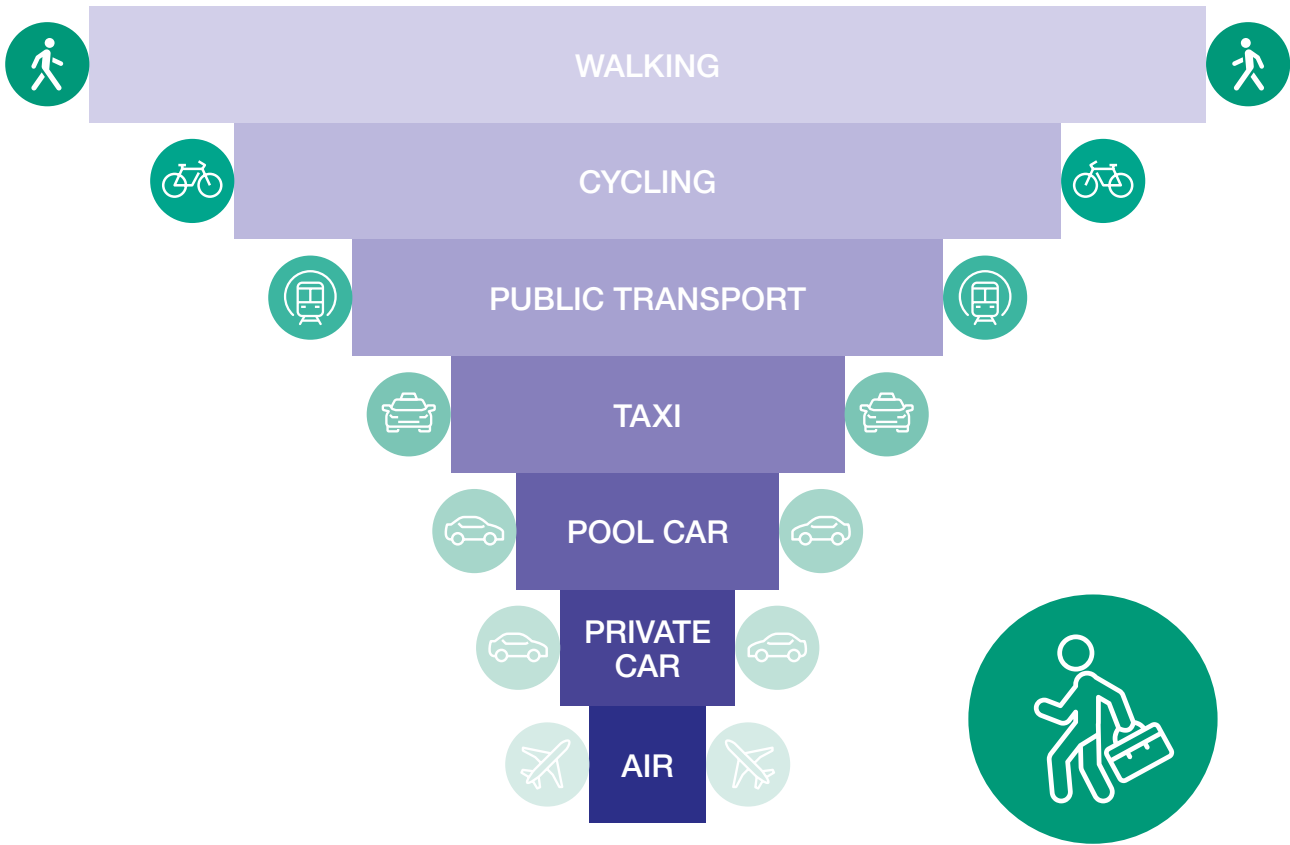
Development plans should promote ‘walkability’ in settlement design, while master planning approaches and the use of developer contributions can help translate these policies into practice.



Walking improves Path Networks

DT11	NPF Delivery Areas						
11.1	Outcome	More new and improved paths are delivered					
	Objective	Increase the support to deliver high-quality, well-maintained path networks in every local authority area					
	Action			Delivery Lead			
	Increase the funding available for small scale high impact improvements to the walking environment			<ul style="list-style-type: none">Local AuthoritiesScottish Natural HeritageTransport Scotland			
	Increase awareness and capacity to make best use of resources by professional staff and communities			<ul style="list-style-type: none">Paths for AllSustrans ScotlandScottish Outdoor Access NetworkLiving Streets Scotland			
	Advocate for long-term support from funders for the maintenance of paths networks			<ul style="list-style-type: none">Scottish Outdoor Access NetworkNational Access ForumRamblers ScotlandPaths for All			
	Promote the Path Grading Manual			<ul style="list-style-type: none">Paths for AllScottish Natural HeritageScottish Forestry			
11.2	Outcome	National Path Grading System adopted across Scotland					
	Objective	Local authorities, national park authorities, path promoters and other land managers adopt the National Path Grading System					
	Action			Delivery Lead			
	Provide Path Grading training			<ul style="list-style-type: none">Paths for All			
	Advocate for and secure commitment from the public sector to adopt the system			<ul style="list-style-type: none">Scottish Natural HeritageScottish ForestryPaths for All			
	Promote shared use principles to the public			<ul style="list-style-type: none">Scottish Natural HeritageSustrans Scotland (NCN)Local Authorities			
	Provide Path Grading training			<ul style="list-style-type: none">Paths for All			
11.3	Outcome	Reduce conflict between different user groups when using shared spaces					
	Objective	Increase safe, courteous and responsible shared use practices on footpaths(pavements), urban and rural recreational and paths and trails					
	Action			Delivery Lead			
	Promote shared use good practice design and guidance for access and land managers			<ul style="list-style-type: none">Paths for AllScottish Natural HeritageScottish Outdoor Access NetworkLocal Authorities			
	Local Access Forums help resolve local issues			<ul style="list-style-type: none">Local Authorities			
	National Access Forum provides guidance and good practice			<ul style="list-style-type: none">National Access Forum			
	National Access Forum provides guidance and good practice			<ul style="list-style-type: none">National Access Forum			

12. Walking increases Active Travel



The National Transport Strategy and the Strategic Transport Projects Review need to deliver on the transport hierarchy (as above) and prioritise walking and active travel. This must then be reflected in local authority delivery, their active travel strategies and delivery.

Investments in the walking environment are good value for money and encourage more active travel and mode shift. Investing in infrastructure and support for walking and cycling can increase economic growth and vibrancy. Those walking and cycling tend to spend more money locally than drivers. Increasing walking and cycling (active travel) can stimulate economic growth in urban areas and benefit local shops. Good infrastructure for walking and cycling is important, but people also need encouragement, support and guidance to change their behaviours and switch their journeys to on foot or by bike.

In comparison with other transport projects, investments in walking are value for money. As expenditure increases for projects the benefit-cost ratios tend to decrease. The highest value for money transport projects are smarter choices, pedestrian and cycle schemes, local safety schemes and some bus schemes. This suggests that investment in the walking environment is likely to be at least, if not better, value for money than other transport projects. There are likely to be substantial benefits arising in these areas where investment in walking leads to modal shift and associated environmental benefits.

Walking increases Active Travel

DT12	NPF Delivery Areas							
12.1	Outcome	The Strategic Transport Projects Review (STPR) prioritises walking infrastructure						
	Objective	Ensure existing and developing active travel plans deliver good quality walking environments within multimodal options at local, regional and national levels						
	Action	Delivery Lead						
	Ensure walking is a significant element within the National Transport Strategy	<ul style="list-style-type: none">• Transport Scotland• Active Travel Delivery Partners• Scottish Government (Active Scotland)						
	Increase the prominence of walking within Active Travel Plans	<ul style="list-style-type: none">• Transport Scotland• Regional Transport Partnerships• Sustrans Scotland						
	Increase the number of walking initiatives being developed through Community Links, Smarter Choices Smarter Places and other national schemes	<ul style="list-style-type: none">• Transport Scotland• Sustrans Scotland• Paths for All• Living Streets Scotland						

13. Walking supports Communities

If we want healthy communities, you need to create a sense of place and space, of belonging; we need to build inclusive, diverse spaces, where walkers, runners and cyclists, parents pushing buggies, older people with walking aids, people using wheelchairs, shoppers, business owners and office workers all feel at ease moving about and intermingling.

Within towns and cities streets are the original and ultimate social network; you need to construct them not only for business, but for culture and community-building. Walking has to become a lever for social change, big and small – for everything from healthier neighbourhoods to a more sustainable planet– and walkability needs to be imbued into the DNA of urban planning.

It is important the that we create environments that encourage healthier choices. We need to design physical activity back into our everyday lives by encouraging and facilitating walking as a regular daily transport choice.

Having good quality, accessible paths and routes lets people experience enhanced wellbeing because of time spent in our parks, woods and greenspaces. If more people walked more often, there would be a reduction in traffic congestion and pollution and children will have safer routes to school.



Walking supports Communities

DT13	NPF Delivery Areas						
13.1	Outcome	More communities are supported to increase and encourage walking					
	Objective	Increase the number of small-scale high impact improvements that encourage walking					
	Action			Delivery Lead			
	Promote the Place Standard to communities to support planning for walking			<ul style="list-style-type: none">NHS Health Scotland			
	Use street audit process to inform planned spend			<ul style="list-style-type: none">Living Streets Scotland			
	Promote funding opportunities to communities			<ul style="list-style-type: none">Paths for AllSustrans ScotlandScottish Natural HeritageCommunity Planning Partnerships			
	Increase the range of grant funders that support walking projects			<ul style="list-style-type: none">Scottish Government (Active Scotland)Paths for All			
	Those working with and within communities promote the development of walking projects			<ul style="list-style-type: none">Community Planning PartnershipsCommunity Development TrustsPaths for All			
13.2	Outcome	More community organisations champion walking					
	Objective	People enabled to walk more in their communities					
	Action			Delivery Lead			
	Encourage community councils, community development trusts and planning groups to have walking developments as a standing item on their agendas and in community action plans			<ul style="list-style-type: none">Paths for AllGreenspace ScotlandDevelopment Trusts Association Scotland (DTAS)Central Scotland Green Network Trust			
	Promote walking related training to community-based organisations and groups			<ul style="list-style-type: none">Paths for AllCommunity Development TrustsLiving Streets ScotlandLocal Authorities			

14. Walking Supports the Economy

Public realm improvements which support walking have a role to play in increasing inclusion and reducing inequality. A third of households do not have access to a car in the UK, rising to two thirds for the poorest households.

There is an increasing need to focus on improvements to the public realm in our city and town centres to combat the challenges arising from the changing nature of shopping and making their town centre more attractive, more active, and more accessible. A thriving local resident population can be a positive force for change and the maintenance of quality within town centres. Well-planned improvements to public spaces can boost footfall and trading by up to 40%. Funding mechanisms need to continue to evolve to ensure that the place attractiveness of Scotland continues to be delivered. Investing in better streets and spaces for walking can provide a competitive return.

In order to remain competitive, it is vital that the quality of our natural environment is mirrored in the quality of our built environment within those villages, towns and cities. As well as the ongoing conservation of our heritage, there is a need to consider the overall visitor experience which is offered.





Better streets and places are good for everyone: raising self-esteem for residents, encouraging visitors and promoting confidence in inward investment.

“The economic value of walking has been described as the walking economy. There is a direct link between the city’s economic prosperity and the safety and convenience of the pedestrian experience.”

City of Melbourne, 2012



Walking Supports the Economy

DT14	NPF Delivery Areas		   
14.1	Outcome	Developers, businesses and investors value and support walkable environments	
	Objective	Developers and businesses and investors understand the value of investing in creating walking environments	
	Action	Delivery Lead	
	Developers, including house builders incorporate the Place Standard into development planning	<ul style="list-style-type: none"> Place standard Alliance Homes for Scotland Scottish Property Federation 	
	Developers use Designing Streets for all developments		
	All local authorities undertake regular Footway Condition Surveys	<ul style="list-style-type: none"> Local Authorities COSLA VOCAL 	
14.2	Outcome	Pavements (Footways) are increasingly well maintained by local authorities	
	Objective	Increase the percentage of footways that are deemed in good condition	
	Action	Delivery Lead	
	All utility companies reinstate, to a high quality and or improve footways and paths	<ul style="list-style-type: none"> Local Authorities Road Works Commissioner 	
	Implementing the Pavement parking legislation	<ul style="list-style-type: none"> Local Authorities Police Scotland 	
	Promote walking information to domestic and international visitors	<ul style="list-style-type: none"> Visit Scotland Local Authorities National Park Authorities 	
14.3	Outcome	More high-quality walking experiences will contribute to local priorities and economies and support inward investment.	
	Objective	Improve the walking experience for communities, domestic and international visitors to Scotland	
	Action	Delivery Lead	
	Invest in local walking infrastructure initiatives for local and visiting markets	<ul style="list-style-type: none"> Local Authorities 	
	Promote walking festivals to a wide audience	<ul style="list-style-type: none"> Local Authorities Visit Scotland 	
	Promote National Walking and Cycling Network (NWCN)	<ul style="list-style-type: none"> Scottish Natural Heritage Visit Scotland Sustrans Scotland Scottish Canals 	
	Promote local walking networks	<ul style="list-style-type: none"> Local Authorities Community Development Trusts 	

Lets get Scotland Walking



The National Walking Strategy

How to get in touch

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This Action Plan was developed by Paths for All on behalf of, and with the support and input of, the Scottish Government and the National Walking Strategy Delivery Forum

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