

Scotland's view on walking

Survey results: attitudes and barriers to walking

Walking participation



The largest proportions walk most frequently:

59%
for leisure/
exercise
local shops

to reach
public
transport

During the previous month people said they walked in:

urban places rural places

87%

55%

Walking participation is highest amongst young people, and lower amongst:

• people aged 55 and over

- people aged 55 and over
 people who were not working
- people with no children

Slightly lower amongst residents of:

- rural areas
- the 10% most **deprived areas**



Attitudes to walking

The majority of Scottish adults either 'strongly agree' or 'tend to agree' that they **like to walk** because:

of its
health benefits

it helps them to **relax**

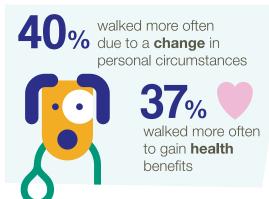
it's good for the **environment**

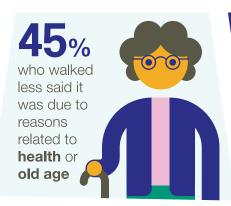
Increasing participation



Frequency of walking increased most amongst:







Having
someone to
walk with, feeling
safer at night and
improved local paths
would encourage
increased walking,
particularly for women

Active travel

Scottish adults would be prepared to walk to:

ne

64% 63% public transp

50% nearest urba

nearest **urban green space** public transport

their place of work



55% of adults

44% f **16–24** vear d

of **16–24** year olds

had walked to and from **public transport** links in the previous month, as part of a longer journey

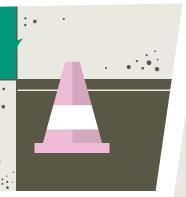


Local paths and walking opportunities

Attitudes to the **condition** of paths and **opportunities** to walk locally varied

Only **25**%

feel the condition of local pavements has **improved** in the last 5 years



When choosing where to **move house** it was important for Scottish adults to be able to walk to:

74% local shops

64% bus service

Far fewer stated that convenience of routes to drive to the nearest **town centre** (33%) or to **retail parks** (26%) would be important

of Scots have been forced to change their walking routes due to issues such as cars parked on pavements, cyclists on pavements and poor maintenance of pavements



Communicating the benefits



Recall was highest amongst youngest age groups, those with children at home and people living in Central Scotland

27%
had heard about the health benefits

22% had heard about the environmental benefits