
STRATEGY

Cairngorm and Glenmore
Strategy

**Strategic Environmental Assessment
Environmental Report**

December 2015

Appendix 2: Environmental Baseline

Topic 8: Population and Human Health

Topic 8: Population and Human Health
Population of the National Park

Population statistics within the Cairngorms National Park are calculated using an aggregate of data zones that roughly correspond with its boundary. For full details on how these data zones are collected, see **Appendix 3** (p. 196).

Population and Households

Before delving into the social and economic characteristics of Glenmore itself, it is first necessary to consider the broader picture within the National Park. As an area that attracts a significant number of visitors, the nature of the National Park’s overall population is likely to result in more local effects on the area.

In 2013¹ the estimated population of the National Park was 18,420, with 9,113 males and 9,307 females.

¹ 2013 Mid-year estimates represent the most recent set of population statistics at a data zone level at time of writing.

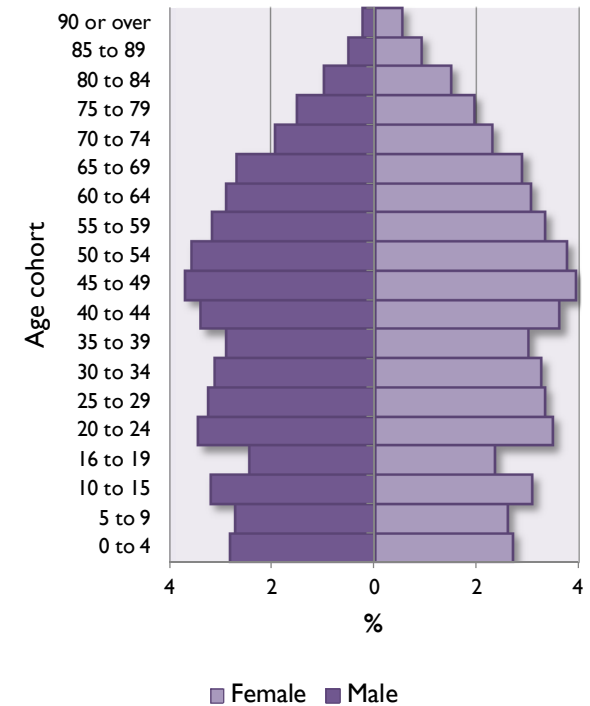
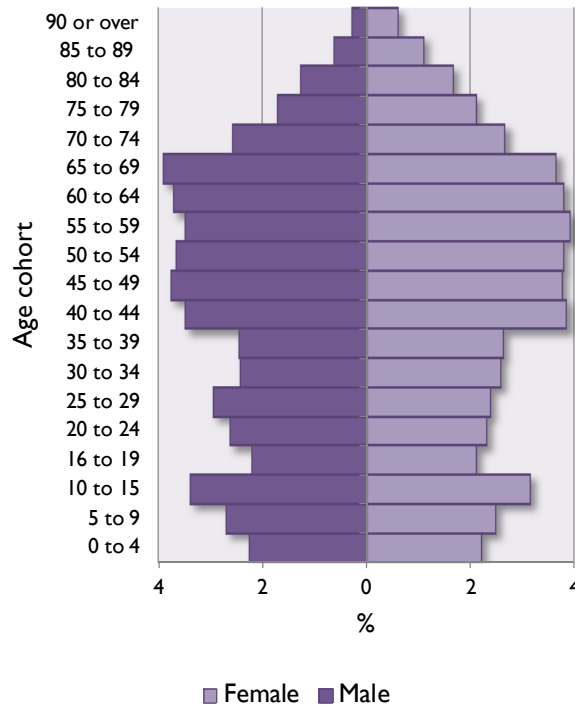


Figure 71 Estimated population profile by age and sex in the Cairngorms National Park in 2013.

Figure 72 Estimated population profile by age and sex in Scotland in 2013.

Source: www.sns.gov.uk

The National Park has a distinctly different population profile to the national (**Figure 71** and **Figure 72**), with a higher proportion of people falling within the 55 to 74 age cohorts. When compared to other rural parts of Scotland, the Cairngorms National Park also has a relatively high proportion of residents within the 10 to 29 age cohorts (see NRS (2014). This is thought to be due to the relatively high number of opportunities for employment in the outdoor and tourism sectors. There is also a spike in the 10 to 15 year cohort, which is replicated across Scotland as a whole.

Although mid-year estimates for 2013 suggest a small decrease from the previous year (about -0.2%), during the 21st century², the National Park has experienced a significant net increase in its resident population, rising by approximately 2,087 persons (a growth of 12.8%) (**Figure 73**). This growth is well above the overall

² Figures between 2001 and 2009 include people living in the area of Perth and Kinross which did not become part of the National Park until 2010.

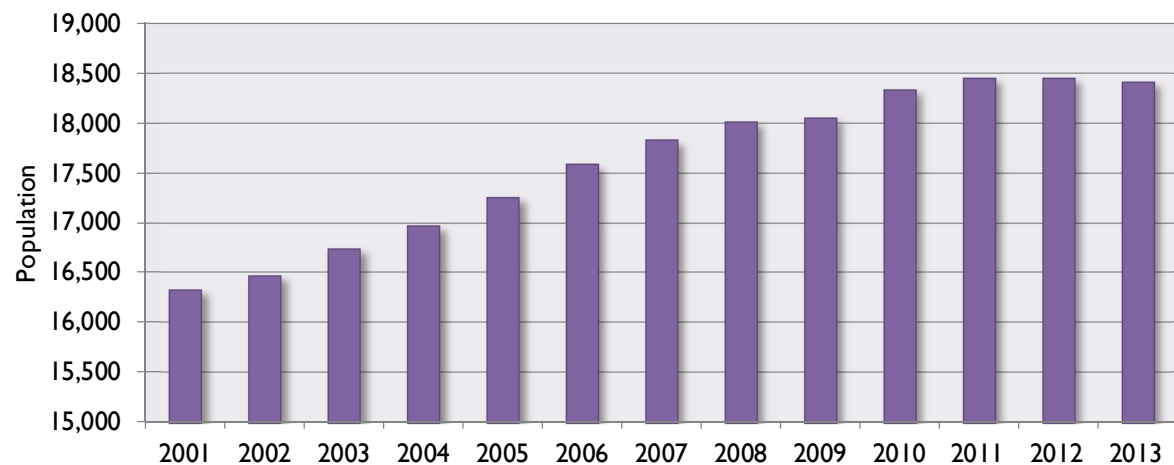


Figure 73 Mid-year estimates of total population for the Cairngorms National Park. Source: www.sns.gov.uk

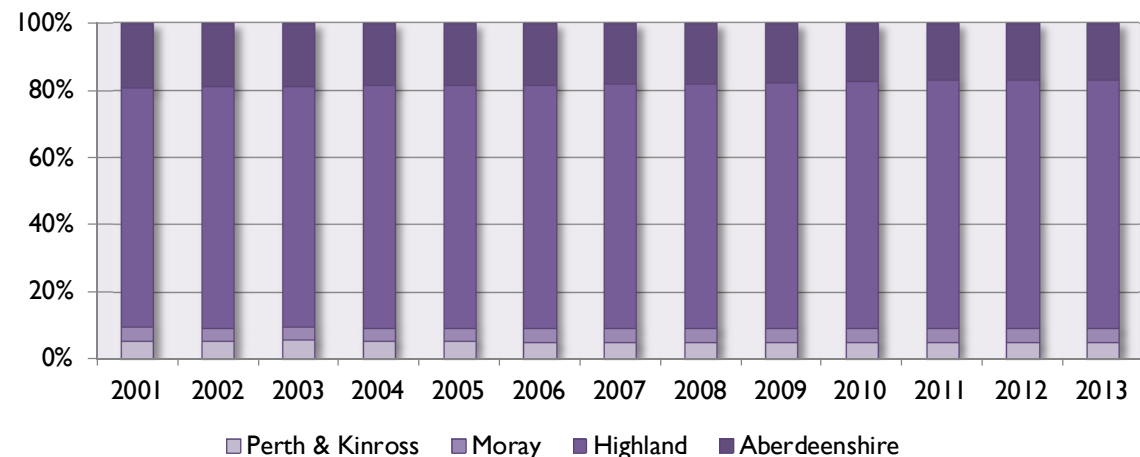


Figure 74 Mid-year estimates of total population for the Cairngorms National Park distributed by Local Authority Area. Source: www.sns.gov.uk

Scottish rate, which saw a net increase of around 5.2% over the same period.

This growth has not been evenly distributed throughout the National Park (Figure 74 and Figure 75). Indeed, the overall population in data zones within Aberdeenshire and Perth and Kinross has remained relatively stable.

The greatest increase occurred within Aviemore, which is estimated to have grown by around 972 people. Proportionally this represents a growth of around 136%. Most of Badenoch and Strathspey also experienced growth, gaining an estimated 940 people. Taken together, this addition of 1,912 persons resulted in the Highland area of the National Park growing by 16.4%.

Although net population change within the National Park has been positive, certain areas experienced a reduction in the population. For example, the population of datazone S01000312, which represents part of Ballter, lost around 113 persons (-17.6%). It is unclear if this represents a

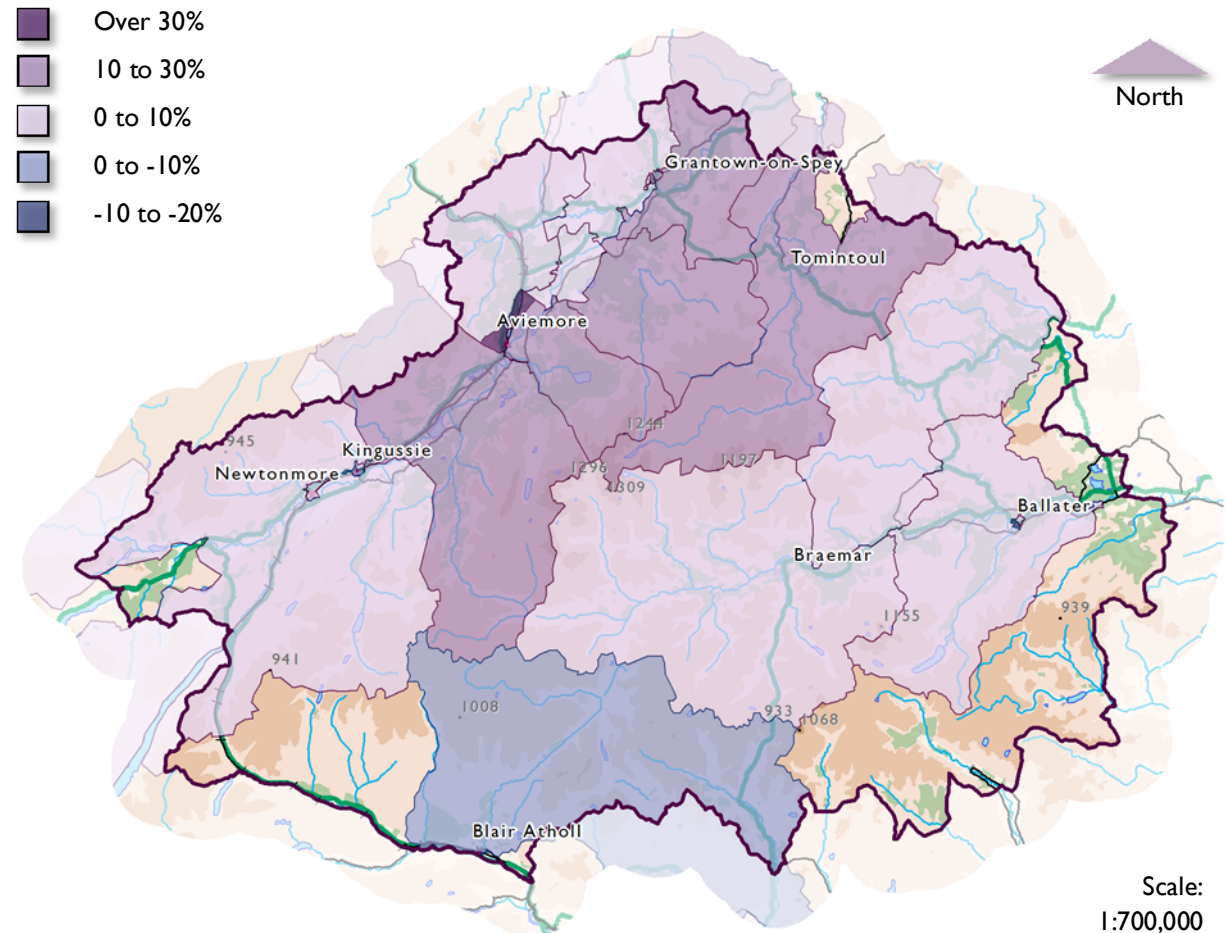


Figure 75 Population change within the Cairngorms National Park between 2001 and 2013 (based on mid-year estimates).

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genuine trend or is a result of methodical or sampling changes to the mid-year estimate methodology.

Population projections for the National Park are produced by National Records of Scotland (NRS), with the most recent being

2012 based projections being published in August 2014 (Figure 76).

It should be noted that in estimating the population of the National Park and calculating its projected growth, NRS does not include data zone S01005147 /

S01011981, which is in Perth and Kinross. Population estimates presented in NRS documents therefore differ from those of the CNPA, since the CNPA does include the data zone within its analyses of the National Park’s demographic and socio-economic character.

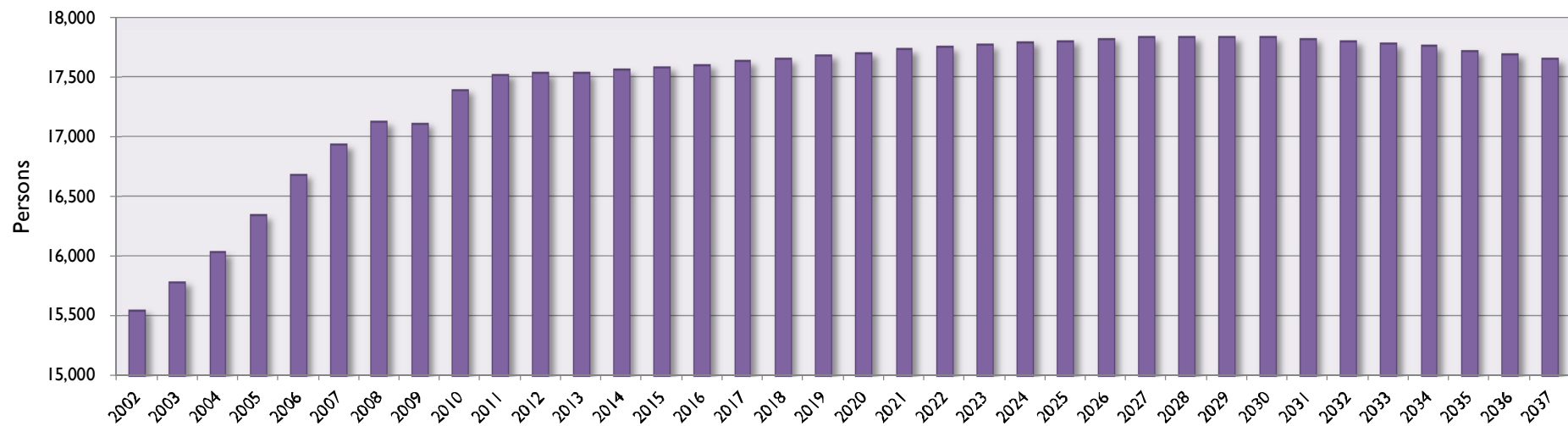


Figure 76 Estimated and projected total population of the National Parks, 2002-2037 (NRS, 2014).

This difference does not however result in a significant problem since it is not the headline population that generates a policy response, but the rate and scale at which change occurs. Since data zone S01005147 / S01011981’s population was only estimated

to be 923 in 2013 and the fact that it saw no statistically significant change over the period of 2001-2013 (an estimated net decrease of 2 persons), there is little to suggest that its absence within NRS’ calculations would have had a significant

impact on the robustness of their projections.

NRS (2014) estimate that between 2012 and 2037, the population of Cairngorms National Park is projected to rise from

17,540 to 17,660 (an increase of around 1%). This is a lower level of growth than experienced previously, however since 2010 a reduction in the rate of growth has occurred and should this represent a future trend then the projection is not unreasonable. There is projected to be more deaths than births across the 25 year projection period. Therefore the population increase is due to net immigration to the area, which is assumed to be 50 migrants per year.

NRS (2014) also give an indication of how the age structure of the population might change (Figure 77 and Figure 78). The number of children aged under 16 is projected to decrease by 15% over the projection period from 2,890 in 2012 to 2,460 in 2037. The number of people of working age is projected to decrease from 10,350 in 2012 to 9,910 in 2037, a decrease of 4%. The population of pensionable age is projected to rise by 23% from 4,300 in 2012 to 5,290 in 2037.

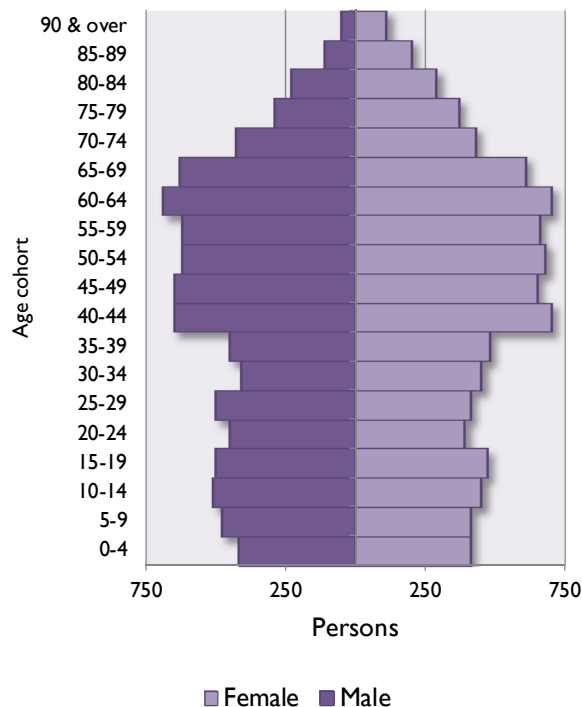


Figure 77 Estimated population profile by age and sex in the Cairngorms National Park in 2012 (NRS, 2014).

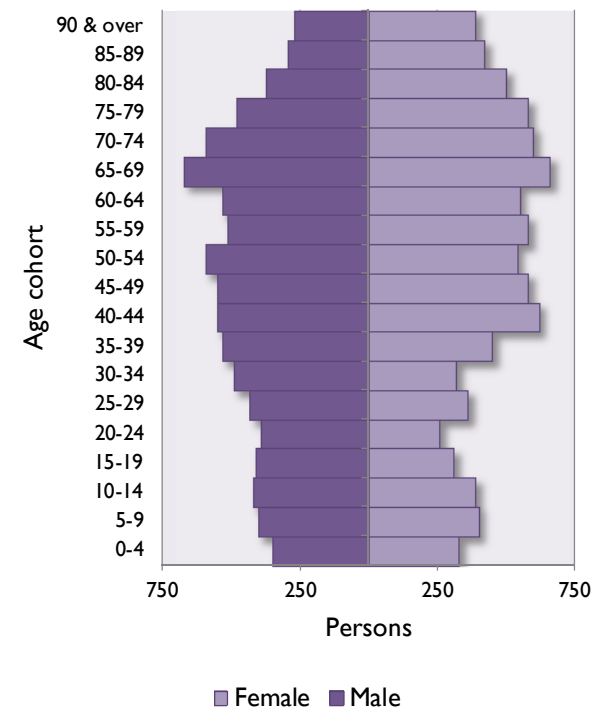


Figure 78 Projected population profile by age and sex in the Cairngorms National Park in 2037 (NRS, 2014).

It's clear that this projected change in population and demographic character will result in an increase in the number of households within the National Park. NRS (2014) projections suggest that households are set to increase from 7,870 in 2012 to 8,780 in 2037, an increase of 12% (Figure 79).

Given the limited nature of the projected population growth, it is clear that it does not entirely explain the projected change in the number of households. Indeed, the difference between the household and population projections is due to the trend in more people living alone or in smaller households. In the Cairngorms National Park, the average household size is projected to drop from 2.15 people in 2012 to 1.93 people in 2037 (Figure 80).

The Local Development Plan 2015

The Cairngorms Local Development Plan (LDP) was adopted on March 27th 2015. The LDP sets out policies and proposals for the development and use of land for the next 5-10 years, and provides the basis for

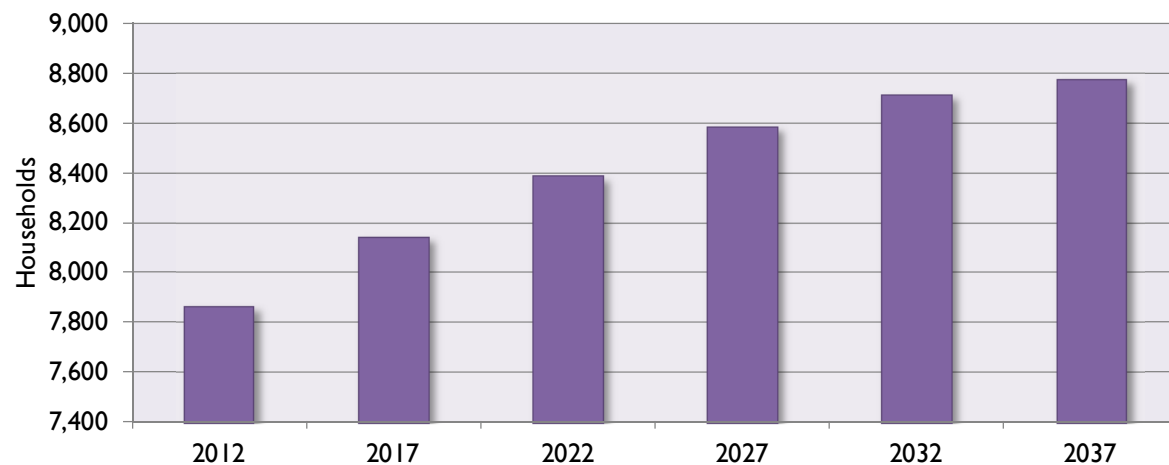


Figure 79 Overall household projections for the Cairngorms National Parks, 2012 to 2037 (NRS, 2014).

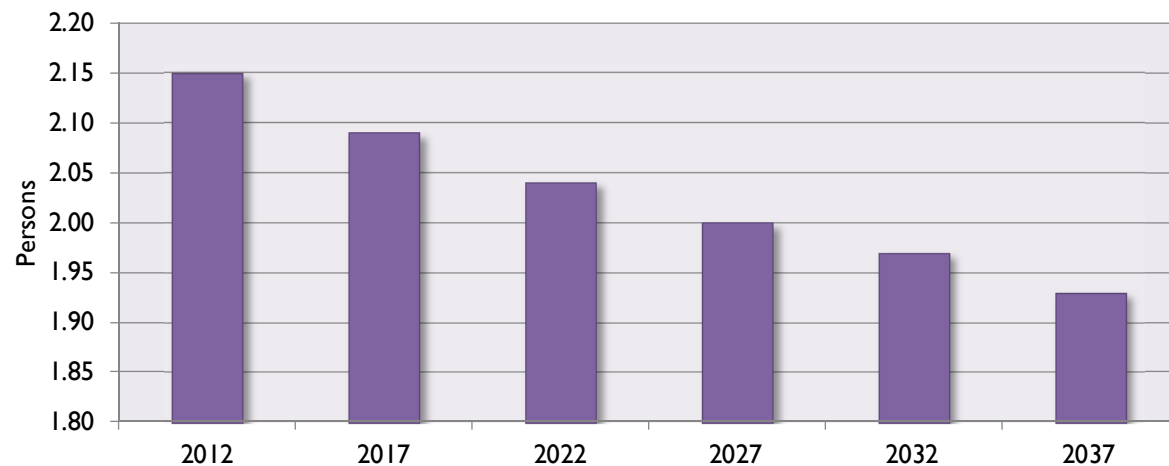


Figure 80 Projected household size for the Cairngorms National Park, 2012 to 2037 (NRS, 2014)

the assessment of all planning applications made within the Cairngorms National Park.

Of significance to the Cairngorm and Glenmore's Strategy is the close proximity of Aviemore and the new planned town of An Camas Mòr (**Figure 81**). Aviemore has an identified allowance of 406 new dwellings, although this figure will be higher when taking into account the delivery of windfall development. An Camas Mòr, which already benefits from planning consent, has an allowance of up to 1,500 new dwellings. Combined therefore, land has been identified for around 2,000 new dwellings within 10 km of Cairngorm and Glenmore. It is anticipated that these will be delivered over the next 20 to 30 years. Based on the projected household size of 1.93 for 2037, it is not unreasonable to assume that the potential additional population of An Camas Mòr alone, will be in the region of 2,900 by the time it is completed. This is likely to result in a significant increase in use of the facilities at Glenmore and Cairngorm, which should be taken into account by the Strategy.

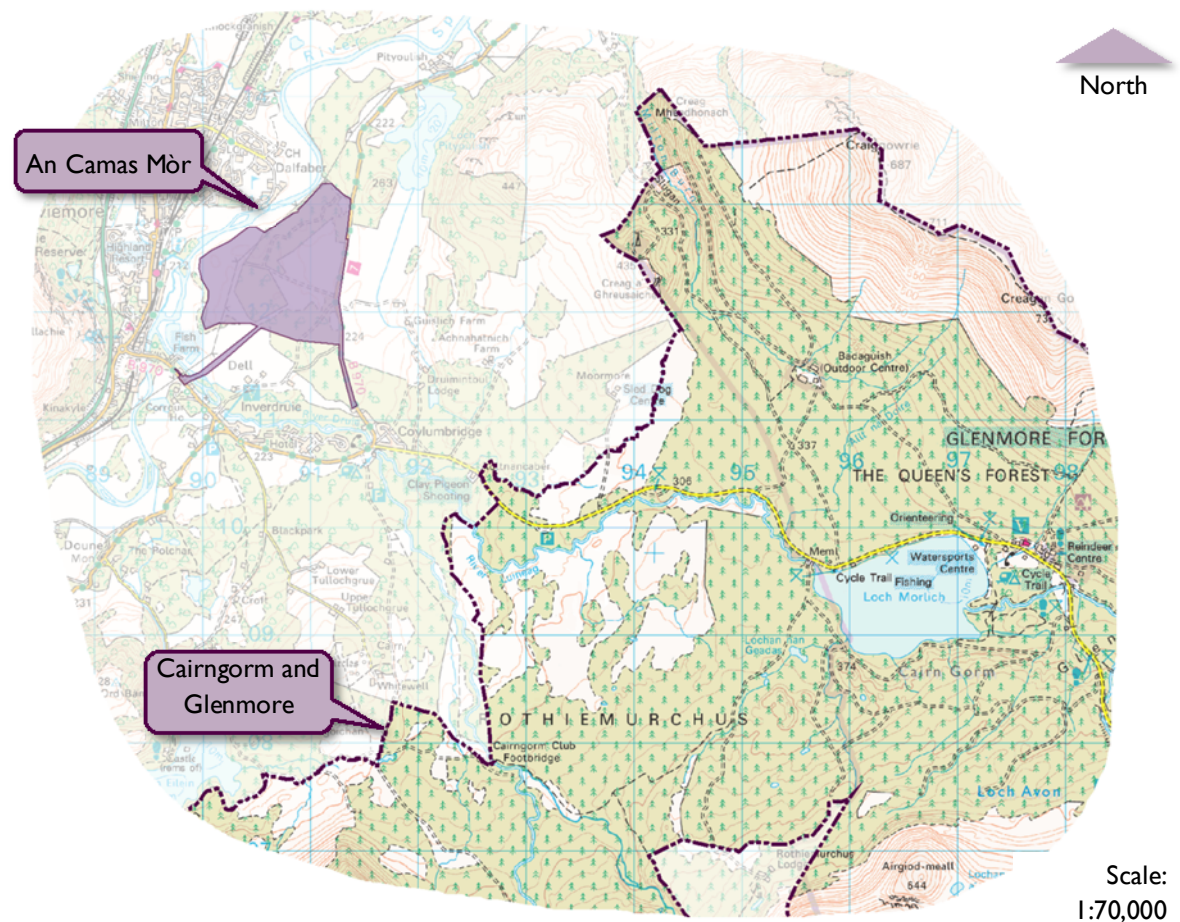


Figure 81 Location of An Camas Mòr.

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Cairngorm and Glenmore

The population of Cairngorm and Glenmore is mostly located within a single 2001 data zone, S01003751 (**Figure 82**). In 2011 the data zone was expanded and re-numbered (S01010539), although statistics for this area are not yet available. It should also be noted that the data zone includes part of Aviemore and that proposed new settlement of An Camas Mòr is located within this data zone. The development of the latter is likely to result in future changes to the data zone boundary.

It should be noted that there are many risks in analysing small area geographies such as this in isolation, largely because sample sizes are often too small to show recognisable trends and therefore draw firm conclusions from. Disclosure control methods can also complicate analysis of change because the suppression of cell values can lead to data zones having empty cells in certain years. Bearing in mind these cautions, data may be gathered to offer a limited analysis of an area's characteristics.

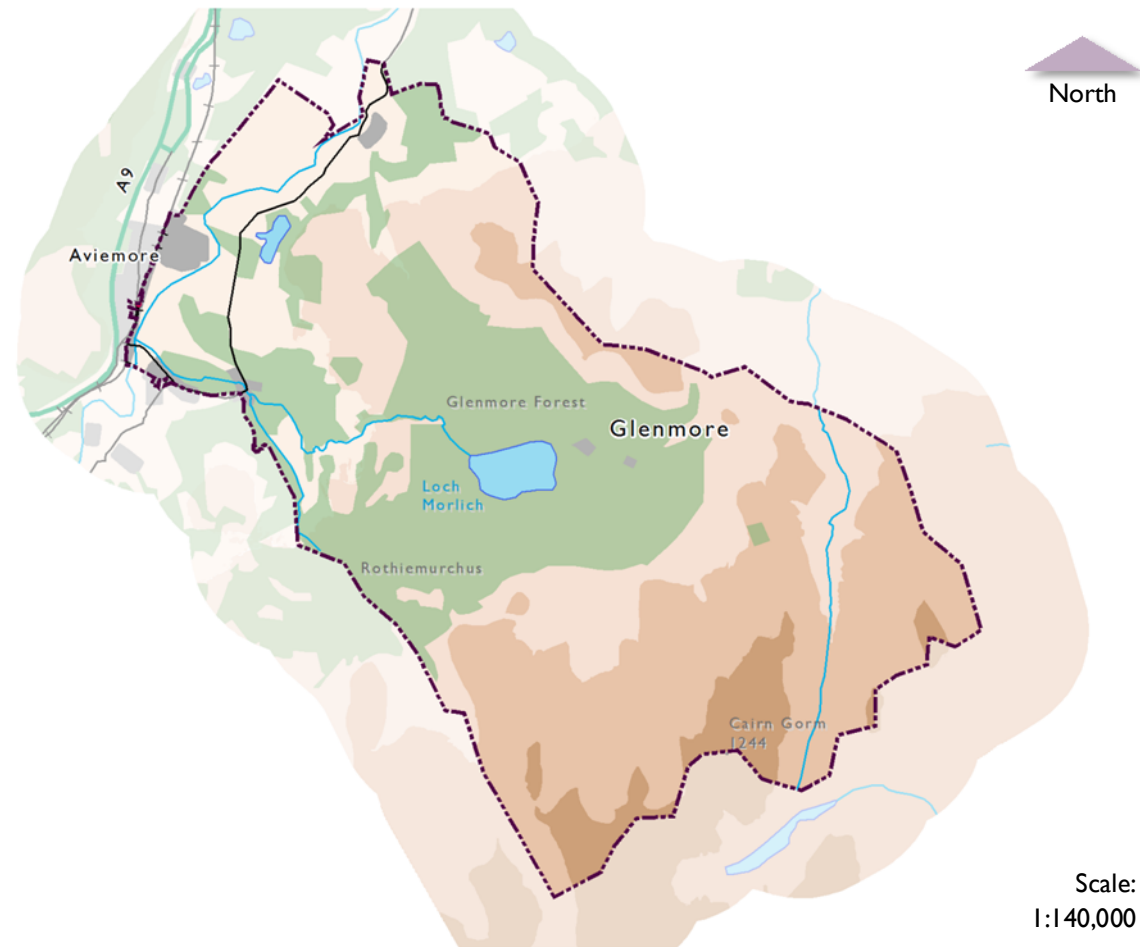


Figure 82 Data Zone S01003751.

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Population

In 2013 the estimated population of Data Zone S01003751 was 1,089, with 575 males and 514 females. This population includes part of Aviemore, which is not covered by the Strategy. Based on average household size and the number of properties within the Cairngorm and Glenmore area itself, only around 26 of these are likely to live within the area actually covered by the Strategy. This is a very rough figure however, which is also likely to be an underestimate, as it does not account for the residential accommodation offered by outdoor centres such as Glenmore Lodge.

The area has a distinctly different population profile to the rest of the National Park and indeed the rest of Scotland, with a significantly higher proportion of people falling within the 20 to 34 age cohorts, notably among males (Figure 83). This is likely to be representative of the dominance of jobs within the outdoor and tourism sectors in this area, many of which offer onsite worker accommodation. Given the area's

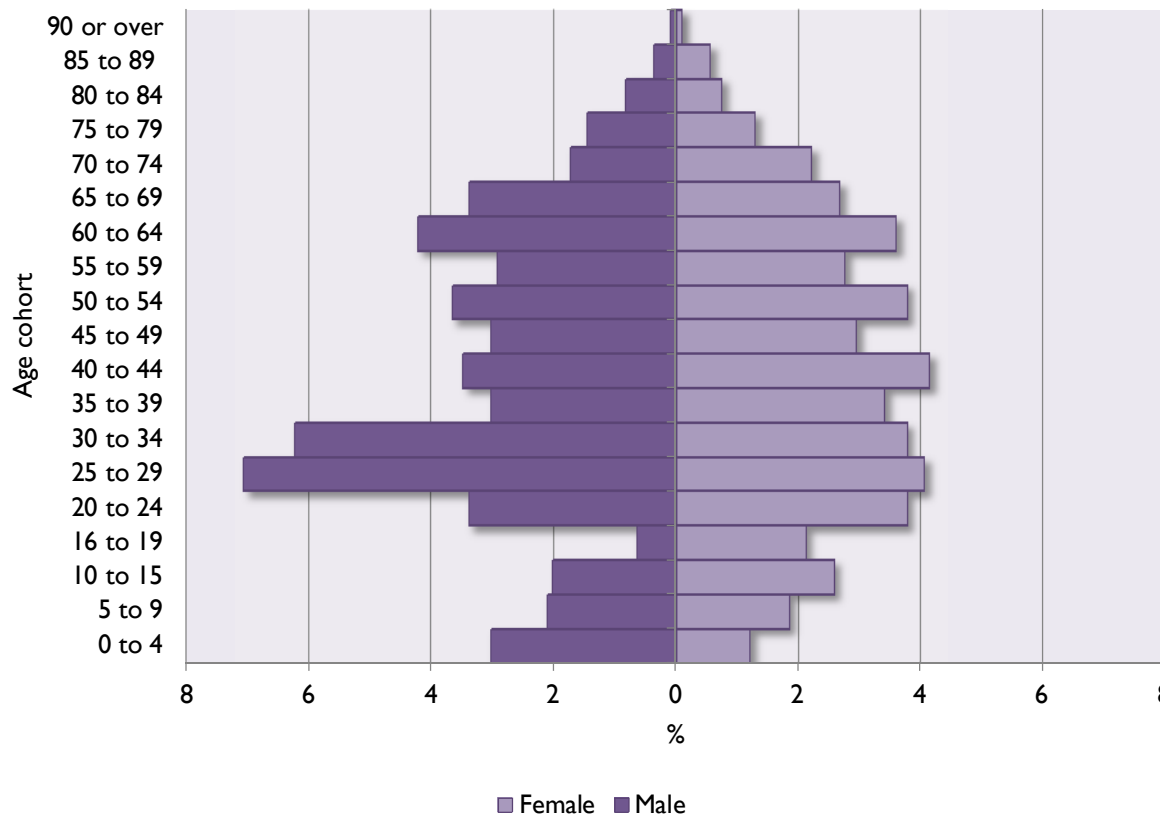


Figure 83 Estimated population profile by age and sex in Data Zone S01003751 in 2013.

Source: www.sns.gov.uk

relatively small overall population, it is unsurprising to find such a situation occurring.

Mid-Year estimates suggest that between 2001 and 2013, the population of data zone S01003751 saw a net growth of around 140 individuals (around 13%) (Figure 84).

There is however significant variation from year to year. This will partly reflect the small size of the population, with small changes appearing more pronounced than they should be. However, it may also reflect the fact that nature of the work in the area is highly seasonal and that poor years may result in fewer jobs being available in the area.

Economic Activity

2013 mid-year estimates indicates that Data Zone S01003751 had a working age population of 759 people (69.7% of total population), with 411 males and 348 females. This proportion is significantly higher than the National Park as a whole (51.9%), reflecting the high proportion of 20 to 35 year olds living within the area. Those of pensionable age numbered 191 (17.5% of total population) with 86 males and 105 females. This is slightly lower than the National Park’s level of 24.6%.

Educational achievement within Data Zone S01003751 is a little higher than the National Park and Scottish averages. In

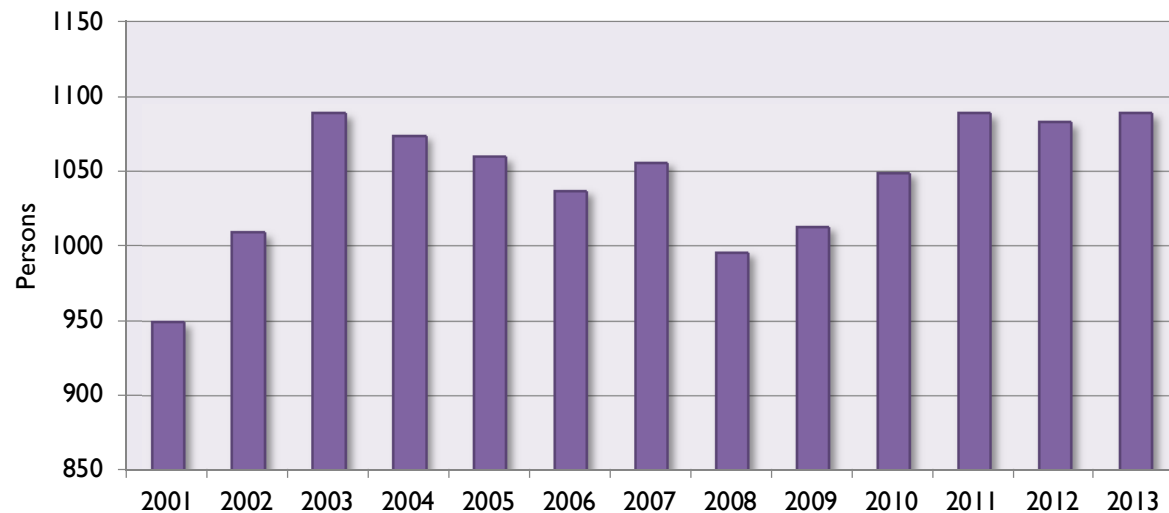


Figure 84 Mid-year estimates of total population for Data Zone S01003751. Source: www.sns.gov.uk

terms of qualifications, the 2011 Census (Table LC5102SC) suggests that around 84.3% of the 16+ Census population had NVQ1 level and above (CNP 76.8%; Scotland 73.2%), and around 36.6% had NVQ4 and above (CNP 30.8%; Scotland 26.1%).

According to the Census (Table LC6107SC) of the economically active in 2011 (around 750 individuals, or 78% of the 16+ population), around 96% were classed as being in employment, which is close to

the National Park level of around 95% and slightly higher than the Scottish level of 91.9%. Of the inactive, who numbered 212 (around 22% of the 16+ population), 66% were inactive due to retirement. This is lower than the National Park’s level of 75.1% but higher than the Scottish level of 59.9%. There are two possible reasons for this. Firstly, as shown by **Figure 77** the National Park as whole has a higher proportion of those over the age of 55 than the national average, which is only partly suppressed by the high numbers of 20-35

year olds living in S01003751 and secondly, owing to the absence of a higher education facility within the National Park, there are relatively few full time students residing in the area.

The Census profile of full time (77.3%) and part time (22.7%) employee jobs (excludes self-employed, government, trainees and HM Forces) (Table LC6109SC) indicates a slightly higher level of full time employment than the National Park (72.8% and 27.2% respectively), and indeed Scotland (72% and 28% respectively), as a whole. This difference is not however large enough to draw any conclusions about this aspect of the local economy and may vary greatly from year to year, particularly given the relative dominance of the Accommodation and food service sector (**Figure 85**).

According to SIMD 2012 data, the National Park has relatively low levels of employment related deprivation, which it rates using indicators such as Working Age Unemployment Claimant Count, Working Age Incapacity Benefit recipients and Working Age Severe Disablement

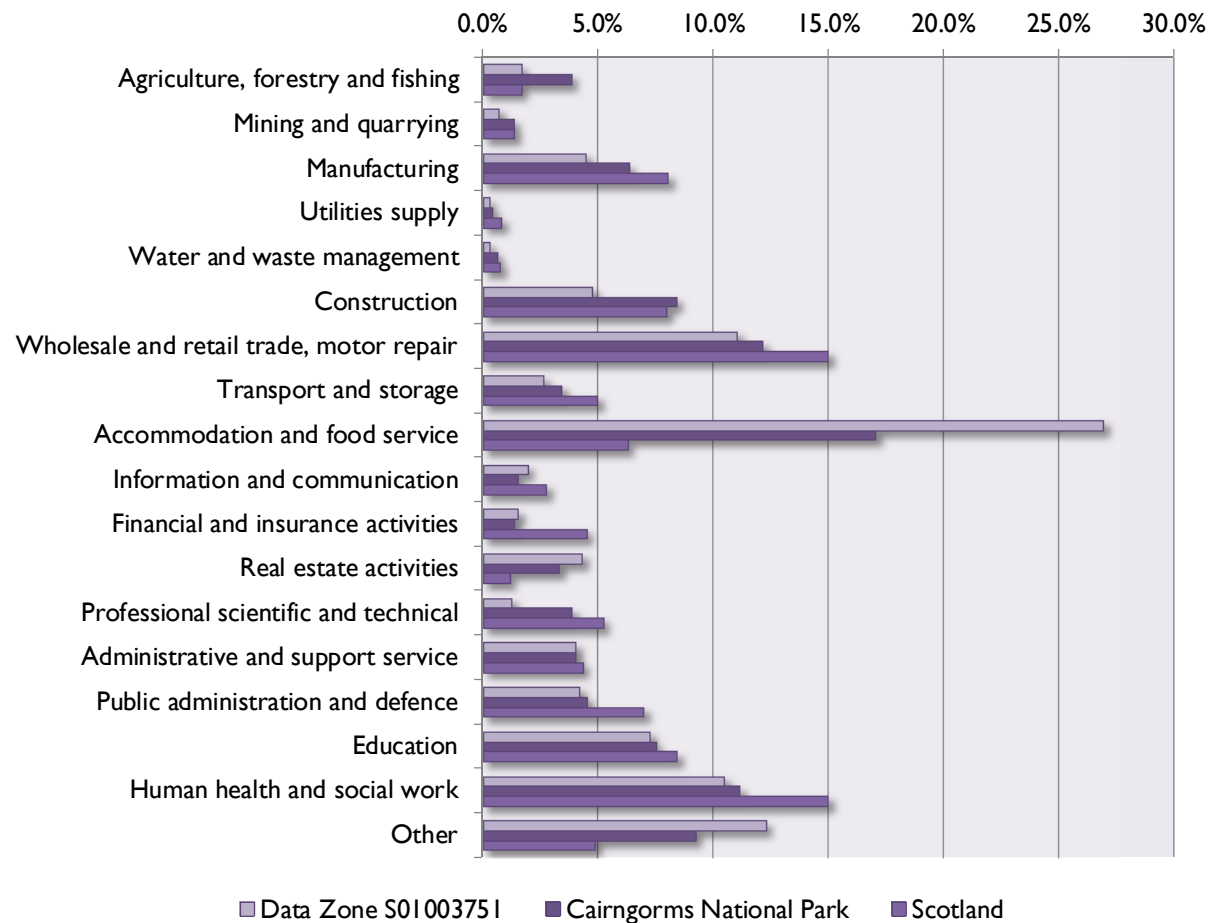


Figure 85 Proportion of all people aged 16 to 74 in employment the week before the census by industry (Census table KS605SC). Crown copyright 2013.

For further information on variables, see www.scotlandscensus.gov.uk/variables

In order to protect against disclosure of personal information, some records have been swapped between different geographic areas. Some cell values will be affected, particularly small values at the most detailed geographies.

Allowance recipients. As one of the National Park’s 23 Data Zones that fall within the 20% least deprived, this is the case for S01003751.

Indeed, unemployment levels within the S01003751 are relatively low. Out of work benefits issued to those of working age in the area (JSA) in quarter 4 of 2012 stood at 15 (1.9%), which is similar to the National Park level of 1.7% and below the Scottish figure of 4%. Indeed, trends in JSA claimants

closely mirror those of the National Park as a whole.

The nature of employment within both Data Zone S01003751 and the National Park is extremely seasonal, with JSA claimants peaking in the winter months (Figure 86). Unemployment is at its lowest in July, which coincides with Scottish school and public holidays.

In employment terms, claimant data suggests that the recession began in the

area in March 2008. It continued to get worse at the rate of about two jobs per week until July 2009 when the position began to improve, with a stabilisation in the level of those claiming JSA. Most recent data suggests that claimant numbers are beginning to fall, though it is still too soon say whether this represents the beginnings of a durable recovery (CogentSi, 2010; CogentSi, 2013).

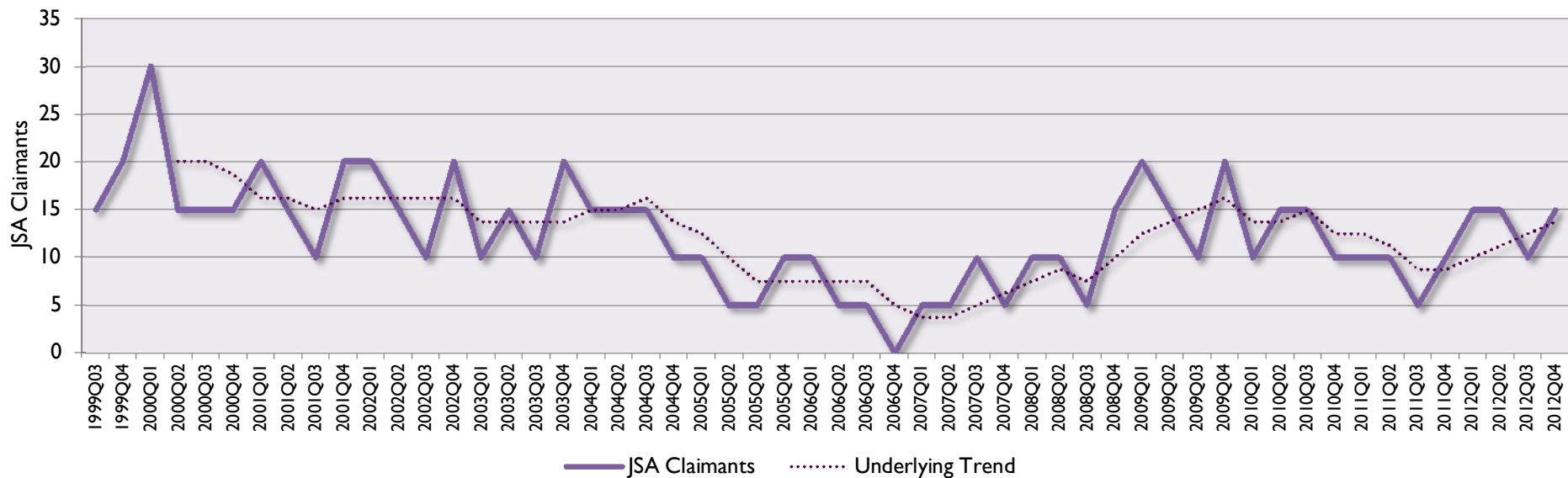


Figure 86 Job Seekers Allowance (JSA) claimants within Data Zone 01003751 (Source: <http://www.sns.gov.uk/default.aspx>).

Due to the low level of unemployment within both Data Zone S01003751 and the National Park, levels of income deprivation are relatively low according to the SIMD 2012. According to the SIMD, Data Zone S01003751 is in the 20% least deprived. However, this masks the fact that there is strong evidence to suggest that average earnings in the area are well below the Scottish and British averages.

There is no official up-to-date data available for earnings specifically within Data Zone S01003751, although median gross weekly wages for the Highland area as a whole are £487.90. This is less than the Scottish median of £519.40 and the British £520.20 (Office for National Statistics, 2015).

Another indicator of the income of area's residents may be found in research carried out by Herriot-Watt University on developing local and small area estimates of income distribution, poverty and deprivation (Bramley & Watkins, 2013). This study offers a snap shot of household incomes at a data zone level in 2008 / 2009. It should be noted that the figures

Table 20 Estimated household income for data zones within the Data Zone S01003751 2008 / 2009 (Bramley & Watkins, 2013).

Weekly median net³ household income	£401
Weekly median gross⁴ household income	£473
Households with a gross income of less than £300 per week	25%
Households with a gross income of less than £400 per week	37%
Households with a gross income of less than £500 per week	49%
Households with a gross income of less than £600 per week	57%
Households with a gross income of less than £800 per week	77%

³ Net income covers income from all sources (as in Gross Income) but after the deduction of income taxes and national insurance contributions.

⁴ Gross income is income from all sources (wages, salaries, pensions, benefits, rent, interest, maintenance) before the deduction of tax and national insurance contributions.

presented in this study are not directly comparable to those Office of National Statistics, since the Herriot-Watt figures represent household income rather than individual worker pay. The Herriot-Watt figures also include welfare payments (e.g. pensions, tax credits, JSA etc.) within their figures, which are also not present within the Office of National Statistics figures.

The Herriot-Watt data indicates that in 2008 / 2009 (Table 20) weekly median gross household income was just £473.

Commuting

The 2011 Census indicated that of the 701 people aged 16 -74 in employment around 318 (45.4%) of them commuted to work via car, van or motor cycle (Census table LC7101SC) (Figure 87). This is lower than the Scottish level of 56%, a reflection of the fact that S01003751 and the National Park have a relatively high level of home working (19% and 22.9% respectively). The use of public transport is particularly low within both Data Zone S01003751 and the National Park, a reflection of the difficulties of providing good service in such a rural area.

Most commuting occurs within the local area, with over half of S01003751's workers travelling less than 10km to their place of work (Figure 88).

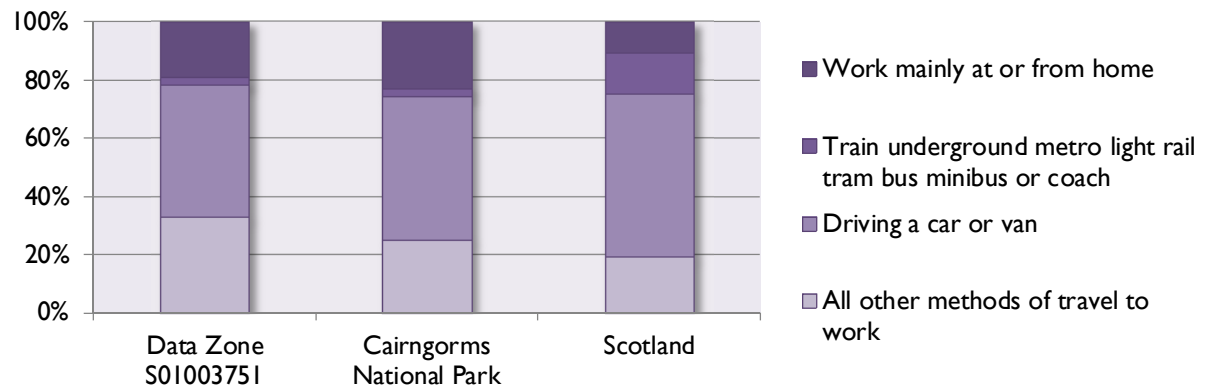


Figure 87 Method of travel to work, 2011 (Census table LC7101SC).

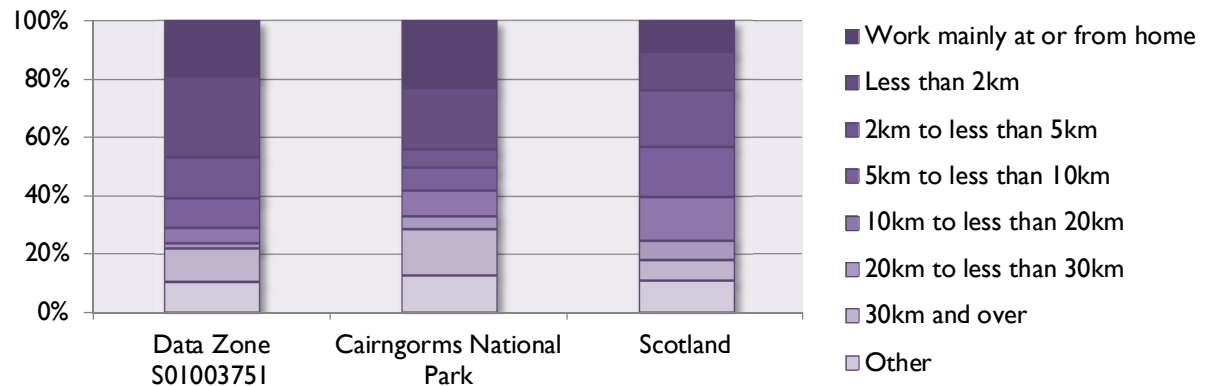


Figure 88 Distance travelled to work, 2011 (Census table LC7102SC)⁵. Crown copyright 2014.

For further information on variables, see www.scotlandscensus.gov.uk/variables

In order to protect against disclosure of personal information, some records have been swapped between different geographic areas. Some cell values will be affected, particularly small values at the most detailed geographies.

⁵ The distance travelled is a calculation of the straight line between the postcode of place of residence and postcode of workplace.

⁶ 'Other' Includes no fixed place of work, working on an offshore installation and working outside the UK

Human Health

Life Expectancy

Human Health covers a wide range of issues, many of which have strong relationships with other topic areas. Life expectancy is a good indicator of the overall health of a population. While there is no official data available for life expectancy specifically within the Data Zone S01003751, the level of deprivation according to SIMD 2012 decile and may be used to gain a reasonable estimate.

Estimates may also be derived from the SIMD 2012; according to NRS (2014), male and female life expectancy increases and the gap between male and female life expectancy decreases as the level of deprivation decreases. Consequently, NRS have estimated life expectancy according to SIMD decile. Based on the position of S01003751 within the SIMD therefore, an estimate of its life expectancy may be derived.

It should be noted that the SIMD measures deprivation and not affluence, therefore

estimates should not be translated as 'life expectancy of the rich versus that of the poor'. It should also be noted that NRS estimates are generalised and the criteria that result in an overall SIMD rank may vary greatly between data zones. The life expectancies presented therefore should not be viewed as geography specific absolutes, but as rough approximations based on national data.

Estimating life expectancy via this means offers a range of 79.2 for males and 82.4 for females living within the Data Zone S01003751. This estimate is not unreasonable as it falls within 1% of figures for the Scottish Government's Urban Rural Classification areas, which estimates life expectancy for males to be 79.2 and females to be 82.6 in remote rural areas⁷ (National Records of Scotland, 2014), which the whole of the Cairngorms National Park is identified as.

⁷ Defined as "areas with a population of less than 3,000 people, and with a drive time of over 30 minutes to a settlement of 10,000 or more."

Irrespective of the exact figures, it is possible to say that the residents of Data Zone S01003751 are likely to have a greater life expectancy than the Scottish average and live around 6 to 9 years longer than people living in the most deprived parts of Scotland.

Health

Evidence suggests that the population in the area is healthier than the Scottish average. According to the 2011 Census, the proportion of people with long term health problems whereby their day-to-day activities are limited a lot was only 5.2% (Scotland 9.6%) while the proportion of people claiming very good to fair health was higher (97% compared to Scotland’s 94.4%) and the proportion claiming bad to very bad health lower (2.9% compared to Scotland’s 6.1%) (Table 21). This is supported by evidence from the proportion of Incapacity Benefit and Severe Disability Allowance claimants within the National Park, which in 2012 ranged between 1.2% and 1.8% of the 16+ population, compared to Scotland’s 2.7 to 4.1%

The Health Domain of the SIMD 2012 also provides an indication of the relative healthiness of the National Park, with Data Zone S01003751 falling within the 20% least deprived.

Table 21 Census health indices, 2011.

Indicator	Data Zone S01003751	Cairngorms National Park	Scotland
Long-term health problem or disability (Table LC3101SC)			
Day-to-day activities limited a lot	5.2%	6.8%	9.6%
Day-to-day activities limited a little	7.7%	10.2%	10.1%
Day-to-day activities not limited	87.1%	83.0%	80.4%
General health (Table LC3102SC)			
Very good health	57.3%	55.6%	52.5%
Good health	30.3%	30.7%	29.7%
Fair health	9.4%	10.3%	12.2%
Bad health	2.3%	2.7%	4.3%
Very bad health	0.6%	0.7%	1.3%
Provision of unpaid care (Table LC3301SC)			
Provides no unpaid care	90.8%	90.9%	90.6%
Provides 1 to 19 hours unpaid care a week	6%	5.7%	5.2%
Provides 20 to 34 hours unpaid care a week	0.2%	0.8%	0.9%
Provides 35 to 49 hours unpaid care a week	0.8%	0.6%	0.8%
Provides 50 or more hours unpaid care a week	2.2%	2.0%	2.5%

Recreation

Standardised measures of health aside, there are many factors that can have an influence on a population’s health and it is probable that the high quality environment described in this report is a contributory factors. Another factor is likely to be the ability of the population to easily access this environment for leisure and recreational purposes.

Significantly, the Cairngorms National Park is a world renowned area where both residents and visitors can enjoy an unparalleled range of outdoor recreation opportunities. People are able to explore the area on foot, in a wheelchair, on horseback, on a bicycle or even in a boat or canoe, as long as they do so in a responsible manner, with respect for other people and for the environment, and in accordance with the Scottish Outdoor Access Code.

One important means of access is via the National Park’s public footpath network, of which the Core Paths

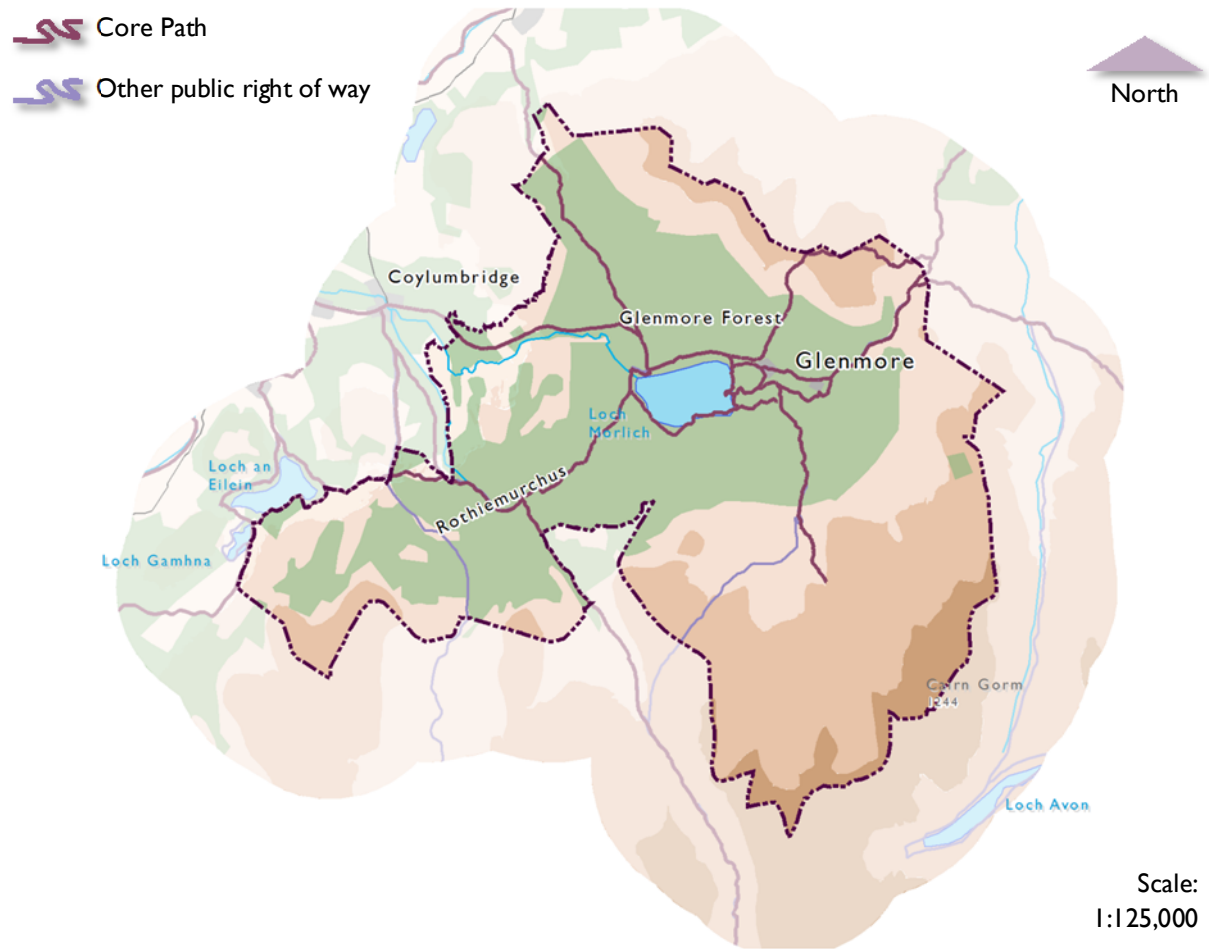


Figure 89 Public footpath network.

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network plays a significant role (see **Figure 89**).

The CNPA has a duty under the Land Reform (Scotland) Act 2003 to prepare a Core Paths Plan. Section 17 (1) Act states that the core paths network should be: ‘... *sufficient for the purpose of giving the public reasonable access throughout the area*’.

The CNPA has recently published its Core Paths Plan (2015), which was developed in Partnership with the Local Outdoor Access Forum and Inclusive Cairngorms. The aim of the Plan is to help people enjoy and understand the special qualities of the National Park through the identification of outdoor access opportunities. The path network should satisfy the needs of visitors and local people to get around, and link to the wider path network and beyond.

The network is made up of a mixture of existing and new paths, which together provide a cohesive system. The National Park now has a network that totals 1,073km of core path, 88km of which is on water (River Spey). Furthermore, over

300km of the network has been signed and promoted with a further 100 or so km to be developed and improved.

Cairngorm and Glenmore are one of the National Park’s most popular destinations for undertaking outdoor activities, attracting an estimated 1,000,000 visitors per year. Of these 400,000 visit the Coire Cas Car Park, 240,000 Cairn Gorm, 150,000 Glenmore and 350,000 Rothiemurchus.

The area contains numerous attractions including a ski centre, access to the Cairngorm Mountains and the largest and most popular bathing beach in the National Park.

Data collected with the Glenmore, Cairngorm and Rothiemurchus are indicates that the area appears to be successful attracting UK and overseas visitors, repeat visitors and predominantly ABCI⁸ visitors in socio-economic terms. An idea of the

⁸ Upper middle class, middle class and lower middle class. For further details see <http://www.abcl-demographic.co.uk/>

nature of visit to the area is provided by the 2015 Cairngorms National park visitor survey (**Table 22**).

It is expected that visitor numbers will gradually increase in the future, as access and transport connections improve, as businesses in the area continue to build their reputation and as promotion encourages more people to discover Cairngorm and Glenmores. Furthermore, the anticipated growth of Aviemore and the development of An Camas Mòr is likely to result in a greater number of people using the area.

Table 22 Extract from the results of the 2015 Cairngorms National Park Visitor Survey (visitors surveyed at 6 visitor destination locations within the National Park).

Visitors to Cairngorm and Glenmore are:	Cairngorm, Glenmore & Rothiemurchus	Cairngorms National Park
more likely to be staying in the National Park	76%	52%
.... and staying longer	4.9 nights	3.8 nights
more likely to be staying in a large hotel	22%	7%
.... or self-catering	33%	25%
more likely to get information from a visitor centre	48%	13%
.... or a visitor attraction	17%	5%
Undertaking the following activities:		
➤ Low level walking	49%	52%
➤ High level walking	10%	18%
➤ Cycling	16%	14%
➤ Winter sports	26%	11%
➤ Water sports	5%	2%
➤ Taking Photographs	8%	12%
➤ Watching wildlife	18%	10%
➤ Visiting attractions	35%	32%
➤ Eating out	19%	28%
more likely to be aware they are in a National Park	98%	92%
less likely to visit the National Park again (will you visit again?)	93%	97%
more likely to be from England	31%	21%
less likely to be from the Highlands	22%	30%
more likely to be younger16-34 years old	24%	18%
marginally less satisfied with their overall visit (rated out of 10)	8.76	8.88

Key Messages

The Cairngorms National Park has seen significant population growth over its lifetime, although this is now projected to slow down significantly over the next 25 years. However, the growth in households is still projected to rise by around 12%. The Cairngorms National Park LDP (2015) directs that the housing needs arising from a significant proportion this growth be met in the Aviemore area, with allocations and commitments currently equating to around 2,000 new dwellings over this period.

The population of the Cairngorm and Glenmore area has a very high proportion of young people living there, representing the strength of the tourism, hospitality and outdoor sectors.

Unemployment is low in the Cairngorm and Glenmore area, although the median wage is likely to be below that of the both National Park and Scotland. Gross household incomes, are however slightly higher. The area retains a high proportion of its workforce with the most commuting via private motor vehicle.

The Glenmore and Cairngorm area has an extensive and well maintained public footpath network and many man-made and natural features that provide attractive objectives and encourage healthy recreational activities. Consequently, the area receives around 1,000,000 visitors per year, a number that is predicted to grow.

Inter-relationships with other topics

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