



**Cairngorms**  
NATIONAL PARK  
Pàirc Nàiseanta a' Mhonaidh Ruaidh

MANAGEMENT PLANS

# Active Cairngorms





**Walking to Health**  
**Lorna Laing, Lumphanan Health Walkers**

"The Walking to Health Group is really important to me for meeting friends every week. It gets me up and out and at one time was my only way of meeting people from the village. Now I have joined the local whist and rural groups, I would not have joined them if it had not been for the Health Walk.

It is great to be out on a fine day, even in the rain, nice and fresh! I like to hear the birdsong, especially the woodpecker and, of course, the lambs. The Health Walk makes me more energised to enjoy the fresh air, including my garden."



**Capercaillie Management**  
**Alison Greggans, RSPB Community Ranger,**  
**Boat of Garten**

"Teeming with wildlife and a haven for Capercaillie, the Boat of Garten woods are a special place. Working with the community I have discovered how valuable it is for them to get outdoors. From mums with prams to kids on bikes, just going out for walk and discovering more about what's on their doorstep helps them want to look after it".



**Inclusive Cairngorms: Backbone Event**  
**Kemel Okan**

"I now have a relationship with Scotland. It moves me and its deep felt. I learned about the great connection between people and the environment. Its not just about activity (e.g going for walk). Its about the connection".

Active Cairngorms:  
Active People



**Cycle Friendly Kingussie**  
**Shona Anderson, Volunteer Cycle Ride Leader**

"As part of Cycle Friendly Kingussie, I attended a one day Cycle Ride Leader course. This gave me the skills and confidence necessary to lead groups in my local area. We now have regular rides every Tuesday night, one of which I have led, and hopefully this will become more popular with the spread of Cycle Friendly Kingussie."



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# Foreword



Lesley McKenna was born in Inverness and grew up in Aviemore.

She is Scotland's best-known snowboarder and a triple Olympian.

She is the only snowboarder from the UK to have ever won a half pipe World Cup event and to have led the half pipe World Cup standings

It gives me great pleasure to write this foreword to Active Cairngorms.

Following the inspiring success of Team GBs 2012 Olympic Games, 2014 Winter Olympic Games and Glasgow's Commonwealth Games, I'm delighted to endorse this new approach from the Cairngorms National Park to help create healthier lives by designing, managing and promoting places that encourage physical activity.

Growing up in Aviemore and being active outdoors was key to my success as an Olympian. As a kid, the Cairngorms were an amazing natural playground, which not only inspired me to take part in outdoor sports, but also made me appreciate just how lucky I was to live in such a special place.

I still live in the Park, and continue to use the outdoors for work, fun, and active travel. I obviously love hitting the slopes during the winter, but really enjoy walking in the hills and cycling around our towns and villages. Being active is a normal part of my everyday life.

I'm passionate about getting more people active, particularly young girls and women. We can do this by focusing on small changes to our daily lives. Why not leave the car behind on short journeys, fix up and use that bike, join a local community or volunteering group or simply walk to the shops on a regular basis? No matter how slowly you walk, run or cycle, you will still be going faster than everyone sitting down.

So, let's get outdoors and be active every day. I'll see you out there!

*Lesley McKenna*

# Facal-Toisich



Rugadh Lesley McKenna ann an Inbhir Nis agus chaidh a togail anns an Aghaidh Mhòr.

Is i an neach-bòrd-sneachda as ainmeil ann an Alba agus tha i air a bhith aig trì geamannan Oilimpigeach.

Is i an t-aon neach-bòrd-sneachda bhon RA a bhuannaich tachartas *half pipe* a riamh aig tachartas Cupa na Cruinne agus a bha os cionn *half pipe standings* aig Cupa na Cruinne.

An dèidh soirbheachas brosnachail Sgioba GB ann an Geamannan Oilimpigeach 2012, Geamannan Oilimpigeach a' Gheamhraidh 2014 agus Geamannan a' Cho-fhlaitheis ann an Glaschu, tha mi air leth toilichte a bhith a' toirt taic don mhodh-obrach ùr seo aig Pàirc Nàiseanta a' Mhonaidh Ruaidh ann a bhith a' cuideachadh le bhith a' cruthachadh beatha nas fhallain le bhith a' dealbhachadh, a' manaidseadh agus ag adhartachadh àiteachan a tha a' brosnachadh ghnìomhan corporra.

Bha a bhith a' fàs suas anns an Aghaidh Mhòr agus a bhith gu mòr an sàs air a' bhlàr a-muigh air leth cudromach a thaobh cho soirbheachail 's a tha mi air a bhith aig na h-Oilimpigs. Nuair a bha mi òg, b' e raon-cluiche nàdarrach air leth sònraichte a bha sa Mhonadh Ruadh, agus chan e a mhàin gun do bhrosnaich e mi gu bhith a' gabhail pàirt ann an spòrs air a' bhlàr a-muigh, thug e tuigse dhomh cho fortanach 's a bha mi a bhith a' fuireach ann an àite cho sònraichte.

Tha mi a' fuireach sa Phàirc fhathast, agus tha mi a' leantainn orm a' cleachdadh a' bhlàir a-muigh airson obair, cur seachad agus siubhal. Tha e follaiseach gur toigh leam a bhith a-muigh air na slèibhtean sa gheamhradh, ach is fìor thoigh leam a bhith a' coiseachd air na cruic agus a' falbh le baidhsagal mun cuairt nam bailtean beaga agus mòra. Tha a bhith gnìomhach na phàirt àbhaisteach dem bheatha làitheil.

Tha mi air leth dealasach mu bhith a' brosnachadh dhaoine gu bhith gnìomhach, gu sònraichte clann-nighean òga agus boireannaich. Faodaidh sinn seo a thoirt mun cuairt le bhith a' dèanamh atharrachaidhean beaga nar beatha làitheil. Carson nach fhàg sibh an càr aig an taigh an uair nach eil agaibh ri dhol ach air astar goirid, nach cur sibh am baidhsagal agaibh air dòigh agus cleachdaibh e, thigibh an sàs ann an coimhearsnachd ionadail no buidheann saor-thoileach no dìreach coisich gu na bùithtean gu cunbhalach? Chan eil diofar dè cho slaodach 's a bhios tu a' coiseachd, a' ruith no a' falbh leis a' bhaidhsagal, bidh tu fhathast tòrr nas luaithe nan fheadhainn a bhios nan suidhe sìos.

Nach tèid sinn a-mach gus am bi sinn gnìomhach a h-uile là. Chì mi sibh a-muigh ann an siud!

*Lesley McKenna*

# Let's get moving

1.1 When we think about National Parks, we think about conserving the unique environment and its species, protecting those at risk and supporting the economic and social life of its residents. What if one of the species we considered at risk was not one of the plants, birds or animals, but the humans who live in or visit the Park?

1.2 We now know that physical inactivity is killing us. It is the second biggest cause of mortality, leading to around 2,500<sup>(1)</sup> premature deaths in Scotland every year. We also know that increasing physical activity can lead to improvements in many conditions, from heart disease to mental health issues.

1.3 Can we help? Can we work with the environment to preserve it and ourselves for the future? The Cairngorms National Park is a very special place. From the high mountain plateau and ancient forests to the sparkling lochs and rivers, the landscape inspires and shapes our lives.

1.4 Active Cairngorms aims to make it easier and safer for people to move around the Park whatever their age, ability or background; to be more physically active, to learn about, care for and appreciate the Park.

**1.5 Our aim is for all residents and visitors to enjoy and use the Park for physical activity once a day**

1.6 Physical activity doesn't have to involve special equipment, or getting hot and sweaty. It's as simple as walking to the shops or taking the dog out for a walk.

Just 30 minutes <sup>(2)</sup> walking a day is enough to make a significant difference to your health. But if you want to cycle to school or work, go horse riding, paddle on a loch, run through our forests or go hill walking, then Active Cairngorms aims to make that experience easier and more accessible for all.

1.7 One and a half million people visit the Park every year. The provision of high quality outdoor facilities and activities is vital to our tourism and is a major contributor to the Park's economic success. Active Cairngorms will help our visitors access the beauty of the Park in an active way. Our work can influence changes in behaviour that last as long as the holiday memories.

1.8 Active Cairngorms is divided into three themes where we can make the biggest difference:

## Active Places Active Management Active Promotion

This document highlights our priorities and actions for delivery. It contributes to the delivery of the Scottish Government's Active Scotland Outcomes, builds on the legacy of the 2014 Commonwealth Games and delivers long term outcomes of the Cairngorms National Park Partnership Plan.

Delivery requires partnership across the Park, involving the NHS and many other local service providers.

Implementation will require targeted Ranger Service coverage.

**The prize is a Park that leads Scotland in integrating physical activity into everyone's everyday life, leading to a healthier, happier population and cherished environment.**

(1) Scottish Government Physical Activity Implementation Plan, 2014 (2) NHS Choices, 2014

# Strategic Overview

NATIONAL POLICY	Scottish Government: Active Scotland Outcomes A More Active Scotland: Building a Legacy from the Commonwealth Games National Walking Strategy Cycling Action Plan for Scotland Tourism Scotland 2020		
NATIONAL PARK VISION	An outstanding National Park enjoyed and valued by everyone, where people and nature thrive together		
OUTCOME	Cairngorms National Park Partnership Plan (2015-2018) Outcome 3: People enjoying the Park through outstanding visitor and learning experiences		
VISITOR EXPERIENCE Five year outcomes	More people will enjoy, learn about and help to conserve and enhance the Park	The Park's recreation opportunities have improved health and enjoyment of residents and visitors	The expectations of visitors are met or exceeded

## Active Cairngorms

AIM	Residents and visitors will enjoy and use the Park for physical activity at least once a day		
THEME	<b>ACTIVE PLACES</b> Designing places that encourage physical activity	<b>ACTIVE MANAGEMENT</b> Champion recreational management best practice and environmental appreciation	<b>ACTIVE PROMOTION</b> Promoting healthy lifestyles using Park facilities
POLICY	Improving path provision and quality for people of all abilities	Increasing understanding and enjoyment of the Park's special qualities	Community empowerment and volunteering
	Provision of cycling, horse riding and waterborne routes and infrastructure	Management of organised outdoor events <hr/> Investment in Active Travel	Improving information about outdoor recreation opportunities
GUIDANCE	Cairngorms Outdoor Access Forum NHS Local Health Forums Inclusive Cairngorms		

# Active Places



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## What's been done to date

**Core Paths**  
**666 miles**  
Designated

**Promoted long distance routes** **60 miles**  
Includes all of existing Speyside Way, Catearan Trail, Badenoch Way, Dava Way

**Building and maintaining local paths**  
Since 2008 **28 miles**

**National Cycle Network Routes**  
**60 miles**  
Coordinated by Sustrans

## The place to be active

**43%** of visits to the countryside are within 2 miles of residence

**46%** of residents in the Park visit the countryside once a day

**85%** of visits to the countryside involve walking and of that 47% involve walking between 2 and 8 miles

**28%** of visits to the countryside by residents will be to woodland and forest

**52%** of visits to the countryside are with a dog

**£7.5 million**

Total expenditure on paths in the Park since 2006 (CNPA, COAT, EU, Lottery, Local Authorities and others)

**COAT Repair of upland paths**  
Two multi-million pound Heritage Lottery Funded projects

**80 miles**

**Created Cairngorms Outdoor Access Trust (COAT)**  
Path design and construction, mountain paths, health walks and adopt a path scheme.

**Signed community path networks**  
**200 miles**  
Paths signed in and around communities

## Investing in our future

**Cycle paths linking communities**  
**19 miles**

**Core paths to be developed and improved**  
Ensuring all paths fit for purpose **65 miles**

**Long distance routes to extend** **35 miles**  
Speyside Way **15 miles**  
Deeside Way **17 miles**

## Top 10

### Activities in the Cairngorms

Data Cairngorms National Park Visitor Survey, 2014/15

- |    |                         |     |
|----|-------------------------|-----|
| 1  | General sightseeing     | 56% |
| 2  | Walking – low level     | 44% |
| 3  | Visiting attractions    | 38% |
| 4  | Eating out              | 26% |
| 5  | Walking – high level    | 14% |
| 6  | Taking photographs      | 14% |
| 7  | Cycling/Mountain Biking | 13% |
| 8  | Skiing/Winter sports    | 13% |
| 9  | Watching wildlife       | 12% |
| 10 | Other                   | 4%  |

**8**

Communities with active travel audits and actions plans supporting active travel to school and work

Grantown-on-Spey, Nethybridge, Boat of Garten, Carrbridge, Kingussie, Newtonmore, Braemar, Ballater



# Designing places that encourage physical activity

2.1 The Cairngorms National Park is home to 18,000 residents and welcomes over 1.5 million visitors every year.

2.2 Developing and enhancing our unique outdoor assets underpins the Park's quality as a tourism destination and creates opportunities for business growth.

2.3 These assets also help the people of Scotland enjoy more active and healthier lifestyles. Designing active places will help residents to use active travel for short, everyday journeys and

encourage visitors to leave the car behind and use our path and public transport network to explore the Park.

2.4 Since the Park's designation in 2004, we have built our access network and land managers have been maintaining and developing community assets. We will now focus on upgrading and maintaining these assets, particularly on active travel links to encourage more children and adults to use our network to reach school, work and for leisure.

## 2.5 Designing multi use routes that link to destinations is key to increasing use of our access network. Routes that lead to landscapes, wildlife, heritage sites, shopping and dining, as well as outstanding outdoor activities will increase activity levels. It's not why would you, it's why wouldn't you?

Active Places: Objectives		
Improve design of existing outdoor and active travel infrastructure		
Work with partners to design places that encourage physical activity		
Policy (Appendix A)	Priorities	
1	Improving path provision and quality for people of all abilities	100% of core paths to be barrier free and signed appropriately by 2020.
		Support development of Aviemore Active Travel Hub.
2	Provision for cycling, horse riding and waterborne routes and infrastructure	Develop a multi-use active travel route from Newtonmore to Cromdale: <ul style="list-style-type: none"> <li>extend the Speyside Way (proposed National Cycle Network 79) from Aviemore to Newtonmore by 2016;</li> <li>upgrade existing Speyside Way to multi-use path from Cromdale to Boat of Garten by 2017.</li> </ul>
		Develop <i>Cycling Scotland</i> 'Cycle Friendly Communities' along Highland main railway line: <ul style="list-style-type: none"> <li>Kingussie to be developed as exemplar cycle friendly community from 2015;</li> <li>develop remaining main stations from 2017.</li> </ul>
		Extend Deeside Way (National Cycle Network 195) to multi-use path from Ballater to Braemar by 2020.

# Active Management



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National Park  
being protected,  
conserved  
and enhanced

**1748**  
sq miles  
6% of Scotland

## Sustaining our resources

Promoting well  
managed events  
in the Park

Organising an Event?  
Read CNPA  
supplied  
key guidance  
Status: **Priority**

Working with over  
100 estates to promote  
responsible access to  
land and water

## Why the Cairngorms National Park is special



The Park is home to 25%  
of the UK's threatened bird,  
animal and plant species

**25%**

Key messages  
communicated to  
residents and visitors

**18,000**

Residents living  
in the Park

**1.5 million**

Visitors to the  
Park each year

£

## Economic Impact

**2.6**  
billion

### Contributed from Outdoor visits

To the Scottish economy per year  
(Scottish Recreation Survey)

**210**  
million

### Spend in Cairngorms

(CNP STEAM Report, 2012)

### Analysis by Sector of Expenditure

(CNP STEAM  
Report, 2012)

£million

Accommodation	45
Food and drink	30
Recreation	12
Shopping	16
Transport	30

**Total Direct Revenue** **133**

Indirect Expenditure 50

VAT 27

**TOTAL** **210**

# Champion recreational management best practice and environmental appreciation

3.1 Land managed by public bodies, private estates, NGOs and community groups plays a key role in providing high quality infrastructure, welcoming visitors and managing the interactions of access with other land management objectives. Collaboration on recreation and access management across land holdings is key to delivering both conservation and visitor experience.

## 3.2 Encouraging responsible sharing of outdoor space between different users, whilst reducing the impact on our protected species and habitats is our management goal

3.2 It is important that outdoor recreation does not adversely impact ground-nesting birds. For example, the Park is home to 80% of the UK's capercaillie population. However, an increasing body of research indicates capercaillie avoid areas with high levels of human disturbance and can be excluded from otherwise suitable habitat.

In some areas, the number of capercaillie that the forest networks can support could be reduced by recreational disturbance.

Other vulnerable species such as dotterel and farmland waders are also found in popular recreational areas.

We must ensure that any rise in recreational use doesn't negatively impact our protected species and habitats.

Active Management: Objectives		
Reduce the environmental impact of outdoor recreation conservation priorities		
Encourage responsible sharing of outdoor space between different users		
Policy (Appendix A)	Priorities	
3 Increasing understanding and enjoyment of the Park's special qualities	Everybody should have opportunities to enjoy the Park's special qualities in a sustainable and responsible way (Scottish Outdoor Access Code).	
	Reduce impact of recreational disturbance to ground nesting birds such as capercaillie by supporting the delivery of recreational management plans and implementation of the Capercaillie Framework.	
	Continue and develop 'Tread Lightly' Campaign focusing on reducing impact of irresponsible dog walkers and reduction in wildfires.	
4 Management of organised outdoor events	Event organisers should follow the CNPA events guidance and look for locations and times of year that do not disturb sensitive wildlife or significantly affect other recreation takers. Events should also provide additional economic benefits to communities.	
	Large-scale events should be discouraged in the central core of the high mountains.	
5 Investment in Active Travel	Increase number of sites with voluntary car parking charges to finance active travel facilities and path maintenance.	

# Promoting healthy lifestyles using the Park's facilities

4.1 Promotion of the wide range of recreational opportunities available in the Park is key to influencing behavioral change. Our aim is that people living in or visiting the Park know the health benefits of physical activity and where and how to be active.

## 4.2 The biggest gain is to target people currently living sedentary lifestyles where being inactive is the norm

4.2 We will promote the Park's outdoor assets as an easy and free way to be active as part of a daily routine.

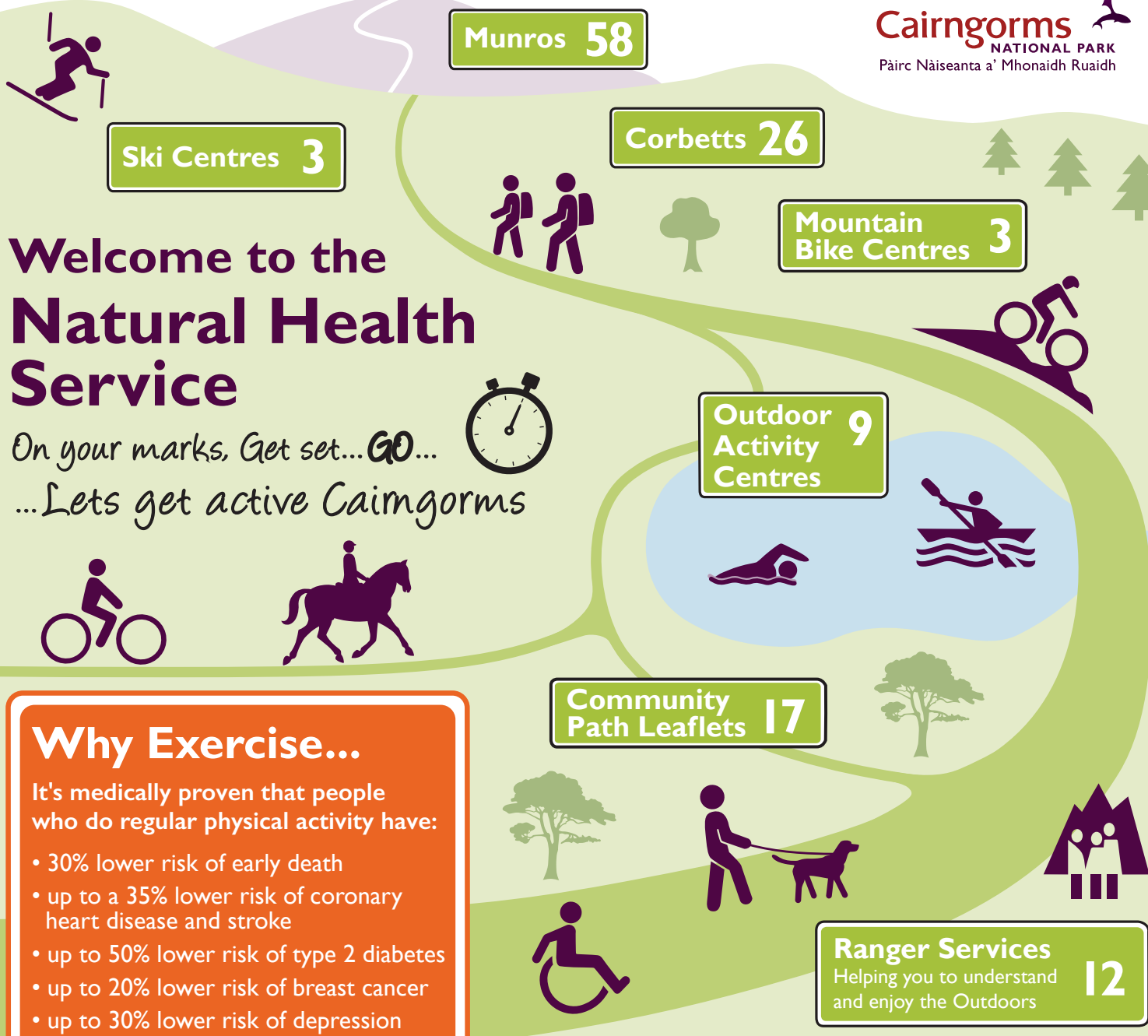
4.3 Environmental volunteering has long been acknowledged as a way of engaging people in healthy activity. We will create pathways to health, wellbeing and employment. This includes promoting opportunities for the social and institutional mechanisms that enable physical activity, like social and sports clubs, buddy schemes and informal networks.

Active Promotion: Objectives		
Increase levels of physical activity of residents and visitors		
Inspire and empower residents and visitors to develop a sense of responsibility for the National Park		
Policy (Appendix A)	Priorities	
6	Promoting healthy lifestyles	Ensure everyone knows about the opportunities.
		Actively target those that are least active by developing a GP health walk referral scheme.
		Promote activities suitable for all the family.
		Inspire children to enjoy the outdoors.
7	Developing appropriate visitor information about outdoor recreation opportunities	Promote the wider opportunities for everyday exercise and outdoor recreation such as cycling, canoeing, cross country skiing, climbing and hill walking.
		Support and promote Community Sport hubs – signposting inactive and active people on how to be more active.
		Adopt Scotland's national Path Grading System on all core paths by 2020.
8	Volunteering and community empowerment	Coordinate and grow the 'Walking to Health' Programme.
		Work with Cairngorms Nature partners, including landowners and NGO's to identify volunteering opportunities for community volunteer groups.
		Develop a voluntary ranger scheme based around local communities.

# Active Promotion

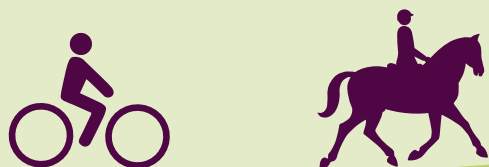


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## Welcome to the Natural Health Service

On your marks, Get set... **GO**...  
...Lets get active Cairngorms



### Why Exercise...

It's medically proven that people who do regular physical activity have:

- 30% lower risk of early death
- up to a 35% lower risk of coronary heart disease and stroke
- up to 50% lower risk of type 2 diabetes
- up to 20% lower risk of breast cancer
- up to 30% lower risk of depression
- up to 30% lower risk of dementia

Source: NHS choices

### Recommended physical activity levels

- Children (-5):** 180 mins every day
- Youths (5-18):** 60 mins every day
- Adults (19-64):** 150 mins every week
- Adults (65+):** 150 mins every week

## Active promotion to date

**4,026** Health Walks Delivered (COAT)

From April 2011 – March 2015



### 17 Communities with path leaflets:

- |          |                |                  |             |
|----------|----------------|------------------|-------------|
| Aviemore | Boat of Garten | Glen Clova       | Laggan      |
| Atholl   | Carrbridge     | Glen Esk         | Nethybridge |
| Ballater | Dalwhinnie     | Grantown-on-Spey | Newtonmore  |
| Braemar  | Dalnain Bridge | Kingussie        | Strathdon   |
|          |                |                  | Tomintoul   |

### Tread Lightly in the Park: Responsible access campaign

Also produced promotional boards, maps, flags and banners.

over **8,000** leaflets

# Monitoring

It is important that our work is specific and measurable. Active Cairngorms and its action plan will be reviewed annually following the collection of baseline data.

As well as promoting outdoor access for all, we will focus on helping inactive residents become more active. This will include older adults, women and people living with long-term medical conditions. We will also develop inclusive outreach projects with communities around the National Park.

What	Data
Active Places	<ul style="list-style-type: none"> <li>• number of core paths;</li> <li>• long distance routes or national cycle network routes upgraded or developed;</li> <li>• active travel hubs developed;</li> <li>• path use indicators on lowland and upland paths.</li> </ul>
Active Management	<ul style="list-style-type: none"> <li>• capercaillie framework monitoring;</li> <li>• Scottish Outdoor Access Code investigations resolved;</li> <li>• private and public estates;</li> <li>• path use indicators on lowland and upland paths.</li> </ul>
Active Promotion	<ul style="list-style-type: none"> <li>• National Park visitor survey;</li> <li>• walking to health/GP referral schemes;</li> <li>• NHS Data zones;</li> <li>• SNH SPANS;</li> <li>• Paths For All Walkers Database;</li> <li>• National Walking Strategy monitoring;</li> <li>• Scottish Household Survey;</li> <li>• ranger services</li> <li>• regional transport partnership data;</li> <li>• Sustrans Behavior Change Team and Hands Up Survey;</li> <li>• CAPS Monitoring Report;</li> <li>• path use indicators on lowland and upland paths;</li> <li>• membership of local clubs;</li> <li>• number of volunteers and hours.</li> </ul>

## Appendix A

## Outdoor Recreation and Access Policies

The following table details the outdoor recreation and access policies adopted by the Cairngorms National Park Authority.

Policy	Key detail
<b>1 Improving path provision and quality for people of all abilities</b>	<ol style="list-style-type: none"> <li>1. A consistent approach should be taken to path creation, repair and maintenance of paths and trail heads (access hubs) in the National Park to ensure routes are 'fit for purpose'. The priorities will be:               <ol style="list-style-type: none"> <li>a) core paths;</li> <li>b) official long distance routes and national cycle network;</li> <li>c) mountain paths identified in the 'Scotland's National Parks –The People and the Mountains Project'.</li> </ol> </li> <li>2. Opportunities should be available for a full range of experiences for people of all abilities focussing on a geographic spread of barrier free, well surfaced, multi use, shallow gradient routes.</li> <li>3. Increase use of bicycles for leisure and functional trips.</li> </ol>
<b>2 Provision for cycling, horse riding and waterborne routes and infrastructure</b>	<ol style="list-style-type: none"> <li>1. Path and facility upgrades should take into account horse-riding, cycling and water-borne access where appropriate. Not all routes are suitable for all modes of transport.</li> <li>2. We will work with and support partners to sustain and enhance opportunities for waterborne activities including responsible recreation on the Rivers Spey and Dee.</li> </ol>
<b>3 Increasing understanding and enjoyment of the Park's special qualities</b>	<ol style="list-style-type: none"> <li>1. Continue to support and encourage enjoyment of the Park and the special qualities through responsible participation in non-motorised recreation.</li> <li>2. Active management measures should be applied and monitored at popular recreational sites in the National Park to maximise visitor enjoyment, safeguard health and safety, maintain or enhance the quality of the environment and minimise adverse effects of recreational use.</li> <li>3. Develop management at sensitive natural and cultural heritage sites to reduce negative impacts of recreation while maintaining a high quality visitor experience.</li> <li>4. The Scottish Outdoor Access Code should be promoted by a range of partners including ranger services, outdoor providers, clubs, national governing bodies and land managers using simple, consistent and easily understood messages.</li> <li>5. There should be a particular emphasis on the protection of the outstanding natural heritage of the National Park.</li> </ol>

## Outdoor Recreation and Access Policies

Policy		Key detail
4	<b>Management of organised outdoor events</b>	<ol style="list-style-type: none"> <li>1. Organised outdoor events should follow Cairngorms National Park Authority guidance and take place in locations and at times of year that do not disturb sensitive wildlife or significantly affect other recreation takers. Events should also provide additional economic benefits to communities.</li> <li>2. The sense of wildness and space in the central core of the high mountains (as displayed in the SNH Wild Land Map) of the National Park is one of the outstanding special qualities of the area.               <ol style="list-style-type: none"> <li>a. The Scottish tradition of self-reliant access will be maintained with no new path signs and waymarking, no new bridges, and no new bothies or 'man-made' mountain shelters.</li> <li>b. There is a presumption against large-scale events in this area.</li> </ol> </li> </ol>
5	<b>Investment in active travel facilities</b>	<ol style="list-style-type: none"> <li>1. Positive management of motorised traffic at popular locations for recreational use is required. Car park charging schemes at key sites for outdoor access and recreation are appropriate where: a designed facility is provided; income generated is demonstrably reinvested in visitor infrastructure; charging does not create additional parking problems out with the site; and discounted schemes are available for regular and concessionary users.</li> </ol>
6	<b>Promoting healthy lifestyles</b>	<ol style="list-style-type: none"> <li>1. Encouraging less active people to take more regular physical activity in the outdoors will improve the physical and mental health of the population. All infrastructure improvements, signage and access promotion should make it easier for less active and sedentary people to access the countryside.</li> </ol>
7	<b>Developing appropriate visitor information about outdoor recreation opportunities</b>	<ol style="list-style-type: none"> <li>1. Information about outdoor access opportunities should be provided in print and digitally and be understandable by a range of users. These should follow the guidance in Cairngorms National Park Authority Community Path Leaflets Design and new national path grading system.</li> <li>2. Publications should be available in electronic format across a range of devices.</li> </ol>
8	<b>Volunteering and community empowerment</b>	<ol style="list-style-type: none"> <li>1. Environmental and recreational volunteering will be encouraged and promoted throughout the Park.</li> </ol>



# Active Cairngorms

## Action Plan

## Active Cairngorms

## Active Places

No	Action	Habitat Regulation Appraisal: Action	Champion	Partner (s)	Delivery plan		
					Short (1-2 year)	Medium (3-4 year)	Long (5 + year)
<b>Path Development</b>							
1	Improve the accessibility of the Speyside Way from Cromdale to Aviemore for cyclists and horse riders.	Ensure all partners promote responsible use of the Speyside Way in accordance with the Scottish Outdoor Access Code. CNPA will only support projects where it can be shown they won't have a detrimental effect on nearby Natura sites and support the work of the Capercaillie Framework.	CNPA	SUS			
2	Complete the Speyside Way extension from Kincaig to Newtonmore.	The Appropriate Assessment has demonstrated that a suitable route option will be possible between Kincaig and Newtonmore. Construction will not start until it has been demonstrated that there are no likely significant effects upon Capercaillie, Insh Marshes SPA and River Spey SAC.					
3	Develop Deeside Way cycle path extension from Ballater to Braemar.	To support the management of sensitive species such as Capercaillie the route will not go through the Ballochbuie SPA.	CNPA	SUS			
4	Design, develop and promote cycle and active travel hubs along Highland main railway line.		CNPA	CRP			
5	Support development of multi-use paths on trunk roads.		CNPA	TS SUS			
6	Deliver 'Scotland's National Park's: The Mountains and the People' Heritage Lottery Fund project.		COAT	CNPA			
7	Support Regional Walking and Cycling (or Active Travel) Strategies.		HITRANS NESTRANS TACTRANS	CNPA			
8	Expand Community Planning and Physical Activity Groups.		NHS	CNPA SNH LA			
9	Support development of 'Developing Mountain Biking in Scotland' Highland Cluster Regional Development Plan.		DMBS	CNPA			
10	Support community path groups through Local People Local Paths Programme.		PFAP	CNPA			
11	Path upgrades to Lairig Ghru, Meall a Bhuachaille, Loch Morlich beach.		FCS				
12	All Cairngorms National Park Long Distance Routes to be surveyed biennially.		SUSTRANS	CNPA			
13	100% of core paths to be brought up to fit for purpose standard by 2020 (free from obstruction and signed appropriately).		CNPA	Land Managers			
14	Develop a blueprint map of existing and potential active travel routes in the Cairngorms National Park.		CNPA	RTP LA SUS			

Active Cairngorms		Active Management					
No	Action	Habitat Regulation Appraisal: Action	Champion	Partner (s)	Delivery plan		
					Short (1-2 year)	Medium (3-4 year)	Long (5 + year)
<b>Conservation</b>							
1	Reduce the impact of recreation on ground nesting birds such as capercaillie by implementing site specific actions from The Cairngorms Capercaillie Framework.		CNPA	Land Managers RUG			
2	Support land managers to deliver recreational management plans.		CNPA	Land Managers RUG			
3	Monitor and report on impacts on habitats and species caused by recreation.		CNPA	Land Managers RUG			
<b>Management</b>							
4	Develop and promote ranger events programme.		CNPA	Ranger Services			
5	Support Forestry Commission Scotland to engage with activity providers and commercial access promoters on national forest estate to promote best practice in visitor management.		FCS				
6	Implement targeted visitor monitoring programme through strategic review of existing monitoring at indicator sites (lowland paths, upland paths, trailheads, core paths and LDRs) with additional monitoring to be carried out where gaps are identified.		CNPA	Local Authorities			
7	Secure a sponsor for the Speyside Way and increase opportunities for revenue generation via website development.		CNPA	SUSTRANS			
<b>Guidance</b>							
8	Support and develop a range of resources for land managers to promote responsible access on their land. Provision of land management signs, leaflets and posters.		CNPA	Land Managers RUG			
9	Develop a 'dogs welcome' package for the Park including web resources publications and identified dog walking areas.	Sensitive sites with ground nesting birds will be avoided and key messages from the Scottish Outdoor Access Code about responsible dog ownership will be prominent and in all material and marketing.	CNPA	SUSTRANS			
10	Support and advocate uptake and use of the 'Heading for the Scottish Hills' initiative.		CNPA	Land Managers RUG			
11	Support development of community led camping site proposals.	Developments will only be supported if they are shown to have no negative effect on nearby designated sites and species.	CNPA	Aberdeenshire Council Communities			

## Active Cairngorms

## Active Promotion

No	Action	Habitat Regulation Appraisal: Action	Champion	Partner (s)	Delivery plan		
					Short (1-2 year)	Medium (3-4 year)	Long (5 + year)
1	Develop a sustainable community based physical activity and environmental volunteering programme in the Park.		CNPA	RSPB SUS FCS Rangers			
2	Develop targeted promotion activities for those living sedentary lifestyles.		CNPA	NHS LA Ramblers			
3	Continue to develop and promote 'tread lightly' as the main means to promote the Scottish Outdoor Access Code in the Park.		CNPA	Ranger Services Land Managers Communities RUG			
4	Develop a physical activity marketing plan for core paths, long distance routes and community paths.	Ensure all partners promote responsible use of the Spey and Dee in accordance with the Scottish Outdoor Access Code. CNPA will only support projects where it can be shown they wont have a detrimental effect on any Natura sites.	CNPA	SUS			
5	Identify, support and develop Cycle Friendly Employers.		Cycle Scotland	CNPA SUS			
6	Implement physical activity actions from Community Planning Partnerships Single Outcome Agreements.		Community Planning Partnerships	Local Authorities			
7	Monitor implementation of Active Cairngorms and prepare baseline health statistics.		CNPA	NHS SUS LA			
8	Work with housing developers to promote active travel facilities through the production and delivery of new resident promotional packs.		CNPA	SUS			
9	Support 'Make it Yours' campaign.		CNPA				
10	Expand 'Adopt a Path' Scheme.		COAT	SUS Communities			
11	Support development of Road Cycling 'sportives'.		CNPA				
12	Deliver 'Physical Activity Pathway' for walking and cycling. Support development of volunteering projects through identified training to increase levels of activity.		CNPA	NHS Ramblers Sport			

## **Glossary**

CBP	Cairngorms Business Partnership
CNPA	Cairngorms National Park Authority
COAT	Cairngorms Outdoor Access Trust
CRP	Community Rail Partnerships
DMBS	Developing Mountain Biking in Scotland
FCS	Forestry Commission Scotland
HITRANS	Highland and Islands Transport Partnership
LA	Local Authorities
NHS	National Health Service
PFAP	Paths for All Partnership
Ramblers	Ramblers Scotland
RUG	Recreational User Groups
SNH	Scottish Natural Heritage
SPORT	Sport Scotland
SUS	SUSTRANS
THC	The Highland Council
TS	Transport Scotland

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Email: [outdooraccess@cairngorms.co.uk](mailto:outdooraccess@cairngorms.co.uk)  
Tel: 01479 873535  
Twitter: @CNPactive

[www.cairngorms.co.uk](http://www.cairngorms.co.uk)

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