Cairngorms National Park Partnership Plan, SEA scoping

Baseline information

Topic 8 – Population and human health

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Questions for consultation authorities

1. Is there anything missing from the Topic baseline?

2. Are there any errors in what is presented?

3. Are there any new initiatives, research projects, plans, programmes or strategies or other things that will be reporting / implemented over the next 12-18 months that are relevant to the Topic, which may need to be included as the SEA progresses?

Context

Because data does not tend to be collected in a way that coincides with the Park boundary, population statistics are calculated using an aggregate of data zones that roughly correspond with its boundary. The datazones for the Angus Council area do not coincide with the Park boundary and so it is not possible to include data for the Angus area within Park in the baseline. For further details on how the data zones are collected, see Annex III of the scoping report.

It should be noted that some datasets are available including 2018 figures, but not all. The most up-to-date datasets have been used for the baseline, and will be added to should more datasets become available during the preparation of the NPPP and environmental assessment.

Population information to 2018

The mid-year estimate of the population of the Cairngorms National Park in 2018 was 18,583 people, with around 50% female and 50% male. This is similar to the Scottish population where 49% of the population in 2018 are estimated to be male and 51% female (figures 1 and 2).

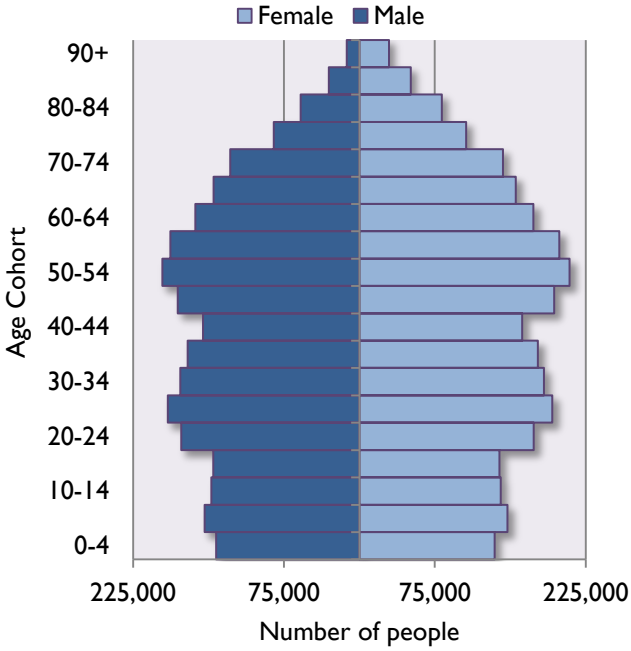

Figure 1- Scotland population age distribution

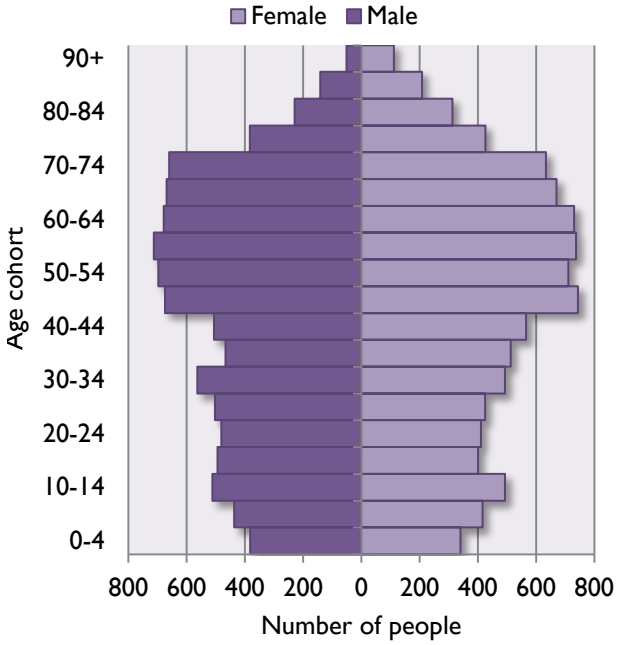

Figure 2 – CNPA population age distribution

However, the age profile of people living in the Park is quite different to the national population. Figure 3 shows the proportions of the population made up by each age cohort for Scotland and the Park. A larger proportion of the population in Park is made up of people within the 55 – 89 age cohorts compared to the Scottish population, which is thought to reflect the attractiveness of the Park as somewhere to retire to. The Park has with fewer children of 0-9 years old, the reason for which is unknown. The Park has a higher proportion of males aged 15 – 34 compared to the number of females. This may be a reflection of the outdoor pursuits sector, which is typically attracts younger males.

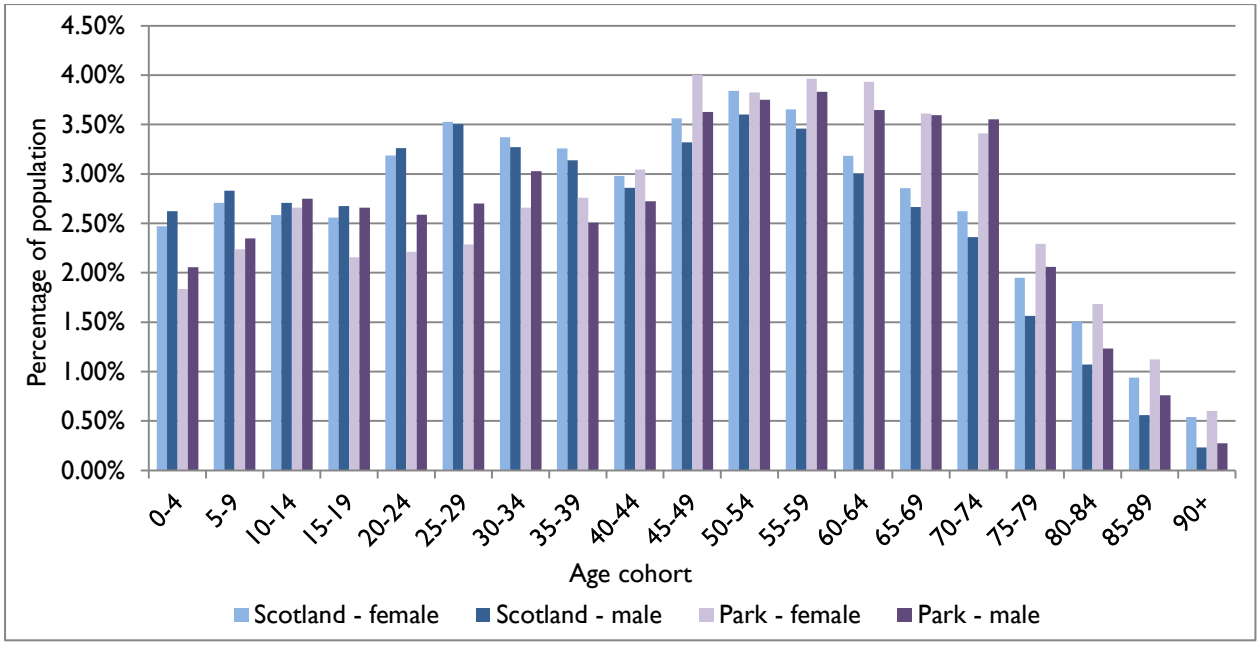

Figure 3 – age distribution by proportion of the Scottish and Park populations, 2018 mid-year data

During the 21st century, the National Park has experienced a significant net increase in its resident population, rising by approximately 2,250 persons, a growth of around 13.8%. This is well above the overall Scottish rate, which saw an increase of around 7.4% over the same period. However population growth in the Park is not spread evenly (table 1), with areas of decline and areas of growth. The overall Park population figures are also skewed by the Aviemore area, which saw a far greater population growth compared to other areas of the Park.

Table 1 – proportion of population growth between 2001 and 2018 by Local Authority area compared to the Aviemore datazone areas

Area	Population change between 2001 and 2018
Aviemore datazones	49.6%
Moray	22.1%
Highland	19.4%
Perth and Kinross*	-3.5%
Aberdeenshire	-3.7%

* For completeness, figures between 2001 and 2009 include people living in the area of Perth and Kinross, although it did not become part of the National Park until 2010

Although some populations have grown, mid-year estimates suggest a plateauing of the rate of growth over the time period for all areas except the Aviemore and Highland datazones (figures 4 and 5 – Highland has been separated due to the larger population numbers, to allow the trends to show).

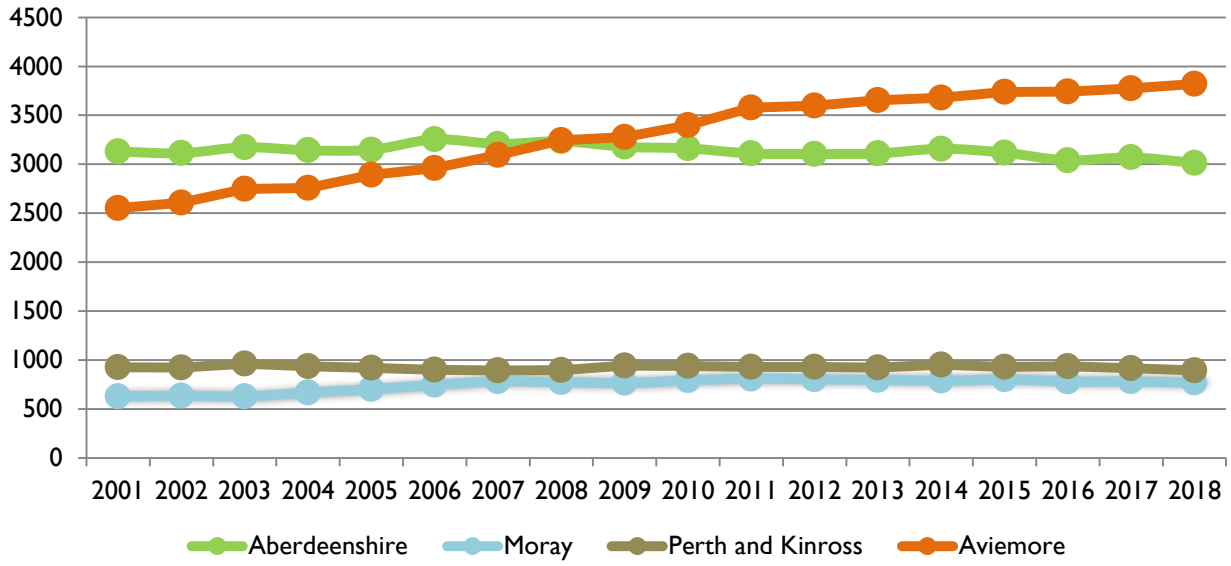

Figure 4 – mid-year population estimate trends by year for Aberdeenshire, Moray, Perth and Kinross Local Authority and Aviemore datazone areas in the Park, 2001 – 2018

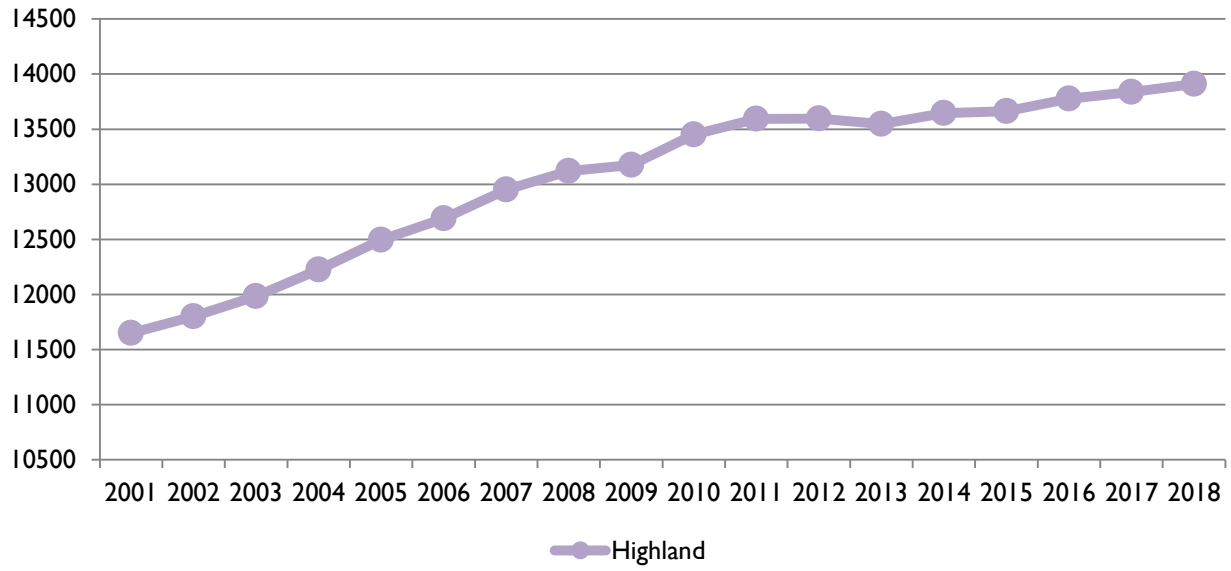

Figure 5 – mid-year population estimate trends by year for the Highland datazone areas in the Park, 2001 – 2018

The components of population change in the National Park can be calculated for the years 2002-2017. During this period, deaths have exceeded births every year of this period, indicating that the population growth of the Park is driven by migration of people into the Park (figure 5).

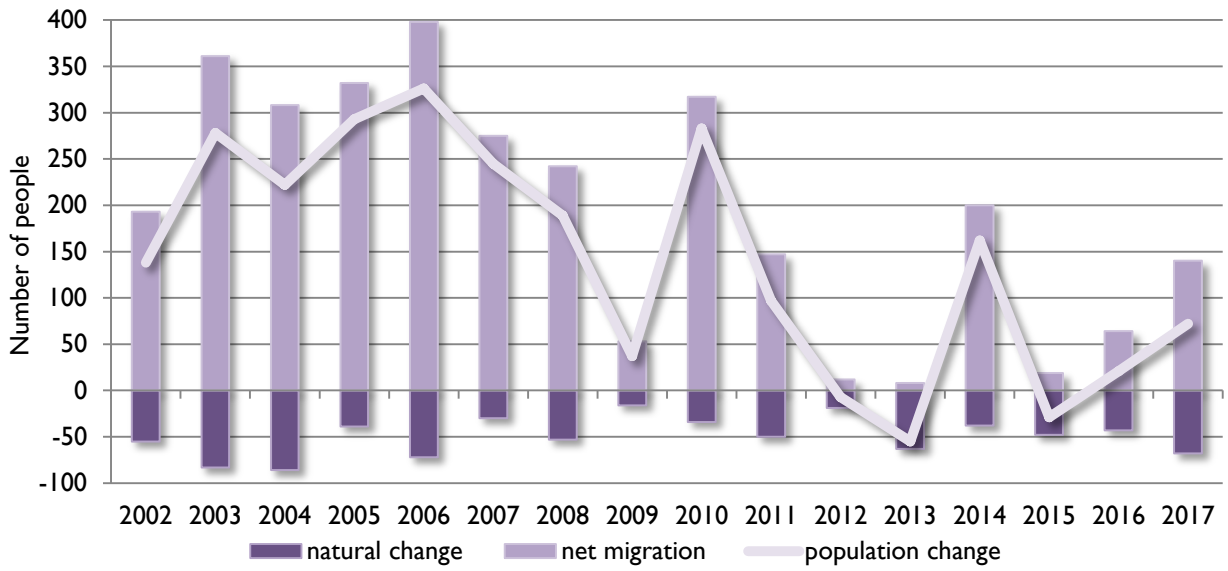

Figure 6 – natural change (births and deaths), migration and overall population change for the Park

Over the period 2002-2018, the population grew by around 13.8%, but would have fallen by around 5.2% had no migration taken place. The nature of change has not been even throughout the National Park. The Aviemore area saw births exceeding deaths and a high level of migration, while other areas saw deaths exceeding births with migration maintaining the population (table 2). The area with the greatest number of people migrating into it was the Highland area within the Park. This is unsurprising as this includes the more populated Badenoch and Strathspey area.

Table 2 – natural change and migration in the Park 2001 - 2017

	2001 - 2017				
Datazone area	**Births**	**Deaths**	**Natural change**	**Population change**	**Migration**
Highland, excluding Aviemore	456	938	-482	967	1449
Highland, Aviemore only	1416	1378	38	1222	1184
Aberdeenshire	374	739	-365	-60	305
Moray	85	114	-29	152	181
Perth and Kinross	121	137	-16	-9	7

Since 2001, the Park population has been shifting to have a greater proportion of people in the 45 – 74 age cohorts, with fewer children and young adults in the 0-19 age cohorts (figures 6 and 7). While the age distribution of the Scottish population has also shifted between 2001 and 2018 (figures 8 and 9), the population is more evenly spread across the age ranges up to 74.

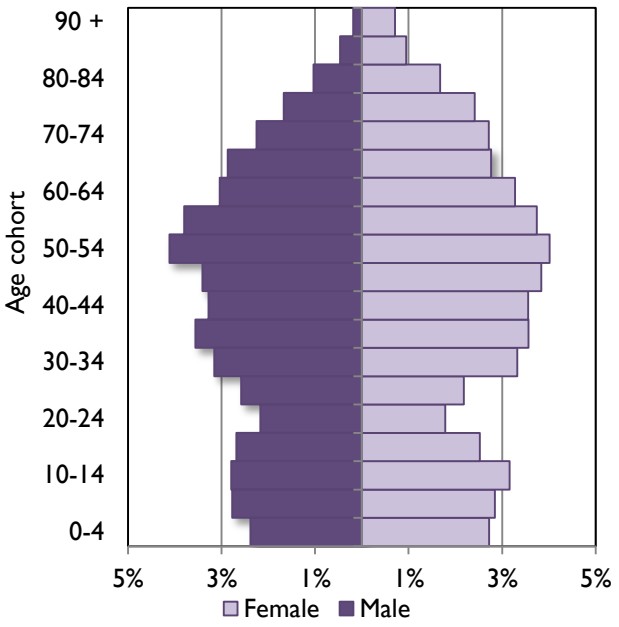

Figure 6 – Park population proportions 2001

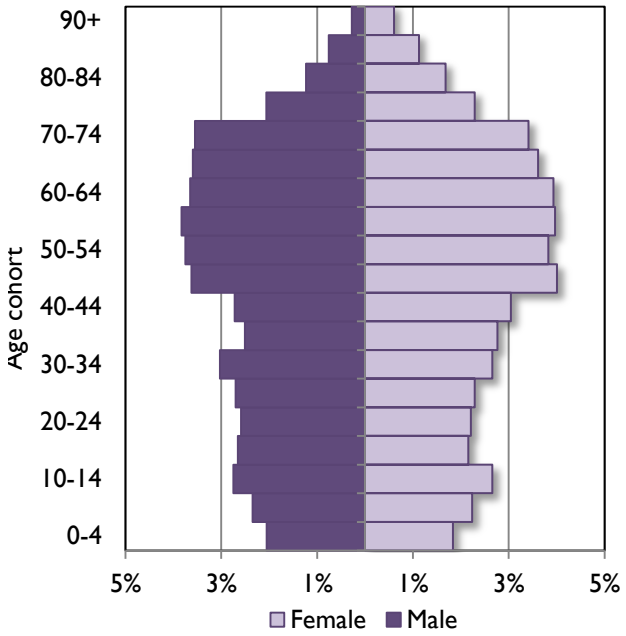

Figure 7 – Park population proportions 2018

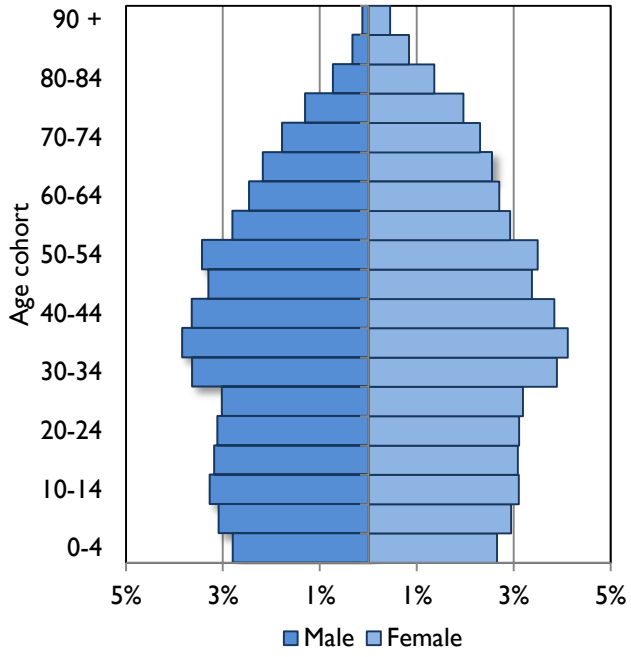

Figure 8 – Scottish population proportions 2001

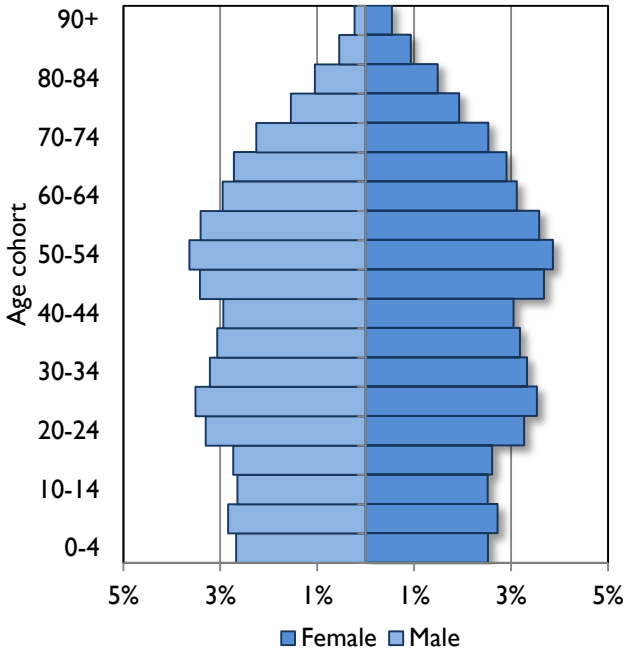

Figure 9– Scottish population proportions 2018

Population projections

Population projections are calculations showing what happens under certain assumptions about future fertility, mortality and migration. Household projections also incorporate information on trends of household formation. National Records of Scotland (NRS) provide population projections for Scotland.

The assumptions in projections by NRS are that the past trends of birth rates, mortality, migration and household formation continue into the future. They do not take account of any future changes that may occur as a result of policy initiatives, social or economic change. They will reflect past policy changes and trends in house building, but they do not incorporate information on planned future policy changes or house building. For example, an area may have had a high level of house building over the last few years, which is now coming to an end, but the projections would show a continuation of the past trends. Although projections can be unreliable, they are the best available information for the Park so are included in the baseline for completeness.

The most recent population projection for the National Park was based on 2016 data, and was published in March 2018. The NRS principle projection is that between 2016 and 2041, the population of Park will drop by around 4% (figure 10). This is in contrast to the level of growth experienced previously and the NRS 2012 data based projection, which projected a growth in the population of around 1%.

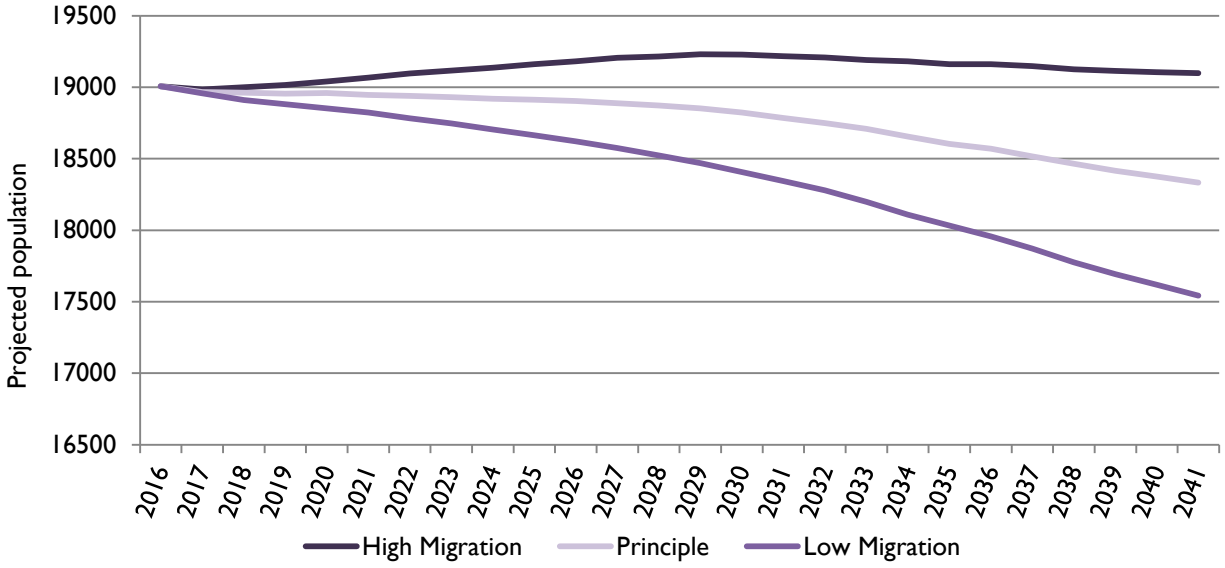

Figure 10 –projected population of the National Park 2016 – 2041

The population of the National Park is projected to decrease despite positive projected net migration of 1,505 people over the projection period. This is because the number of deaths is projected to continue to exceed the number of births, causing natural change (1,914) that exceeds migration. This is largely due to the age structure of the Park population.

NRS also give an indication of how the age structure of the population might change. According to the principal migration scenario, the number of children aged under 16 is projected to decrease by 20% over the projection period from 2,933 in 2016 to 2,362 in 2041. The number of people of working age is also projected to decrease from 11,612 in 2016 to 10,710 in 2041, a decrease of 8%. The population of pensionable age is projected to rise by 18% from 4,461 in 2016 to 5,260 in 2041. The number of people aged 75 and over is also projected to rise from 1,794 in 2016 to 3,242 in 2041, an increase of 81%. So by 2041 the population is projected to be more heavily distributed at older ages.

Household information

National Records of Scotland (NRS) provide household information and projections for Scotland. For household projections, the same issues arise as with the population projections. Although projections can be unreliable, they are the best available information for the Park so are included in the baseline for completeness.

Since 2008, the number of dwellings in the National Park grew from 9,272 to 10,255 (an increase of around 11%), with occupation levels varying from a low point of around 78% in 2010 to a high point around 84% in 2016, 2017 and 2018. The number of known second homes has declined slightly from 1245 in 2008 to 1125 in 2018, although the proportion has remained stable at around 12.1%. The number of vacant properties rose slightly from 359 (around 3.9%) to 421 (around 4.1%) since 2008 (figure 11).

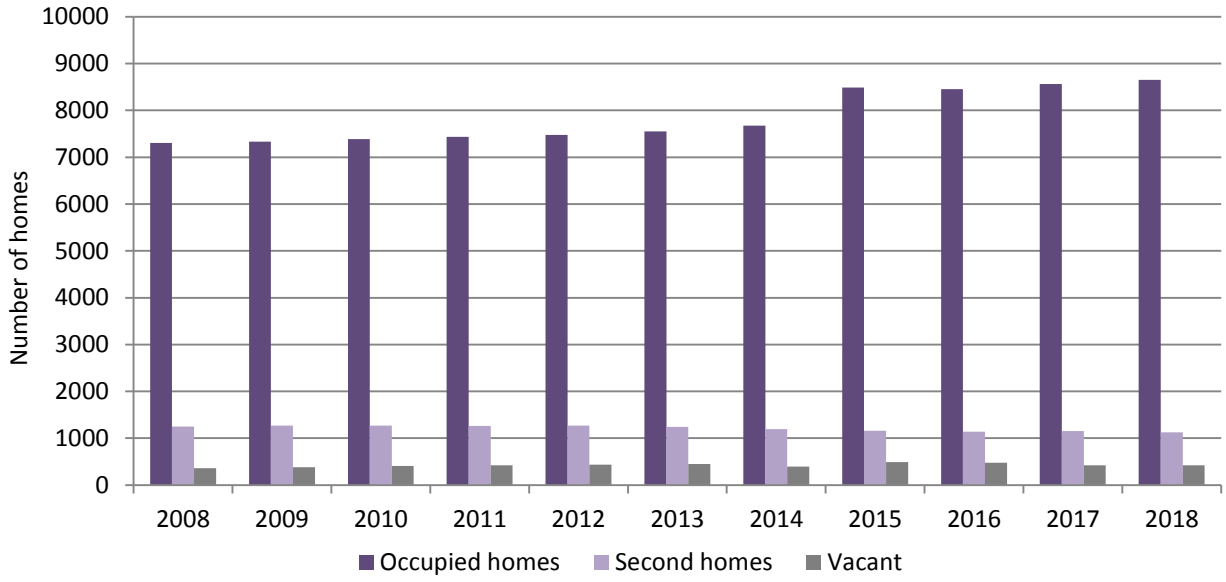

Figure 11 – changes in occupation of properties in the Park from 2008 to 2018

The number of households claiming Single Adult Discount increased from 2,866 in 2008 to 3,006 in 2018. (Single Adult Discount can be claimed by households where there is just one adult resident eligible to pay council tax.) This represents an increase of around 6%, which is consistent with the increase in overall households. This also means that the proportion of households claiming the discount has remained relatively constant at between 31 and 29% respectively.

However there is a variation between the different Local Authority areas of the Park (table 3). Perth and Kinross has experienced the greatest difference between the increase in the number of households and the increase in the number of households claiming Single Adult Discount, with Highland experiencing the opposite.

Table 3 – differences in household and single adult discount figures in the Park, 2008 - 2018

	2008 - 2018	
Local Authority area within the Park	**Change in number of households**	**Change in households claiming Single Adult Discount**
Perth and Kinross	3%	26%
Highland	14%	4%
Aberdeenshire	2%	3%
Moray	7%	3%

Looking to the future, the NRS principle household projection done in 2018 (based on data up to 2016) indicate that the number of households in the Park are set to increase by 7% (table 4). However the population was projected to decrease by 3.5% over the same time period.

Table 4 - household projections for the Park by type of household, 2016 to 2041

Household type	**2016**	**Projection 2041**	**Change 2016 - 2041**	
1 adult	2,879	3,393	+514	18%
2 adults	3,189	3,360	+171	5%
1 adult with children	460	593	+133	29%
2+ adults with children	1,521	1,409	-112	-7%
3+ adults	566	423	-143	-25%
All households	8,615	9,178	+563	7%

In the Park, the average household size is projected by NRS to drop from 2.14 people in 2016 to 1.93 people in 2041. This helps explain why there is a contradiction between the projected increase in the number of households compared to the decrease in the projected population - it is likely to be due to the trend in more people living alone or in smaller households.

This is backed up by the demographic change projections. The Park has a projected increase of 35% in the number of people in older age groups (65+), while children (aged 0-15) and the 16 - 64 population are projected to decrease by 19% and 14%, respectively. It is likely that a driver of the decreasing household size and converse increase in the number of households is the ageing population. This is because children tend to live in households with more people, with older people tending to live in households with fewer people.

Economic activity in the population

The importance of certain employment sectors varies both between the different industries and between the different Local Authority areas within the Park. In the Park, the proportion of people employed in agriculture, forestry and fishing, accommodation and food services, and arts, entertainment, recreation and other forms of work far exceed the Scottish figures (figure 12). However other sectors, such as mining, quarrying and utilities, wholesale and retail trade, motor repairs, transport and storage, information and communication, financial and insurance activities, are below the Scottish levels.

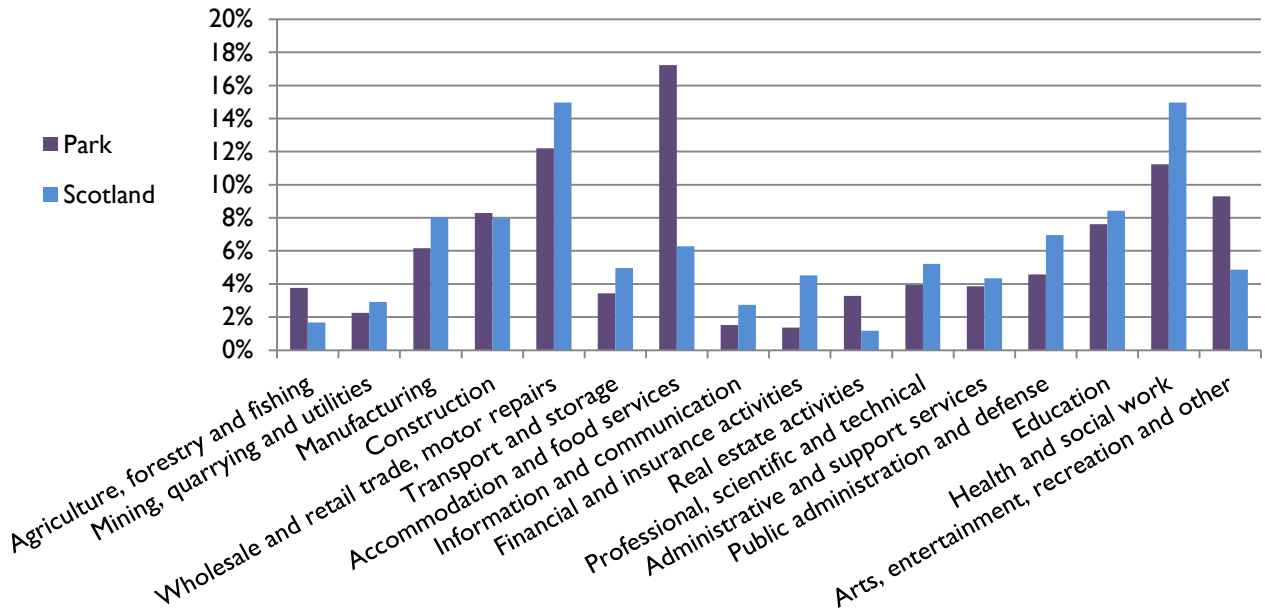

Figure 12 – proportion of employment by industry from the 2011 Census for the Park and Scotland

When the data is broken down to the different Local Authority areas within the Park, regional differences in the importance of different industries become apparent (figure 13). Moray has a different profile to that of the other Local Authority areas. The largest differences are seen in the manufacturing and the accommodation and food services sectors. Manufacturing is a key sector for Moray, contributing 18%, compared to between 3 and 6% for the other Local Authority areas. In contrast, accommodation and food services contribute far less at 8%, compared to between 15 and 18% for the other Local Authority areas. This could reflect the reliance the other areas in the Park have on tourism, which influences the accommodation and food services sector, whereas Moray has traditionally had a different economic focus.

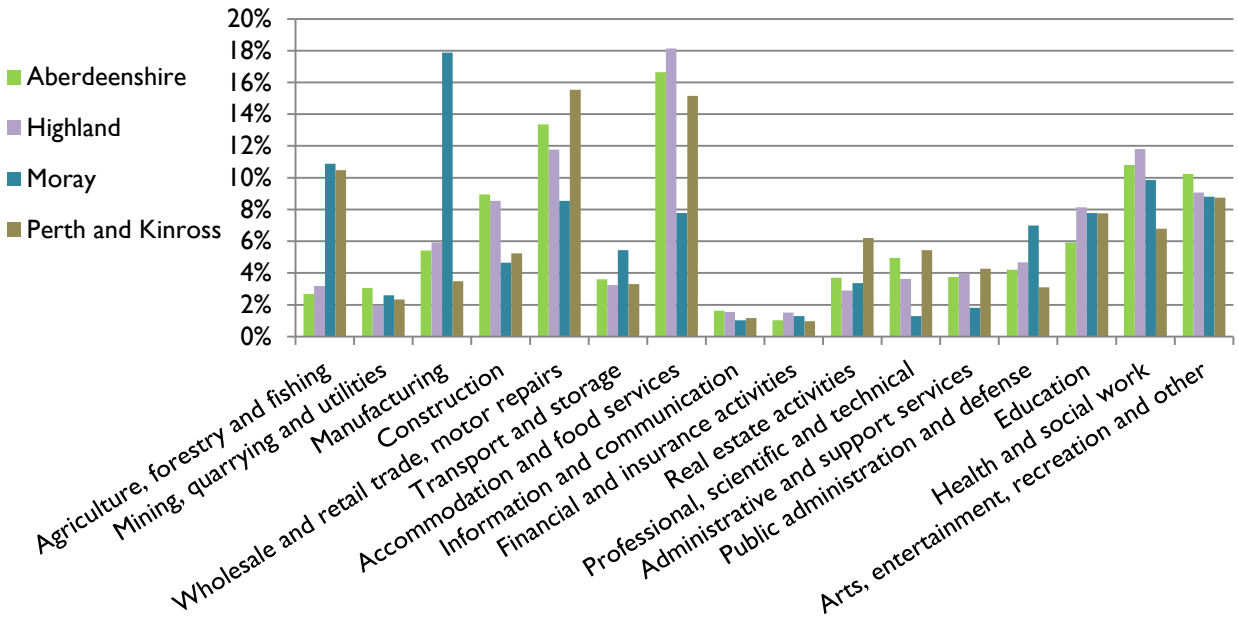

Figure 13 – proportion of employment by industry from the 2011 Census for the different Local Authority areas in the Park

Of the potentially economically active in the Park (being people of 16-74 years), the 2011 Census classed around 69% as employed, which is higher than the Scottish figure of around 60% (figure 14). However the Park has a higher proportion of part time and self-employed people (both around 15%) than the Scottish population (around 13%). This may reflect the makeup of the main employment sectors in the Park (accommodation and food; arts, entertainment, recreation and other; skilled trades), which tend to be fulfilled by part time and self-employed workers.

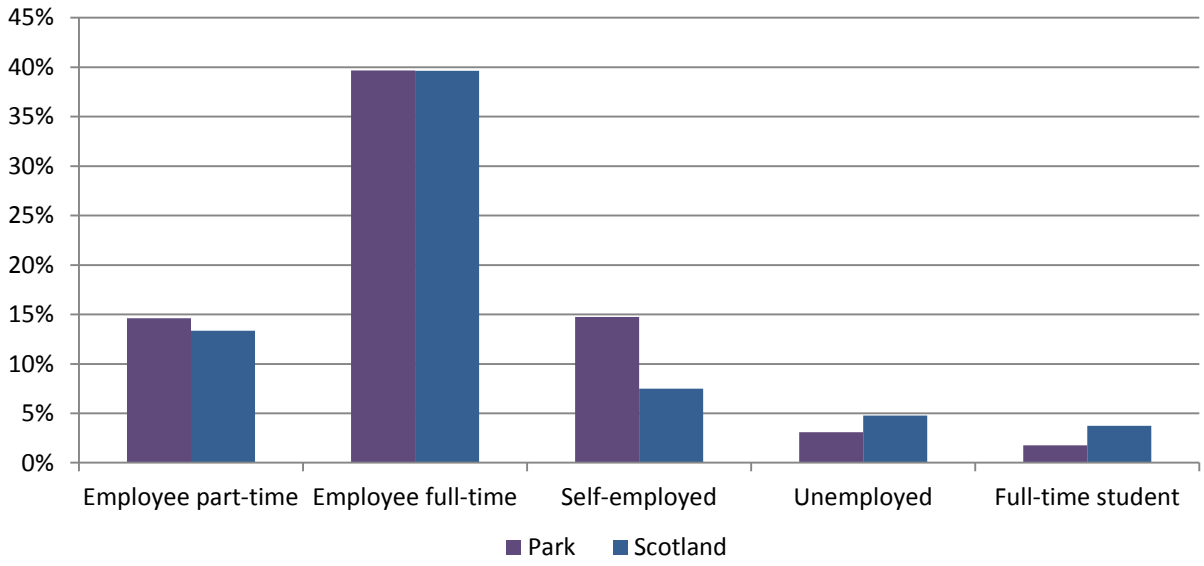

Figure 14 – 2011 Census proportion of economically active age (16 plus years) people by activity type

At 2%, there was a lower proportion of the economically active age population in full time education compared to 4% nationally. However educational achievement in the Park is a little higher than the Scottish average, despite there being no further education facility in the Park.

In terms of qualifications, the 2011 Census identified that around 77% of the economically active age population in the Park had qualifications to NVQ1 level (equivalent to first tier school qualifications) and above compared to Scotland at around 73%, and around 31% had NVQ4 and above (equivalent to higher education qualifications) compared to Scotland with around 26%. It is unclear why this is, as while the Highlands and Islands Enterprise 2011 Census analysis of employment by sector found that the Park had a higher proportion of managers, directors and senior officials than elsewhere in the Highlands and Islands or Scotland, the Park had a lower proportion of workers classed as professionals or associate professionals, who may be expected to have qualifications at higher education level. (http://www.hie.co.uk/common/handlers/download-document.ashx?id=0dfda0c8-5b17-4762-b15a-74504e1003cf)

Of the economically inactive, the figures between the Local Authority areas within the Park are fairly consistent. Comparing the Park to the Scottish figures, in the Park there was a slightly higher proportion of retired people of economically active age and a lower proportion of long term sick or disabled people (table 5).

Table 5 – proportion of economically inactive people by inactivity type in the 2011 Census

	Economic inactivity type from 2011 Census				
CNP/LA Area	**Retired**	**Student**	**Looking after home or family**	**Long-term sick or disabled**	**Other**
Aberdeenshire	19%	2%	3%	2%	2%
Highland	16%	2%	3%	3%	1%
Moray	17%	3%	4%	2%	1%
Perth and Kinross	15%	2%	3%	3%	2%
Park	17%	2%	3%	2%	1%
Scotland	15%	6%	4%	5%	2%

However although the proportion of retired people of economically active age in the Park was only slightly higher than the national average, when looking at this as a proportion of the total number of economically inactive people in the Park, inactivity by retirement made up around 64% of the total. This is far higher than the national figure of around 48% of economically inactive people being inactive through retirement. Conversely, the proportion of the total number of economically inactive people in the Park made up by students was lower than the national average at 9% compared to 18% for Scotland.

There are two likely reasons for this. Firstly, as shown by figures 2 and 3, the Park has a higher proportion of those over the age of 55 than the national average, and secondly, the absence of a higher education facility means there are relatively few full time students residing within the Park.

According to 2012 Scottish Index of Multiple Deprivation (SIMD) data, the 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 Allowance recipients. None of the data zones within the National Park fall into any of the most deprived categories (figure 15). Ten out of the 23 datazones fall within the 20% least deprived.

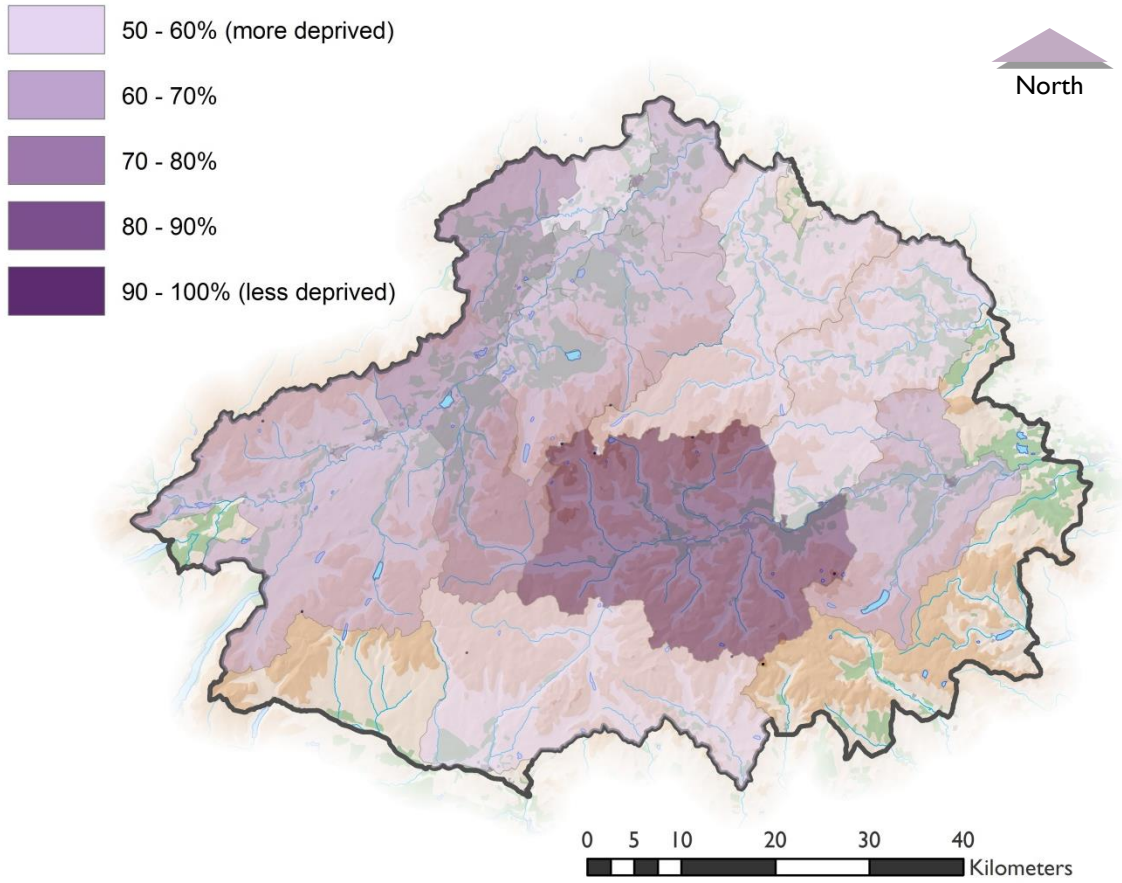

Figure 15 – deprivation levels in the Park, based in 2016 SIMD data for the datazones within the Park

Unemployment levels within the Park are relatively low, with the 2011 Census finding that only around 3% of the population aged 16-74 were unemployed, compared to around 5% for Scotland (table 6). Around 0.3% had never worked compared to around 1% for Scotland, with around 1% being long term unemployed compared to around 2% for Scotland. There is a variation between the Local Authority areas, with Moray experiencing higher rates of unemployment than Scotland and the other Local Authority areas within the Park, and Perth and Kinross experiencing much lower rates.

Table 6 – proportion of economically inactive people by inactivity type in the 2011 Census

CNP/LA Area	Unemployed	Unemployed: never worked	Unemployed: long-term unemployed
Aberdeenshire	2%	0%	0.7%
Highland	3.3%	0.3%	1%
Moray	6.2%	0.5%	2.2%
Perth and Kinross	1.8%	0.1%	0.7%
Park	3.1%	0.3%	1%
Scotland	4.8%	0.7%	1.8%

The nature of employment within the Park is however extremely seasonal, with Job Seekers Allowance (JSA) claimants peaking in the winter months (figure 16). Unemployment is at its lowest in July, which coincides with Scottish school and public holidays and key tourism months.

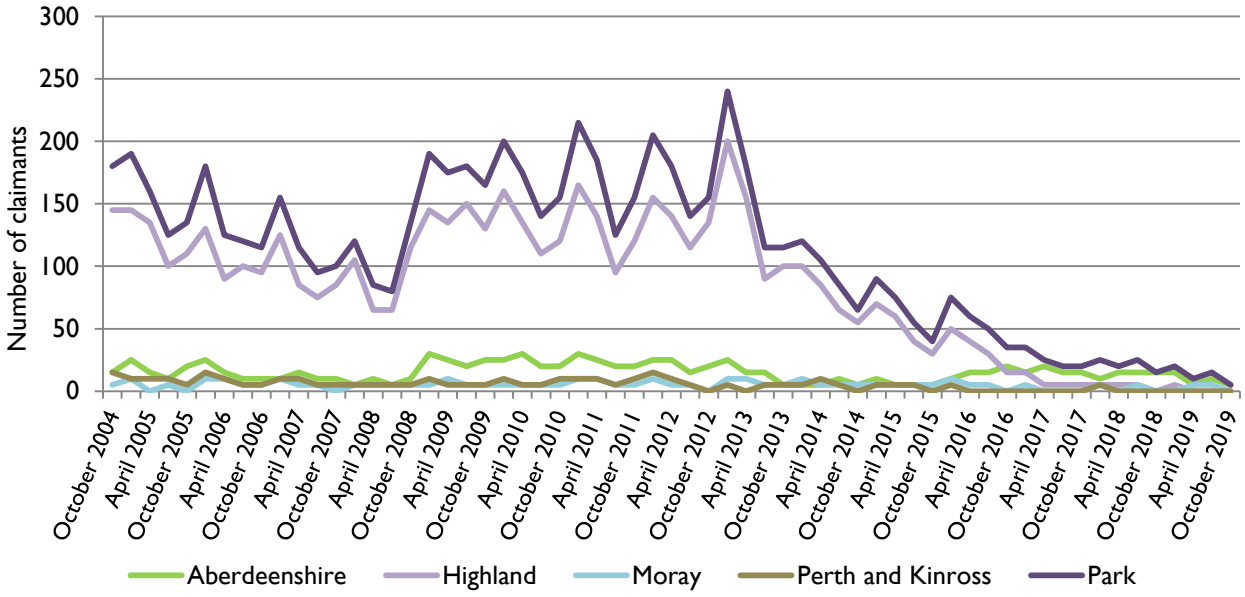

Figure 16 – number of Job Seekers Allowance claimants in the Park and by Local Authority area

It should be noted that although figure 16 shows a significant reduction in the number of JSA claimants from mid-2013, this is a reflection of changes in the benefits system around that time rather than a drop in people claiming unemployment related benefits because they found work.

Due to the low level of unemployment within the Park, levels of income deprivation were relatively low according in the 2012 SIMD. However, this masks the fact that there is evidence to suggest that average earnings within the Park were very close to or below the Scottish average for many of the datazones within the Park, with around 39% of datazones found to be below the Scottish average in 2014.

Analysis carried out on 2014 data (the latest currently available) by the Centre for Housing Market Analysis identifies a national average weekly income of £589.21. Of the datazones within the Park, 9 (39%) out of 23 fall below this level (figure 17).

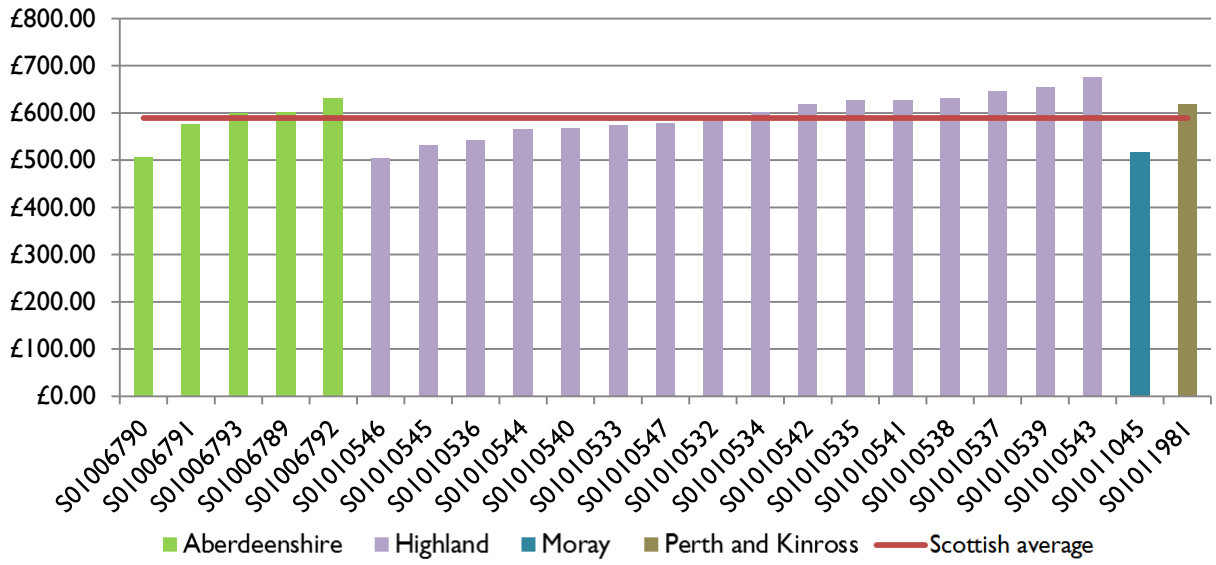

Figure 17 – 2014 gross median weekly earnings by datazone in the Park versus the Scottish average

There were also variations within the Local Authority areas that fall within the Park. In the Aberdeenshire area, income in two datazones fell below the Scottish average, and there was a £125.95 difference between the lowest income and the highest. For the Highland area, the difference was more marked, with seven datazones falling below the Scottish average and a difference of £171.68 between the lowest income and the highest.

Travel to work information

Data from the 2011 Census found that, of the 18,712 people aged 16 -74 in employment in the Park, around 52% of them commuted to work via car, van or motorbike (**Error! Reference source not found.**). This is lower than the Scottish level of 56%, a reflection of the fact that the Park has a relatively high level of home working at around 23.4%. The use of public transport is particularly low within the Park at around 3%, a reflection of the difficulties of providing good service in such a rural area.

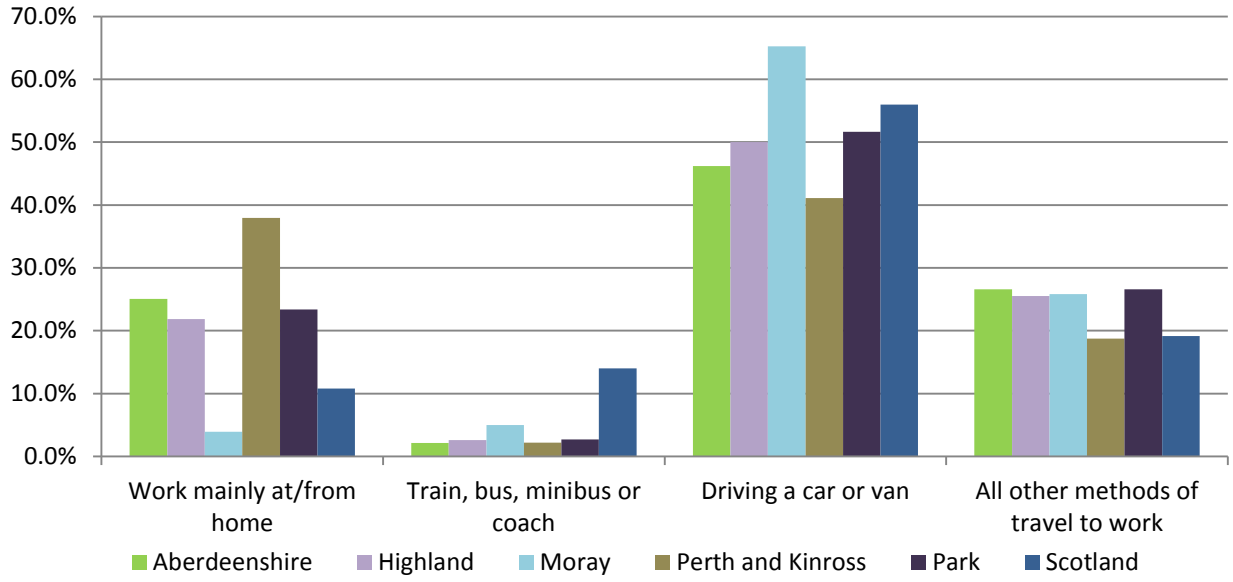

Figure 18 – proportion of workers aged 16-74 by method of travelling to work

There was however variation between the datazones within each of the Local Authority areas in the Park (figure 18). For example, in Aberdeenshire, the proportions of people working mainly at or from home varied from the lowest at 17 and the highest at 30%, and with Highland varying between the lowest level at 11 and the highest at 38%. In both areas the figures for people using public transport varied between the lowest level at 1% and 5% at the highest. In Aberdeenshire and Highland areas, the number of people using a car or van varied between 36/37% at the lowest level and 56/61% at the highest for the respective Local Authority areas. Other methods of travelling to work varied respectively between 12/11% at the lowest level and 38/46% at the highest. Unfortunately a breakdown of the other methods of transport was not available, so it is not possible to say how many people in the Park walk or cycle to work. (It was also not possible to get a breakdown of method combined with distance travelled to work for the datazones within the Park, so it is not possible to identify for example, whether those travelling shorter distances tend use public transport.)

Excluding people who work offshore, outwith the UK, with no fixed place of work and people working from home, the largest proportion of people commuting within the Park travel less than 2km to their work (table 7). At around 23%, the Park figure is higher than the Scottish level of around 17%. However, in the Park a greater proportion of people commute further when compared to the Scottish average; in Scotland around 50% of commuters travel less than 10km to their work, whereas for the Park only around 36% of commuters travel that distance. In the Park around 16% travel of commuters travel more than 30km, compared to the Scottish average of 7%.

Table 7 – proportion of commuters by distance by Local Authority area within the Park compared to the Park and Scottish average

CNP/Local Authority area	<2km	2km to <5km	5km to <10km	10km to <20km	20km to <30km	30km +
Aberdeenshire	25.1%	20.4%	3.6%	3.7%	8.6%	4.9%
Highland	21.9%	24.1%	5.8%	7.6%	9.2%	3.4%
Moray	8.4%	2.9%	7.7%	16.1%	4.5%	16.6%
Perth and Kinross	11.7%	5.7%	6.7%	11.3%	4.5%	11.7%
Park	23.3%	5.4%	6.8%	9.3%	3.8%	15.5%
Scotland	16.8%	17.6%	16.2%	14.5%	6.2%	7.0%

A note of caution is required when looking at the Local Authority averages however, as there is significant variation between the Local Authority areas within the Park (table 7), and between the datazones of the two Local Authorities with multiple datazones in the Park, Aberdeenshire and Highland (figure 19).

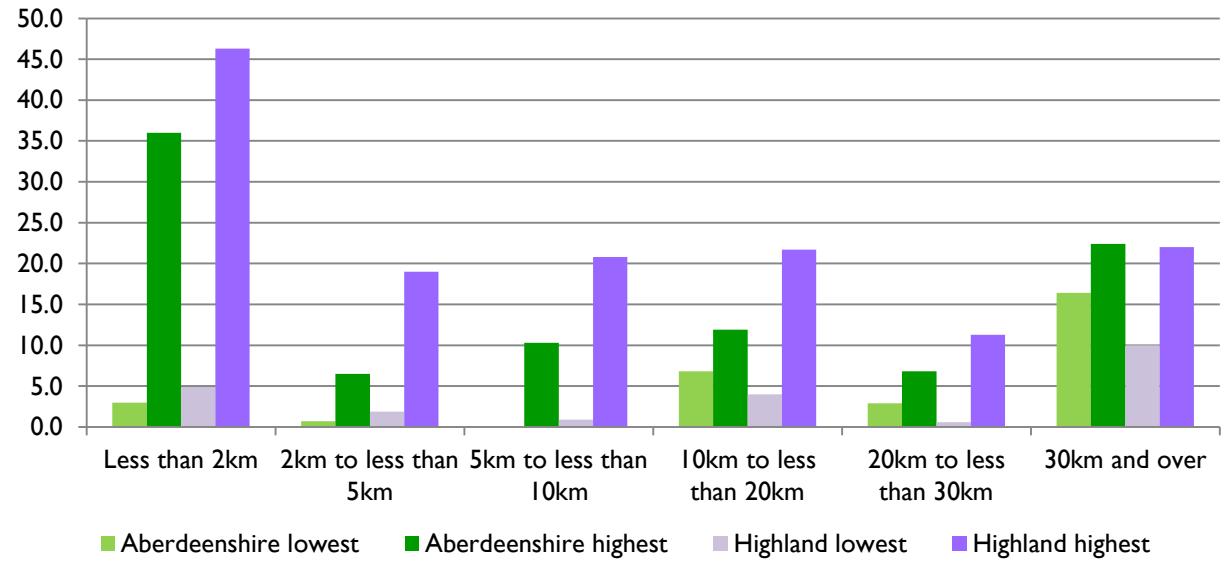

Figure 19 – variation between lowest and highest figures for Aberdeenshire and Highland datazones

The A9 dualling project may affect how people move through the Park. However until it is built and been in use for several years, it will not be possible to ascertain whether it makes commuting outwith or into the Park more (or less) attractive.

Health, housing and deprivation information

It is well recognised that the quality of housing, deprivation and health are linked. The NHS consider that housing costs and quality, along with fuel poverty, influence health inequality in Scotland (http://www.healthscotland.scot/media/1250/housing-and-health_nov2016_english.pdf).

The 2018 Registrar General's Annual Review of Demographic Trends (https://www.nrscotland.gov.uk/files//statistics/rgar/2018/rgar18.pdf) found males in the most deprived areas of Scotland had a life expectancy 13 years less than those living in the least deprived areas, with the figure being 9.6 years for females. However that is just part of the picture, as males in the most deprived areas would also spend 22.5 fewer years in good health compared to those in the least deprived areas, with the figure being 23 years for females.

There is a low level of housing related deprivation within the Park, with no data zones falling within the 20% most deprived. However there are areas where indicators of housing deprivation exceed the national average. In particular, at 4.3% many areas of the National Park have relatively high proportions of the household population living in homes with no central heating, higher than the Scottish average of 2.3%. Levels of household overcrowding are relatively low within the Park, with the vast majority of data zones falling below the Scottish average of around 13.9%.

However overcrowding may be hidden by the fact that there is higher proportion of large dwellings with 6 or more habitable rooms (usually bed and living rooms) within the Park at 24% compared to the national figure of 14%, combined with a lower proportion of small dwellings (two and three habitable rooms) at 30% compared 41% (figure 12). This may therefore mask local instances of overcrowding suffered by those unable to afford larger properties.

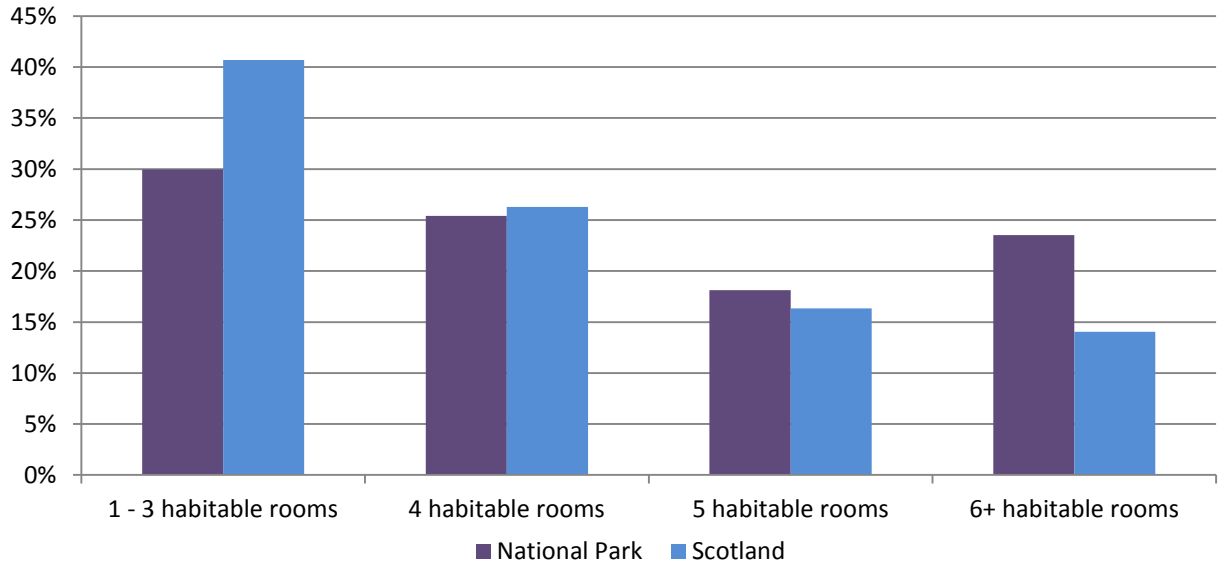

Figure 12 –proportion of dwellings by number of habitable rooms for Scotland and the Park

A significant barrier in reducing household deprivation is the availability of enough new housing to enable people to move from housing that does not meet their needs (such as overcrowded or lacking central heating) into more suitable homes that are within their means. New housing also needs to meet the projected growth in the number of households. The number of new homes completed in the National Park fell following the 'credit crunch' in 2008, with an average annual completion rate of around 100 new dwellings (figure 13).

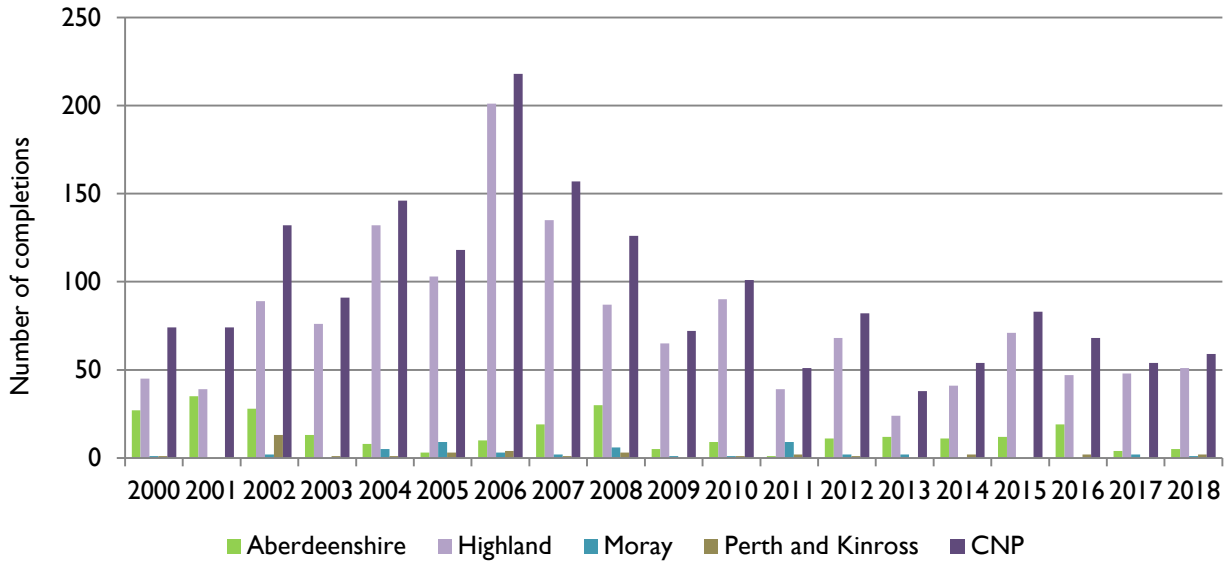

Figure 13 – house completions between 2000 and 2018 by Planning Authority and total for the Park

(Although 2 single completions were recorded in the Park over the 18 year period for Angus, these have not been included above as they would not appear graphically.)

Affordability is a recognised issue in the Park. Between 1993 and 2015, the median price of a property in the Cairngorms National Park saw a net rise of almost 230%, with a peak in 2015 of £192,500. In 2018 it had reduced slightly to £190,000.

There is also considerable variation in the median house prices across the Park, ranging from £112,500 to £335,000 in 2018 in parts of Badenoch and Strathspey. However, it should be noted that statistics for these individual data zones can represent only a small number of sales year on year and therefore annual changes in these areas can be significant.

Between 2007 and 2015, the median house price to median household income/earnings ratio in the National Park fell from over 8 times income to around 5. However, the median house prices in the Highland, Moray and Aberdeenshire areas within the Park, and the Park as a whole, have consistently been well above the Scottish average (figure 14). In contrast, median house prices in the Angus and Perth and Kinross areas within the Park have been below or very close to the Scottish average, however this is likely to be a reflection of the smaller dataset for these areas.

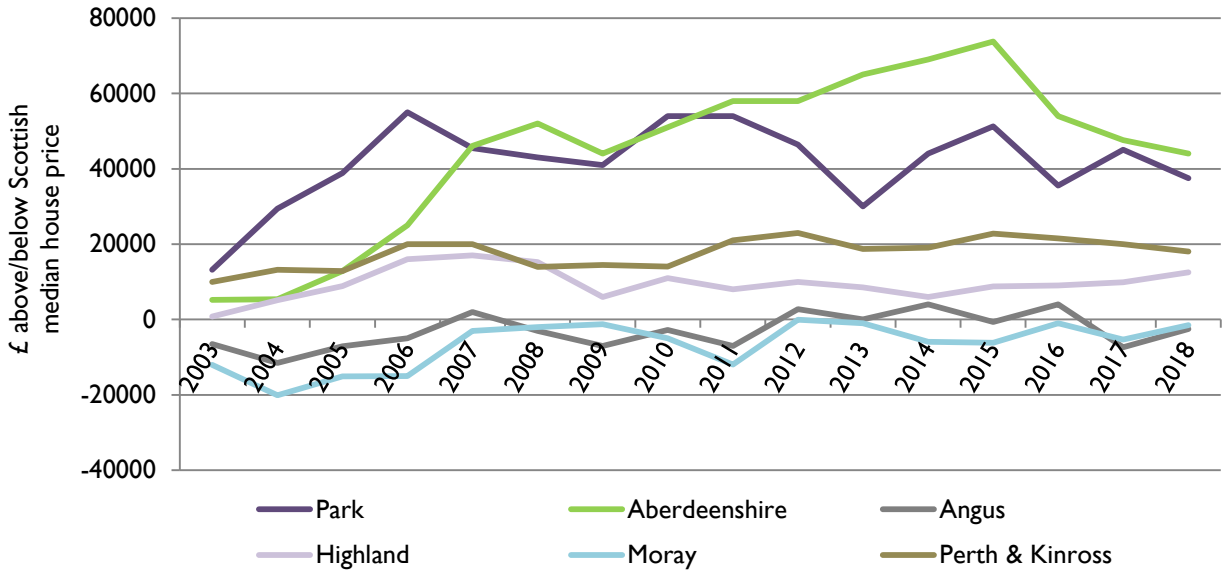

Figure 14 – amount that median house prices in the Park and Local Authority areas within the Park are below/above the Scottish median house price since the Park was established

When the Park was established in 2003, the median Park house price was already £13,197 above the Scottish average. This gap has since increased to £37,500 in 2018, placing many houses outwith the financial reach of workers in the Park wishing to buy a home there. The reduced availability of mortgage finance for first time buyers since the credit crunch in 2008 also means that many aspiring households still cannot afford to buy. Therefore, despite the apparent improvement in the income/earnings ratio, many houses are still unaffordable.

Recreation opportunities

In addition to the usual measures of deprivation related to employment, finances and transport, other factors can influence human health, such as opportunities to access the outdoors for recreation, leisure and exercise. Being outside and physical activity is well known to improve physical and mental health, as well as addressing health inequalities.

The Park is a world renowned area where both residents and visitors can enjoy a large range of outdoor recreation opportunities. People are able to explore the majority of the Park by non-motorised means in accordance with the Scottish Outdoor Access Code – for example by foot, wheelchair, horse-back, bicycle, skis, over land as well as in or on the water.

Paths in the Park are a key resource for providing opportunities to get outside, either for recreation or for active travel, with the Core Paths network playing a significant role. The network is made up of a mixture of existing and new paths, which together provide a cohesive system. The Park now has a network that totals nearly 1,000km of core path on land and 88km on water (the River Spey). Over 300km of the network has been signed and promoted with a further 100 or so km to be developed and improved in coming years. As well as a multitude of shorter paths providing easy access to the outdoors, there are several long distance paths that

pass through the Park that provide a resource for residents seeking a bigger challenge, or for commuting by active travel:

- The Dava Way, around 41 miles in length, follows the old railway route that used to link Grantown on Spey in the Park with Forres in Moray.

- The Speyside Way, around 65 miles in length, follows the River Spey from Buckie on the Moray coast to Insh near Kincraig in the Park (with plans to extend it to Newtonmore in 2020). There is also a spur off the main route, which goes from around Ballindalloch through Glenlivet to Tomintoul. A section of the Speyside Way forms part of the off-road National Cycle Network route 7.

- The Cateran Trail, around 64 miles in length, is a circular route following old drove roads and ancient tracks through Perthshire and the Angus Glens, between Blairgowrie, Alyth and Spittal of Glenshee.

- The Deeside Way, around 41 miles in length, follows the old railway route the used to link Ballater in the Park with Aberdeen. It also forms part of National Cycle Network route 195.

Many of the paths in the Park are multi-user paths, providing opportunities for cyclists as well as pedestrians to be active. National Cycle Network route 7 goes between Inverness and Sunderland, passing through the Park, while the shorter route 195 provides opportunities in Aberdeenshire.

There are two water sports centres that facilitate non-motorised water sports through teaching and equipment hire, at Loch Insh and Loch Morlich. The rivers and lochs in the Park provide many opportunities for non-motorised watersports such as sailing, kayaking, canoeing, wind surfing and stand-up paddle boarding, as well as open water swimming.

In Aviemore, a new initiative aimed at making it as easy as possible for people to move about the town without the need for motorised transport, and ultimately contributing to an improvement in health and wellbeing was launched in 2018. Part of the proposed measures to increase physical activity and increase active travel/reduce reliance on the private car are segregated cycle lanes through Aviemore.

Proposed SEA objectives

SEA main objective	Sub-objective
8a: Support and enhance the health and wellbeing of residents and visitors to the Park through housing, recreation and employment opportunities	Will there be an effect on housing for local needs?
	Will there be an effect on recreation and active travel opportunities that support healthier lifestyles?
	Will there be an effect on employment opportunities local to places of residence?