

Countryside Recreation



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*Exchanging and Spreading Information to develop best Policy
and Practice in Countryside Recreation*



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Countryside Recreation Network

CRN is a network which:

- covers the UK and the Republic of Ireland
- gives easy access to information on countryside and related recreation matters
- reaches organisations and individuals in the public, private and voluntary sectors networks thousands of interested people

The Network helps the work of agencies and individuals in three areas:

Research:

to encourage co-operation between members in identifying and promoting the need for research related to countryside recreation, to encourage joint ventures in undertaking research, and to disseminate information about members' recreation programmes.

Liaison:

to promote information exchange relating to countryside recreation, and to foster general debate about relevant trends and issues.

Good Practice:

to spread information to develop best practice through training and professional development in provision for and management of countryside recreation.

Chair: Geoff Hughes

Vice-chair: Jo Burgon, The National Trust

Countryside Recreation is free and is published three times a year. We welcome articles and letters from all readers.

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Editorial

Countryside recreation is attracted to and dependent on the natural outdoor environment for its practice. Countryside recreation also, however, takes place in man-made or man modified facilities, such as climbing walls, downhill mountain bike routes or dry ski slopes, i.e. purpose built facilities designed for the specific use of countryside sports and recreations and which contribute greatly to their practice, development and enjoyment. It is these facilities that form the theme of this edition of the CRN journal.

The following articles aim to give a flavour of the range of facilities available, how and why they evolved, their design and engineering considerations, their aims and objectives, and for whom they are provided.

We have two articles on mountain bike facilities. One on the development of facilities at Glentress in the Scottish Borders and one on facilities at Nevis Range in Fort William. Both articles outline their facilities, the benefits they bring to the area, the design and engineering of routes, and the obstacles that have been overcome in the development of the routes. Steve Williams highlights the role of Glentress as a flagship mountain bike facility demonstrating the huge growth in mountain biking that has evolved from the development of this facility and highlighting its role as a catalyst for other mountain bike centres throughout Scotland. At Fort William Carrie Reid tells us about the development of three very different types of mountain bike route and discusses the centre's role as an international competition facility. This is particularly pertinent given the recent announcement that Glen Nevis is to host the 2007 mountain bike world championships – a major coup for the facility and the Fort William area.

Chris Ball has written an article on the Holme Pierrepont National Water Sports Centre in Nottingham. Chris details their approach to involving the community in the centre while at the same time providing for the needs of elite performers. Chris stresses the importance of effective planning and management of the centre to allow this to happen.

We have two articles on the Midlothian Snowsports Centre in Edinburgh. Lizzie Bryce tells us of the development of the centre since it opened in the 60s and its plans for the future. Lizzie also outlines the relationship between the centre and the country and regional parks in which it is located. Bruce Fraser then gives us a user's perspective of a man made recreational facility. Bruce discusses schools' use of the Midlothian Snowsports Centre - the largest schools skiing programme in the UK. Bruce details what the programme involves and the academic, physical, social and experiential benefits of using the centre for kids. His article demonstrates that through the centre, skiing can be an inclusive activity regardless of physical ability or financial means.

Jamie Smith tells us about the Ice Factor in Kinlochleven, a redundant aluminium smelter that has been converted into an indoor ice climbing facility. Jamie highlights how the centre is being used to meet demand for ice climbing in the Highlands in the face of global warming and poor winter climbing conditions. Jamie stresses the positive impact of the Ice Factor on what was a depressed rural economy.

The penultimate article published in this edition refers to a summary of recent research into the provision of access for canoeists published in the last edition of Countryside Recreation

The final article is a thought-provoking case study provided by colleagues in Turkey, which indicates that they are dealing with many of the same issues as practitioners in the UK and Ireland in relation to planning for recreation development.

I hope these articles demonstrate the benefits and importance of man-made sport and recreation facilities and provide a greater understanding and appreciation of the role of man-made facilities in countryside recreation.

Campbell Gerrard
Countryside Planner, **sportscotland**

Forestry puts Mountain Biking in First Gear

Steve Williams, Forestry Commission Scotland



Forestry Commission Scotland serves as the Scottish Executive's forestry department. It manages Scotland's national forests and is the biggest provider of outdoor recreation in the country. For CRN Magazine, the Commission explains how it is driving forward mountain bike developments in Scotland and highlights its flagship biking centre in Glentress forest.

Scotland is fast becoming a mecca for mountain bikers from all over the world, and it isn't just by accident.

Forestry Commission Scotland is currently wowing mountain bikers with the growth of a top-notch set of purpose built trails that are up there as some of the best in the world.

This isn't just a claim hyped by those marketing the trails as the International Mountain Bike Association recently graded Scotland as a top world destination, on a par with America's finest. The fact that the Mountain Biking World Cup has come to Scotland for three years in a row also speaks volumes.

It's fair to say that mountain biking within the Forestry Commission started in Wales with one enthusiastic and dedicated ranger pioneering the way. With support, the trail network in Wales grew leaps and bounds and purpose built mountain bike routes were born.

This development didn't go unmissed in Scotland, and in the Scottish Borders in particular. The Tweed Valley area of the Borders already had a good reputation for its recreation and there was also a strong tradition of road and touring cycling mixed with off-road biking. The ingredients were there but a catalyst was needed.

Glentress gets underway

Jeremy Thompson, Environment & Planning Manager for Forestry Commission Scotland in the Borders

believed that more could be done to make the Tweed Valley a hot spot for mountain bikers. "Being only 40 minutes from Edinburgh, the Tweed Valley had a massive draw for city people trying to get away from it all. There was an obvious opportunity to bring in more visitors to the area and also help the rural economy through tourism. Purpose built mountain biking was new territory for us in Scotland but you don't get anywhere by standing still." he said.

Thompson enlisted the help of Pete Laing, a local projects engineer, and from here on they never looked back.

"Glentress Forest was already one of the top visitor attractions in the Borders and boasted a network of walking and off-road cycling trails. From the experiences learned in Wales, and from the emergence of a number of narrow biking tracks found deep in the forests, we knew that mountain bikers were fast getting bored with simply cycling on forest roads. The challenge was on to provide a new style of mountain biking and this is where Pete's knowledge of the sport was a great help."

Work began in Spring 2000 to build the first ever singletrack route in Glentress (and in Scotland) and this was duly opened later with support on the day from the Scottish Forestry Minister at the time. "The biking press were really impressed with the trail." said Thompson. "We knew that if we hit the right note with the experts then the rest would follow. We were aiming at the enthusiasts firstly to create a mountain biking scene in the area."



PICTURE - Pete Laing building Trail in Glentress

Laing had painstakingly mapped out contours and features to create the 'Red Route'. He said: "Building a mountain bike trail in a sustainable way is not an easy or cheap thing to do. It takes a lot of planning, hard graft and lots of financial support. Biking trails for the masses need to last otherwise maintenance costs will be sky high. Our aim was to pack this new trail with lots of action but to make it all fun. If you get the grins then we know we are on the right track."

It was soon after the red route was opened that the Foot and Mouth Crisis hit Britain and for the first time in the Forestry Commission's history it closed off its forests as a precautionary measure. Whilst the crisis was looming larger than ever there was still a massive and growing number of frustrated mountain bikers and cyclists desperate to exercise their legs but with nowhere to go.

When it was deemed safe to do so, one of the first forests to open up was Glentress. This news soon spread and bikers flocked to the forest in their thousands. Glentress very quickly became synonymous with mountain biking across Britain.

The 7stanes

Whilst Glentress forest continued with its trailbuilding programmes, Forestry Commission Scotland started to look at how they could help rural communities that were badly affected in the foot and mouth crisis get back on their feet.

The Commission were well aware that they could deliver many of their objectives through the creation of mountain biking centres. Supporting rural communities, improving the nation's health, maximising the value of forests to society and boosting tourism were on the menu for the Commission and this is where the 7stanes mountain bike project came in.

The plan was to link a number of potential cycling centres across the whole of the south of Scotland and to market it as a mecca for mountain bikers. Local enterprise companies, tourist boards, councils and other public bodies all joined forces to push for match funding from Europe.

Once the funding was in place, a crack team of trailbuilders and designers, including Laing, were hired to create a network of trails under the management of a mountain bike 'Tsar'.

"Many of the forests that we chose to be the 7stanes centres already had some basic facilities or had some kind of off-road riding available but it was our intention to build some really new and exciting trails for experts

and also provide cycling opportunities for beginners" said Karl Bartlett, project manager of the 7stanes.



PICTURE Trail at Kirroughtree in Dumfries and Galloway

He added: "Through the 7stanes we aim to build up the infrastructure as well as the trails so that visitors have the complete package. We want to attract visitors to the biking centres again and again and for longer stays so the whole experience needs to be a positive one. We knew that to build a first-class reputation we needed to build trails that riders wanted and for this reason we have always employed trail designers who were enthusiastic and innovative mountain bikers themselves. This approach has worked very well."

Glentress today

The first phase of the 7stanes ends in 2004 but the project team hope to extend this further into a phase II where additional facilities will be introduced. Bartlett believes that Glentress is very much the flagship for the 7stanes project and is an ideal model for what should go into a mountain bike centre.

Firstly, there are numerous trails in the forest, the longest being a black graded (very difficult) route, which, incidentally, has been voted by mountain bikers as the best in Britain. Beginners and intermediates are well catered for too with a variety of routes and smaller 'freeride' loops which give riders a taste of what to expect on the trails. There's also a newly opened skills area that allows first timers or children to understand some of the basics of mountain biking.

Each trail has a slightly different feel to it and the more difficult ones have features that test bike handling skills to the limit. Glentress is famous for introducing berms (raised banked corners) on their trails which allow riders to rail round even faster without using the brakes – this also helps to stop wear and tear on the routes from bikers skidding on corners.



PICTURE - Riders on the Red Route – Chris Duncan

One of the most famous parts to Glentress is 'Ewok Village' – a long raised timber trail section that has been built purely by volunteers with Laing's supervision. Forestry Commission Scotland has been very keen to include volunteering in the forest and provide the volunteers with materials so that they can learn more about building sustainable trails. "The Glentress Trailfairies have built some fantastic features which have been a huge hit with all those who ride them. We are keen to engage people of all ages to get more involved in the forest and this is a brilliant way to do it. Amongst the volunteers we have company directors and their kids, students, young professionals, teachers and local people so we are getting everyone included" says Thompson.

The icing on the cake for Glentress (literally) is a joint venture that the Commission started up with two local girls to run a café. The Hub, as its known, acts as focal point for all visitors to the forest who need a meeting point, route information or simply good basic food. Added to this the Hub provides a range of bikes for hire which can satisfy the total beginner through to experts wanting to try out the most advanced models around.



PICTURE – The Hub café at Glentress

The Hub has become so popular that the business needed to expand very quickly and a new bike shop was built out of one of the Commission's barns. The shop sells everything mountain bike related, carries out repairs, offers advice on products and manages the hire facility, leaving the café to serve food. It's these on-site facilities that make Glentress such a big success. Just over the past year the numbers visiting Glentress have shot up by a staggering 90,000 a year to 252,000.

The team at The Hub also manage a massively popular mountain bike club for children which meets every Saturday. Membership sits at over 70 kids and they've had to train up more coaches to take them out on the trails. The Commission sees the targeting of children as very important as Thompson explained: "It's a well known fact that children are simply not as active these days as they could be. Because we are the largest provider of outdoor recreation we feel that we have lots to offer in the national effort to raise fitness levels. If we can show kids at an early age that exercise can be brilliant fun then it usually sticks with them, and as their parents get involved too, we are also enticing them out to get some fresh air in the lungs which is a good thing."

You might be mistaken for thinking that mountain biking is something only done in day light hours – you'd be wrong as night riding in Glentress is massively popular. Equipped with high powered lights, riders come to the forest in large numbers to speed through the tight twisty singletrack routes. It's a growing sport and The Hub were on the bandwagon right from the start by proving guided night rides for beginners, with an evening meal thrown in at the end!



PICTURE - Nightriders get ready to tackle the trails

"It's the total experience that makes Glentress such a big hit. World class trails and all the other on-site facilities you need mixed with a very friendly and relaxed atmosphere is exactly why some mountain

bike journalists say the forest is the best dedicated mountain bike centre in Britain." says Bartlett.

The future

There's no doubt that the 7stanes project will demonstrate to a wide range of public and private bodies how Forestry Commission Scotland is pioneering the way forward in sustainable mountain biking. The positive benefits of the sport in terms of supporting tourism, rural economies and improving healthy lifestyles will also shine through in this innovative project.

However, it isn't only the south of Scotland that is seeing all the action. After three years in a row of successfully hosting a round of the UCI World Cup event near Fort William, the Commission and its partners are bidding to hold the World Championships in 2007. If they are successful, this would be a massive coup for Scotland.

Added to this, a whole new trail infrastructure is also being built in Laggan (approximately 20 miles from Aviemore) and local businesses have joined with the Commission to build a new £100,000 trail in Morayshire.

Not content with the huge success of Glentress forest, and the Tweed Valley Forest Park in which it sits in, the Commission is also exploring how they can take the whole area to another level. Consultants have been hired to work up a 'masterplan' to look at ways in which all the facilities and infrastructure could be enhanced to make the area a major draw, not only for mountain biking, but for walking, horse riding, wildlife viewing and for learning.

The demand for quality mountain bike venues in Scotland is huge and every one of the 15 Forest District offices dotted around the country has mountain bikers and other organisations pushing for facilities in one form or another.

This enthusiasm needs to be enhanced but managed in a way that keeps mountain biking in Scotland a viable and sustainable activity. For this reason, Forestry Commission Scotland is working on a national strategy which will help take forward the development of mountain biking in the country.

For more information on mountain biking within the 7stanes project log on to www.7stanes.gov.uk or to find out more about Forestry Commission Scotland log on to www.forestry.gov.uk/scotland

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Holme Pierrepont -The Inclusion of Community Participation within an Elite Athlete Training Facility

Helen Cornwall and Chris Ball, National Watersports Centre

Background

The National Water Sports Centre was officially opened on the 27th July 1973, by the Prime Minister, the right Hon. Edward Heath. As a joint project between Nottinghamshire County Council and the then Sports Council, the National Water Sports Centre was designed to exceed the standards of competition facility suitable for hosting Olympic Competition.

International and national events held at the Centre are based upon the following key sports: rowing, canoeing and water skiing, but also offer scope for power boating, angling, sailing and long distance swimming. When built, the regatta lake was modelled on standards set at the 1972 Munich Olympic games and surpassed most comparable facilities across the world. The slalom course was added in 1986 again of Olympic standard.

One should not forget the setting, 270 acres of country parkland, designed with the community in mind for walking, picnickers, jogging and spectating. Schools' visits were particularly targeted in the early years as a method of utilising the spare visitor capacity during the mid week periods. Particular attention was paid to the country park and nature reserve. It has to be borne in mind that at that time there was considerably less provision in the way of programmed water sports participation and education.

Today, however times have changed and the regatta lake is no longer suitable for World Championship/Olympic rowing events since the relatively recent requirement to have a 'return lane' was introduced. However the Centre has worked hard over the last 5 years to regain positive recognition for its ability to host many national and international events within canoeing, fishing and powerboating. The Centre hosts

several large international regattas each year, with the events calendar now fully booked until 2007. One of the most prestigious events being the National Schools regatta with over 4000 participants during the extended 3-day regatta. The country park is still popular with dog walkers and picnickers and a number of different users, groups and organisations have bases at the centre. Since inception, other facilities have been 'bolted on' to the Centre including a water ski cableway and sports rehabilitation suites.



Key Elite Users

British Canoe Union (BCU)

The national headquarters are based within the Centre including the world class department.

- World class start programme is for those interested in developing to a higher level.
- World class potential is taking natural ability and providing a support mechanism to develop the ability.
- World class performance is the development in to international level performance with the ability to win Olympic and World Championships medals.

The BCU as a governing body develops both flat water and white water canoeing and kayaking.

Amateur Rowing Association (ARA)

Throughout the year the Centre plays a key role within the training and events calendar of the ARA. Over 25 training camps are hosted at the Centre each year. The development and monitoring of the athletes performance again follows the World Class model. Most of the UK's major multi-lane regattas are also hosted at the Centre.



Royal Yachting Association (RYA)

Holme Pierrepont is an RYA recognised training centre for sailing, power boating and windsurfing.

British Disabled Water Ski Association (BDWSA)

The BDWSA have their main training facility on site. This includes a self contained ski lake, with slalom course and club house. Access for a large training camp on the Regatta Lake is also provided during August.

Main Community Users

Holme Pierrepont Canoe Club – open to both children and adults, have two club nights each week and another evening affiliated with slalom, and this is in conjunction with the BCU World class start programme for young persons. The group however caters for those wanting to get started in the sport, people wishing to make like-minded friends to paddle with and for those who just want to have a bit of fun. Membership in the group exceeds 250 people and has an average of 60 attending club nights each night.

On a smaller scale the independent slalom group that has around 60 members, the club is solely for the introduction of canoeing to young people.

Rowing has a similar group in the Rowing school

which relies on volunteers, mainly coaches who encourage people to try the sport, around 20 people attend the school and this can lead to membership of the Nottinghamshire County Rowing association.

Youth, Community and Play – based on site this organisation managed by Nottinghamshire County Council encourages use for local youth groups, scouts and church groups at a subsidy. They also have a strong programme for those with physical and mental disabilities and the ETE (Education to Employment) group aim to reintegrate excluded groups back into the community and workforce. Most activities are based on the regatta lake and include canoeing, sailing, bell boating, raft building and power boating. The organisation brings around 10,000 participants per annum to the centre.

Camp Energy is the centre's childrens' holiday activities. This is another opportunity to introduce sporting activities to a new forum with the age range of groups from 8 to 16. Starting as play activities, information from governing bodies and clubs is available for those youngsters who have enjoyed their time and wish to continue and develop.

Every year the centre markets an open day to encourage new users to the centre in the form of pay and play. We encourage new users to the centre to come and try a new sport.

The centre also gets involved in between 5 and 7 charity rafting days a year and such high profile charity events as the Experian Robin Hood Marathon with over 11,000 competitors and Race for Life.

Why include the community?

Sport England, owners of the centre, have a key input into usage of the centre. Whilst their focus is on the elite users of the centre, their objective to have 70% of the population completing 3 minutes of some form of activity, 5 times a week by 2012, must have shifted the goalposts somewhat to encourage increased community use and get the nation into sport. The National Water Sports centre is key in introducing the community to sport and giving the opportunity to try

new sports and activities, such as in the Camp Energy programme and within the Youth Community remit, these groups otherwise may have been missed.

To provide a service to the local community. Key elements of Sport England's mission statement are defined by – Start – Stay – Succeed, thus highlighting the importance of community groups to begin the process of Sports development.

The British Canoe Union have a structured system in place similar to the Sport England mission to encourage youngsters into the sport and to carry that through into what could become the Olympic team. The World Class Start, Potential and Performance programme guides those with an interest in canoeing through the stages, encouraging and developing skills and learning points on the way. With the importance of the Olympics and the number of medals achieved now higher on the government agenda, community groups such as the Holme Pierrepont Canoe Club are the 'grassroot' providers for the system encouraging the youngsters who could be competing in the 2008 Beijing and 2012 Olympics.

Let us not forget the role the community provides in respect of the centre, important lottery funding decisions are often made with usage figures in mind, and the more community based projects and groups the centre has the more likely its future will be rosy.

Who are the community?

6% local demographic population enjoy outdoor sports

20% enjoy walking/rambling

A further 2% enjoy adventure sports.

In order to build upon these statistics and for Sport England to meet their objectives, we need to encourage more community use, linked in with improving the sports development programmes at the centre. The community must be integrated in with the elite users in order for the development Start – Stay – Succeed model to be enabled. Figures from user surveys conducted at the Centre during 2004 gave an indication of over 50% of facility users had only visited

five times or less over the past year. Key promotions to encourage community use have included radio campaigns, camp energy flyering in schools and leaflet campaigns for open days and outreach work. 43% of people questioned had heard about the centre via the radio during promotional campaigns, however this sort of promotion can greatly eat away at the marketing budget. 46% of people questioned had taken part in activities, so the pressure to produce a diverse programme is definitely a priority.

The biggest challenge that the centre faces is to integrate both elite users and community use and encourage the elite athletes to be supportive of the development of the community and the community to be appreciative of the requirements of the athletes. This all has to be accomplished within a facility of finite size and within contract budgets.

Case study

Thursday 9th September 2004

Challenge:

60 persons Nottinghamshire County Council – Youth, Community and play

Activities – bell boating, sailing, canoeing

60 persons Corporate Event – Novar

Activities – banana boating, canoeing, windsurfing, sailing, powerboat trials

10 persons – RYA

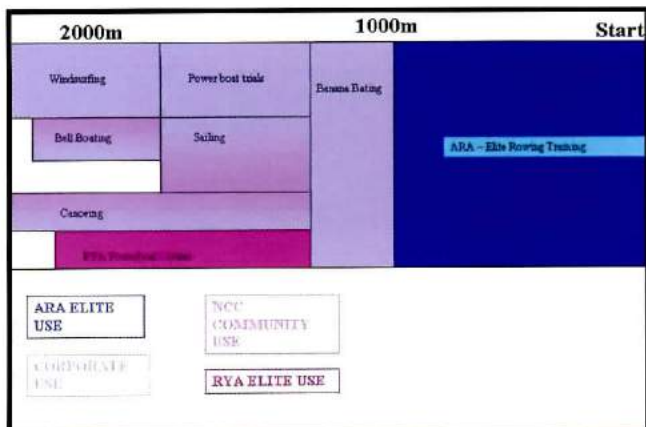
Activity – powerboat course

15 persons – ARA

Activity – World Class Performance Training

In order to maximise usage of the facility, it is necessary to use a technique known as zoning, creating areas for individual groups to enable non-compatible user groups to participate on/in the same facility at the same time.

In this case the Regatta Lake was divided as follows:



This illustration clearly shows how it is possible for groups to be integrated into a facility.

This isn't always possible due to the nature of the activities being carried out, but wherever possible compromises are met to ensure peak usage can be met for both elite and community users.

Planning is key. Most major events and training camps are booked 12-24 months ahead. The Centre prioritises bookings based upon the Sport England key user model. The Centre liaises with the NGBs and agreements are made as to who may use the facility when based upon their requirements. This means that even at a high performance level, different NGBs may use the key facilities on a rota system. This releases additional time for casual use-community use.

Opportunities and challenges

The weather also plays a strong hand, community groups struggle to use the centre in winter months as the weather conditions are often too treacherous for those in training. However the elite athletes take advantage of this by planning many training programmes throughout the winter periods. Centre policies ensure that different levels are set for athletes in training to elite users to when activities are stopped due to weather, but it can create issues during summer months where community use must very often 'fit in' between planned elite users. Some areas are easier than others to accommodate such as the slalom course that manages a combined

community, elite and potential programme very well. Due to the rural location of the centre on the city's outskirts, public transport links are not ideal. Only 56% of the local population have a car in the house hold, so to improve transport links to the centre would increase usage by local community groups. However a local campaign to reinstate the local bus service to the site was unsuccessful due to "lack of demand and cost cutting".

The success of some Holme Pierrepont athletes including Campbell Walsh and Helen Reeves at the 2004 Olympics in Athens, increases the profile of the centre and encourages people to try new sports or perhaps to reintroduce themselves to one.

Evaluation

Elite and community are diametrically opposed initiatives; elite athletes wanting an area exclusively to train, whilst community needing an area to experiment and enjoy themselves.

Getting the balance right is the biggest challenge, to please our elite community whilst ensuring the elite community of the future are being nurtured. A strong element of symbiosis is present, continued communication and understanding our users needs will ensure continued development within Sport.

All statistics sourced internally from Sport England and The National Sports Centres.

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The Development of a Mountain Bike Centre, Nevis Range, Fort William

Carrie Reid, Nevis Range

Fort William is developing as a major centre for mountain biking in the UK, providing facilities for beginners through to the elite level.

Nevis Range hosted the UCI (International Cycling Union) Fort William Mountain Bike World Cup for its third consecutive year on 5th/6th June 2004, attracting over 17,000 spectators for the three disciplines - Downhill, 4X (cross) and Cross Country. The highly acclaimed World Class Downhill Track, attracts thousands of top class riders every year. It has recently been confirmed that Fort William will be hosting the World Cup again on 10th & 11th September 2005, bringing the 2005 series to an end. It has also recently been announced that Fort William will host the 2007 World Championships an event three or four times as big as the World Cup, estimated to attract around 40,000 spectators with a direct economic benefit to Fort William and the immediate Lochaber area in excess of £2 million.

The Fort William Mountain Bike World Cup has won four awards, including the UCI Award for the best Downhill and 4X World Cups in both 2002 & 2003. The awards for the 2004 series are still to be announced.

Development of mountain biking at Nevis Range

The local bike club, West Highland Wheelers, had long recognised the unique opportunities represented by the terrain, range of cycling available and willingness of both the Nevis Range Development Company and Forest Enterprise to develop and promote the area for a wide range of recreational use.

The lower section of the downhill track was first developed in 1994 and was used regularly by bikers and hill-walkers. There were several successful races organised during the mid 1990s and as a result the track started creeping further up the hill. Discussions

started between Off Beat Bikes, a local bike shop, and Nevis Range in 1998 to extend the track to the top gondola station and provide gondola access for riders and their bikes. This track would have the potential to be a world class race course, whilst also appealing to recreational riders. The track would replace the evacuation path used by Nevis Range in emergencies, thereby fulfilling a dual role and keeping the paths on the mountain down to a minimum.

At this stage there were several obstacles to overcome:

- The track lies within the Ben Nevis National Scenic Area.
- In an area of high rainfall, erosion is a concern.
- More than £65,000 needed to be raised for the construction; and annual maintenance also need to be funded.
- Due to the complexities of ownership, four leases had to be amended, incurring additional costs.
- Responsibilities for insurance, maintenance and monitoring needed to be established.

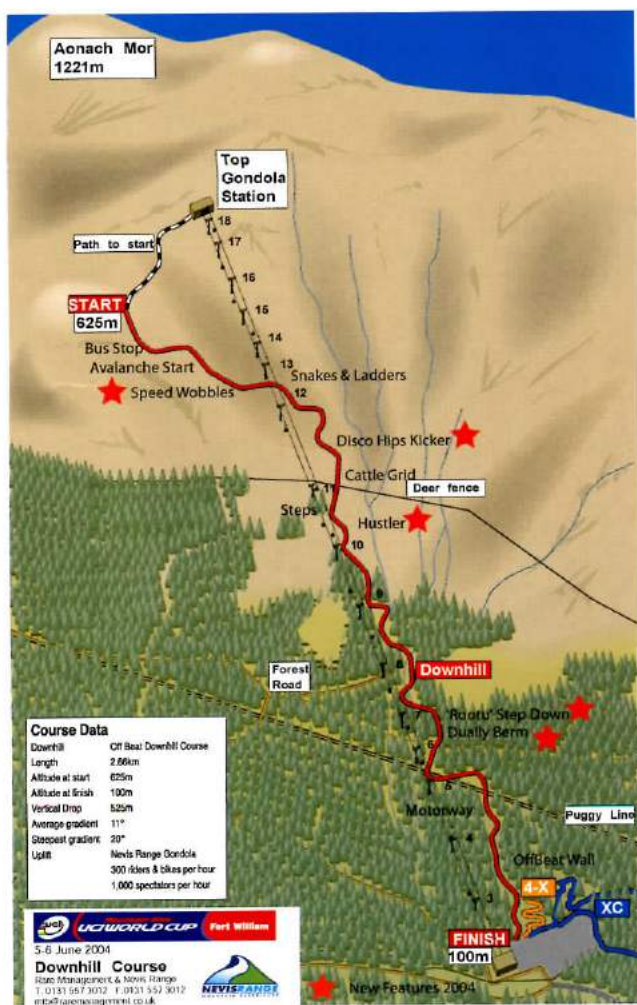
The development of the Downhill Track was an extremely complicated project and required the co-ordination and agreement of an unusual partnership between public, private and voluntary bodies. A formal proposal was put together in June 1998.

The construction of the track was financed with support from **sportscotland** Lottery Fund, Lochaber Enterprise, Lochaber Leader, Forest Enterprise, Off Beat Bikes, Nevis Range, West Highland Wheelers and Specialised Bikes.

The Downhill Track:

The route follows a line that is not visually identifiable from a lower level. The top section is very exposed and fast but it is rough too; a lot of stone pitching has been used on this section along with traffic calming features such as bus-stops, chicanes and rock

gardens, to slow riders down. The track then enters the forest section and becomes tighter and more technical but smoother over hard packed dirt, roots and rocks. Winding its way through the forest where, being in amongst the trees, it is more sheltered. It then crosses streams and passes the old disused railway line, where it drops alongside the gondola line for the last section, finishing at the base station car park. This bottom section is very fast, known as the 'Motorway', it features a huge 'step down' and double jumps making for a dramatic finish, perfect for spectators. It is regarded as the best finish to any course in the World.



The line of the route was chosen for the following reasons:

- It provides an interesting route for all track users.
- It makes maximum use of the physical features to reduce visual impact from lower levels.

- The task of landscaping the track was easier by choosing the shallower gradient.
- The terrain along this route was more favourable for the construction techniques.
- It lies within the leased area.
- It uses firm ground where possible and is kept away from the water course.

On the advice provided by Scottish Natural Heritage and Forest Enterprise, the following factors were addressed during the construction of the track:

- Drainage – the control of erosion is paramount to the success of the track, hence an efficient drainage system is essential. Side drains and cross culverts were put in place and rocks have been used to dissipate water at the outfall.
- Obstacles – where large rocks were encountered, the track line and drainage routes have been adjusted. No rock cuts or breaking operations were used.
- Surfacing – materials were imported to areas with a poor sub base layer. Grade, size and colour were chosen as directed.
- Vegetal Surface – every effort was used to retain the natural vegetal surface. Where the depth of peat was in excess of 50cm the formation was used to lay over the peat. Where the depth of peat was less than 50cm, it was stripped and saved.
- Landscaping – all side batters were dressed off with local surface materials, saved during construction. These areas are regularly seeded with an advised seed mixture.

After a complicated and challenging few years, involving numerous local and national races, the venue soon became a popular facility, renowned for its fast and technical sections. The Downhill Track finally developed into a World Cup quality track, the longest downhill course in the UK and the only one served by mechanical uplift. Greg Minnaar from South Africa, winner of the 2004 World Cup Downhill, got his title by clocking 4mins 10secs from top to bottom and for the women, Anne-Caroline Chausson from France, clocked 4mins 53 secs, making their average speed just over 20mph!

Cross Country Tracks

At the same time as the Downhill Track development, a number of Cross Country tracks were being developed in Leanachan Forest. All the tracks were designed to provide a sustainable, permanent and exciting world class facility, useable by a range of abilities. These trails are for general use and recommended for family cycling. There are 35km of trails around Leanachan Forest which include the popular TrailQuest route – orienteering on a bike, a hit with the younger generation!

The more adventurous cyclist can, however, try out the World Cup circuit of the Witch's Trail. This was designed and built in 2002 with the UCI Fort William Mountain Bike World Cup in mind. It took 12 weeks to construct the 8kms of cross country course: a combination of fast flowing forest roads together with technical single track climbs and descents, challenging the rider's skill and courage as well as their endurance. To maintain interest, the circuit was built to allow for expansion and development. The stone pitching technique that is used allows roughly 12m per day to be constructed, in comparison to footpath standards, which may only achieve 1m per day. This technique is usually on steep sections, but also on some boggy patches and the section known as the 'Cauldrun', where an old stone wall had collapsed and was built into the trail.

Using a medium sized digger, the sections of contour trails were built on fairly flat ground traversing the hillside and with a 3 degree camber allowing drainage from the track. Between 40m and 100m were constructed per day, depending on tree stumps and tree species. These are the gentle, flowing, easy sections for the riders.

Other sections of track involved the development of an elevated wooden trail (North Shore). Deriving from British Columbia, it involves wooden ramps and bridges being built above obstacles such as rocks and fallen trees in amongst generally steep and rough terrain. This technique is used in Fort William to cross boggy sections. It is also used to produce a skills area with features such as roller coasters, skinny ladders,

sea-saws, and drop-offs.

Construction of the track was achieved using a Welsh and Scottish collaboration. At the time there was no local experience of contour trail building therefore a trail building team was recruited from Wales and asked to share their experience.

Sections of the route were named after incidents which occurred during construction after individuals working on particular sections e.g. 'Stump Ali' was built by an operator called Ali and there were lots of tree stumps in that section.

A Community Trail Building Team (mainly local mountain bikers) was established and money was found to buy a trail building kit. There are hopes to expand the work that is carried out by this team and perhaps involve more young volunteers.

4X

The 4X, which was a brand new event for the World Cup, was hosted for the first time at Nevis Range in the 2002 UCI Fort William Mountain Bike World Cup. The event involves four riders starting together and racing over jumps and table tops to the finish. Arguably the most exciting disciplines for the spectator, with thrills and spills to entertain the crowds. The concept of the course is similar to Snowboard BoarderX.



The building of the 4X started in April 2002. The course was built on a short, steep and rocky hillside, and was therefore designed around these features.

As well as environmental factors, the other consideration in the construction of the tracks at Nevis Range was the standard of the riders racing on each course. The courses need to test the best but also require to be suitable for the less experienced rider. Various techniques are employed to achieve this, for example -

- The Downhill course is built in such a way that it is hard to ride at speed
- 'Chicken runs' are constructed around obstacles and jumps
- Runs are graded on the Cross Country track to allow riders to choose trails that suit their ability

The courses also need to fit around the Event Village, where all the refreshment tents, displays, retail outlets and team trucks are placed. The Downhill, 4X and Cross Country trails all meet in the same area and allow as far as possible practice and racing to run on different courses at the same time.

As far as spectator access is concerned, the 4X is extremely accessible, with around five or six thousand spectators watching the event at the last World Cup. Spectator stands are built specifically for the race. The Cross Country has spectator loops and is close to access roads, and of course, the gondola aides in the viewing of the Downhill action. Spectator paths and sections are marked for the big events.

Safety is a major issue. At major events First Aid and Marshal cover is extensive. Emergency access is via the Forestry roads to predetermined sections on the Cross Country trails; the Downhill is covered by gondola lift (on an emergency deck) and the lower section is accessible by Forestry road. The 4X is easily accessible.

Future development

The facilities at Fort William are in constant development

New sections/features, built in to give new challenges, are added keeping rider and media interest at a premium. Also, there is a need to keep up with riders progressive skills and bike technology. Five years

ago, riders would not have tackled the jumps and features they do now. The technology in their bikes has developed to such a high level (and continues to do so) that they now have the skills/equipment to 'go big!' Both the industry and spectators want to see progression in the sport.



Nevis Range's successful bid for the 2007 World Championships will have a huge impact on the Lochaber area. Considerations, from accommodating teams and thousands of spectators (and feeding them all), to the area's infrastructure all need a significant amount of preparation and organisation. Bringing an estimated £1million to the local economy, the impact of the World Cup events are far reaching. The World Championships are estimated to be three or four times the size of the World Cup events, the scale of impact cannot be underestimated.

The 4X, Witch's trail, TrailQuest and other forest tracks are free to use all year round.

The Nevis Range base station offers an ideal starting point for these trails where there is a large free car park, toilets and a café.

Useful Information

Article compiled by Carrie Reid, Marketing Manager, Nevis Range.

Input from Forestry Commission and Ruari Watt, Bike Track Supervisor, Nevis Range.

Events

It is not only the World Cup which is hosted at Nevis Range, the venue also attracts the British Series and Scottish Series Championships, plus various local events.

All Downhill Events are posted on the Nevis Range website

Information leaflets & web sites

Excellent Leanachan Forest TrailQuest and Witch's Trail leaflets are available from Forest Enterprise. Torlundy, Fort William, Inverness-shire. Tel 01397 702184 and Nevis Range. See below.

*Downhill Track and 4X leaflet available from Nevis Range, Fort William 01397 705825
www.nevisrange.co.uk*

Bike Hire

Bike Hire at Off Beat Bikes, High Street, Fort William. Call 01397 704008 – bike hire available at Nevis Range during summer months.

Nevis Cycles for cross country bikes. 01397 705555

Conditions

Fort William boasts the wettest climate in Britain! Thankfully the forest trails rarely become waterlogged. The upper section of the Downhill Track is exposed to the elements, and riders could face anything from boggy sections to fierce winds.

Getting there

By road – 7 miles north of Fort William. 2.5hrs from Glasgow, follow the A82 north.

By rail – Station in Fort William, from there cycle for 30 min on road/track. Or catch bus, some will take bikes.

Charges (if any)

Cross country trails free. Downhill track with cable car access (from mid May – mid Sept.) will cost around £17.50 per day for unlimited use between 11am and 3pm. Single trip tickets also available.

Facilities

Large free car park, hose pipe, toilets and café at Nevis Range

Local clubs

West Highland Wheelers c/o Off Beat Bikes 01397 704008

Accommodation

*Visit Scotland 0845 22 55 121 www.visitscotland.com
Ordnance Survey grid reference – GR172774 (OS landranger 41 Ben Nevis & Fort William)*

Useful Websites

*www.nevisrange.co.uk
www.fortwilliamworldcup.co.uk
www.visitscotland.com
www.forestry.gov.uk
www.offbeatbikes.co.uk
www.neviscycles.co.uk*

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Midlothian Snowsports Centre - Working with the Regional Park and Proposals for the future

Lizzie Bryce, Midlothian Council

Midlothian Snowsports Centre is a unique facility. Hosting the prestigious British Dry Ski Slope Championships this year and next, the slope at Hillend is the only venue in the UK capable of staging giant slalom races as well as the regular slalom events. The Centre has five dry ski slopes including the longest in Europe which extends to over 400 metres in length. Skiers are served by a double seat chairlift and two surface tows. The main ski lodge houses facilities to hire and purchase equipment.

In 1964, the vision of one man - George Boyd Anderson - led to the development of a single trial slope at Hillend. He was a local businessman with great enthusiasm for skiing and other outdoor pursuits. His desire was for young people to have the opportunity to experience his love of the sport and expand educational opportunities in the area. Once the site was further developed it was donated to the local authority who took on the role of ownership and management.

Midlothian Council took over ownership of the Snowsports Centre following a local government reshuffle in 1996. A dedicated team within the Centre manage the facilities and staff.



The Centre management and Midlothian Council strive to remain true to Boyd Anderson's original ethos which was to allow young people to have the opportunity to experience skiing.. Continuing his desire for education to be an integral part of facility use, the Snowsports Centre runs one of the country's largest Schools Skiing Programmes. This also extends to people with disabilities, with specialised equipment and instructors on site. The Snowsports Centre has always strived to cater for all who wish to use the facilities.

As well as its role in the lives of local young people, the Centre operates as a highly successful leisure facility and tourist attraction for the area.

During the early 1990s, the popularity of skiing appeared to decline leading to concern at levels of use at the Snowsports Centre. Around this time there was change within the sport itself, resulting in the emergence of snowboarding. The Centre embraced this evolution, adapting facilities specifically for snowboarding in 1999. With 25% of all users now taking part in snowboarding, the Centre recently rebranded from the Ski Centre to Midlothian Snowsports Centre.

Midlothian Snowsports Centre is also in a unique position, managed by the local Council and yet situated within a country park, which is part of the Pentland Hills Regional Park. While over 140,000 people ski or snowboard at the Centre each year, an additional 220,000 visit the site as spectators, to walk in the country park, picnic or take a chair-lift ride to admire stunning views across Edinburgh and the Lothians.

Management of the Centre remains independent of the Park management. However with the two groups working alongside each other, a sound partnership

has developed over the years. Consultation takes place between the Ski Centre management and Park management on issues of development and environment. With a reciprocal relationship, the Ski



Centre acts as a gateway to the park offering use of the Ski Centre car park to walkers and visitors to the Pentlands.

Ski Centre and Park management staff work to differing objectives and so consultation has been vital in working successfully together. An initiative in 1998, for example, to introduce mountain biking tracks to the Centre facilities was an area that could potentially have caused contention. Through discussion, both parties agreed to a limited number of tracks in a defined area. Midlothian Council and Ski Centre management are working to the future with particular focus on increasing summer usage of the facilities. Several ideas are at an early stage of discussion including a toboggan run and mountain boarding track. This is similar to a four wheeled snowboard and would require a reinforced surface. Consultation with the Park Management would be instrumental to any of these ideas taking form.

Midlothian Council is dedicated to ongoing investment at the Ski Centre. Earlier this year they announced a £232,000 new café development, which is expected to be completed early next year. A new café and meeting room will be located in the ski lodge, complete with extended viewing area offering visitors scenic views over the ski slopes, in particular the revised nursery

slope, and Edinburgh and the Lothians. This will also increase the profile of the facility as a viable tourist attraction.

Development of the slope surface is another potential change for the future. Currently a Dendix cavity matting with a lattice structure is used. If agreed, this could be changed to Snowflex - a carpet style matting that comes in many colours. At a similar cost, this new surface would be expected to increase safety as it is smooth. It would also make it possible to identify routes on the slopes more clearly through use of different colours of matting.

With secured investment and the continuing popularity of snowsports, the future of Midlothian Ski Centre looks bright.

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Schools Skiing Programme - Midlothian Snowsports Centre -Benefits to Pupils

Bruce Fraser, Midlothian Council

Midlothian Council inherited Hillend Ski Centre as a part of the disaggregating of local government in 1995. It has since become known as Midlothian Snowsports Centre.

Midlothian Council has enthusiastically promoted snowsports, and skiing in general, but, in particular now offers what is probably the largest Schools Skiing programme in the United Kingdom. Without doubt, a greater percentage of school pupils from Midlothian will take part in a schools skiing course than in any other local authority area in the United Kingdom.

Midlothian is fortunate in that it covers a fairly compact area, and so it is possible to offer transport to all Primary Schools for a six week course each academic year. Of the 36 Primary Schools in Midlothian, 28 have been regularly participating in the Midlothian Schools Programme, a further 6 organise their own skiing programme and only 2 do not formally offer the opportunity. Additionally, all pupils have the opportunity to join After Schools Skiing Clubs. Over the last four years the Schools Programme has averaged about 1000 pupils per year, each taking a six week course, and the After Schools Clubs attract up to another 140 per week. Courses start in September and five will run, with the last finishing in late May or early June. This programme is financially self supporting, even allowing for concessionary fees.

Ski classes are planned to have a minimum of 10 and a maximum of 15 pupils to one Instructor. Those with special needs are assisted either on a one to one basis, or, if appropriate, with a specialist assisting in their class. By taking a holistic approach to the planning all pupils receive the course for the same price, (with concessions for those receiving Free School Meals or Clothing Allowance), regardless of school attended or distance from the Snowsports Centre. At exceptional times we have had up to 120

Midlothian pupils on the slopes at any one time, and it is not unusual for 250 of our pupils to be booked in during, what has effectively become, the Midlothian day at the Snowsports Centre.

Instruction is provided by Midlothian Snowsports Centre BASI or ASSI qualified staff, although the Midlothian Schools programme is organised and co-ordinated by Midlothian Education Division staff. Qualified Education staff work with those having special needs, although additional staff are sometimes utilised from the Snowsports Centre. The Course Co-ordinator works closely with the Snowsports Centre, schools, and transport contractor, a partnership that has established itself to be responsive and effective.

The programme offers Course literature, a pre course talk, all transport, equipment hire and instruction. To date, no child has been excluded as a result of a disability, and great efforts are made to ensure that all children, and parents, are aware that skiing is possible for all pupils. Specialist equipment will be taken into school to de-mystify the equipment and methods used to assist those with disabilities.

A range of Adaptive Equipment has been built up over the years, which will meet the special needs of most, if not all, of those we can expect to encounter.

The big question has to be "Is there any educational benefit to be gained from this programme?". Without doubt, the answer is an overwhelming "Yes". The schools feel that there are beneficial outcomes - they return year after year. The evaluations undertaken at the end of each course suggest that there are important benefits gained. During the pre-course talk pupils are asked "How many are attending because it means you will be getting time out of school?" Hands rise, faster when teachers are asked to look away, usually to show a healthy majority. After being

advised the "Good news" - they will indeed be out of school during these sessions, the "Bad news" is broken - "Just because you are out of school doesn't mean to say you will not be learning!" The educational context of the course is emphasised.

So what are the educational benefits?

These can, I believe, be broken down into four categories

Social education

- learning more about themselves and their peers, achieving more, or less than expected, reactions to a new situation etc
- encouraging interaction between schools
- challenging personal barriers

Physical education

- the chance to try a new activity
- the opportunity to excel in a sport that does not involve team work
- the chance to be active regardless of body image, weight or physical ability
- motor skills development

Academic

- To be able to identify and view the area from a historical or geographical perspective
- To raise environmental awareness
- Sciences, how the equipment works, effects of friction and gravity, how we use them to our advantage
- English, Robert Louis Stevenson wrote some of his work on this same hillside, and whilst we do not expect novels to be written, pupils are asked

to record their personal experiences in their Course Diary

- Other subjects can be easily introduced using the course as a means.

Experiential

- Whilst instruction is in groups, the actual progression arises from both experiential learning and increasing self confidence within the self
- Many other ancillary outcomes become apparent, for example what clothing is most suitable, a subject about which advice is given to all, yet preconceptions take over. (It is surprising how many parents send children with hats and scarves during the summer, even though the sun is shining, presumably because skiing is a "Winter " sport and thus winter clothes should be worn!)

To assist schools, a Course Diary is issued to every pupil and a "Curriculum Pack" has been devised, illustrating how the course can be utilised as part of their school based work. One of the most remarkable points that becomes apparent time and time again, is the relative lack of pupil knowledge on the local area. We address that, by asking what landmarks they can see, and pointing them out. We ask them to point out where their school is sited, where their community is, and if we can not see it, places nearby that can be identified from the ski slopes.

So what is learnt? Certainly we have found that many pupils who do not excel at team sports, thrive at skiing - the emphasis is on the individual, not a team; those with disabilities take part alongside class mates, albeit with one to one support - indeed it is relatively common to witness a degree of envy from able bodied kids, as the equipment used looks, (and is), fun; children learn a lot about their own abilities and their peers, and are often surprised at how some react in this different environment; there is an increase in environmental awareness, and many of the points

listed above are regularly introduced to Ski Classes by education staff. There are also a range of physical benefits of skiing, helping to tackle childhood obesity. Physical activity has to be fun, sliding down a hill is fun for most people, and here....., you also get pulled up the hill! As the fun increases, so will the activity levels and, given time, the benefits will start to materialise.

How do the pupils react? At the course end it is very rare for more than 10% to say they have not enjoyed the course and do not want to come back again. The satisfaction level is normally in excess of 95%. About 80% of those who were "Afraid of heights" overcome their fear by the course end. Both teachers and pupils report an increase in self confidence. Some pupils actually say they have improved their listening skills! It is exceptional to have a negative comment about the courses!

In short, Midlothian is using its own facilities and natural environment to further the education of its young people.

To ensure there is a degree of parity between Teachers and Pupils, teachers and other adult helpers are invited to join groups if they so wish. Teachers are not forgotten in the Evaluation process, their responses are valued and acted on where possible and feasible. As a bit of fun there is also a "Test the Teacher" slot in the evaluation process. Pupils are asked "What is an adjective?". If they get it wrong the teacher has failed! Adjectives are then sought from the pupils to describe the course. This helps to re-affirm the educational nature of the course, whilst giving us valuable feedback on how they are received by our pupils.

Many pupils, in the schools which offer skiing across the eligible year groups, attend every year, and the take up rate is generally very good. There was concern in some quarters that skiing was an elitist sport at the start of the Midlothian Programme. It may be deemed as such by some, but in Midlothian we have challenged that concept, with, ironically, some of the best bookings, and attendances, being from some schools with the highest Free School Meal

entitlements. One Head Teacher has consistently reported that pupil absences reduce on skiing days.

In terms of progression, opportunities exist for pupils to continue with skiing if they so wish, and to move on to snowboarding in After School Clubs. For those in the less "well off" areas we have provided additional opportunities using the New Opportunities Fund, and found that several pupils than continue with an After School Club.

Over the years we have increased Midlothian entries into local, Scottish and National competitions, and to aid the progression, many pupils go on to join the Midlothian Ski Race Training Programme. Additionally some schools organise foreign skiing trips, and we organise a bi annual trip which is open to pupils from any Midlothian School.

In terms of the skiing, it is on snow that the benefits of skiing on the artificial surface (mat) at Midlothian Snowsports Centre become apparent. Mat is much harder to ski on, it needs more "work", and the learning curve is a little longer. In short, the skis need to be used well by the student to progress quickly. Yet on snow, it is easy by comparison. Our pupils progress rapidly on snow. Those who have attended a Schools Course and After School Clubs before joining a foreign trip can reasonably expect to be skiing at least one black route during their first week on snow. Our groups do not jostle for space on crowded nursery slopes or wait for the slower nursery uplift, they will explore the mountain on their first day on snow and get the maximum benefit of the adventurous environment and all the experiences, activity wise and visually, from day one.

We hope that the pupils of today will continue to ski, and in years to come send their own children on a Midlothian Schools Ski Course, and take them to slopes across the globe to continue the trend we have sought to start in Midlothian.

That is the difference learning on an artificial ski slope can, and does, make. That, surely, must be what George Boyd Anderson wished *for the young people*

of Edinburgh and the Lothians. That is what Midlothian Council is achieving in its schools by using Midlothian Snowsports Centre. That this is an approach appreciated by both schools and pupils, and is both educative and fun, is the icing on the cake. It is an approach that has made skiing an inclusive activity in Midlothian regardless of physical ability or financial means. It is an approach that has proven to be increasingly popular, year on year.

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The Ice Factor Mountaineering Centre - Technology overcoming Weather

Jamie Smith, The Ice Factor

One can hardly go a couple of days without the media bringing some new climatic horror story to the fore. In the past Britain meandered on, whilst we read with passing interest the effects of polar ice caps melting, El Nino's devastation of crops in South America, hurricanes in the Caribbean, twisters in the Mid West, typhoons and tsunamis in Asia and violent disruption to the monsoon cycles in India. Now however, extreme weather has become an all-too-frequent occurrence in the British Isles; as exemplified by the recent flooding and landslides of August 2004, the wettest August since records began.

But it is not just the traditional British Summer that is being affected. Our winters are getting warmer and this is particularly apparent in Scotland.

Away from the environmental aspects, the radical alteration of our winter climate has had a disastrous impact on our winter sports industry. The last 5 years have seen a significant downturn in the number of days recorded at the Lecht, Aviemore and Nevis Range ski centres, the mothballing of Scotland's first Ski Centre at Glencoe and Glenshee being put up for sale.

Whilst a number of factors have contributed to the demise of our winter sports industry (lack of investment in new technology, inadequate marketing, poor diversification strategies etc) the root cause is without doubt the weather.

However, it is not just skiing/snowboarding that have been affected. A report by Highlands and Islands Enterprise on the Economic Impact of Mountaineering (H.I.E 1996) indicated that 297,000 mountaineers visited Scotland each year, the bulk of whom recorded stays during the winter season (Jan-April). Scotland is famous for mountaineering and offers some of the most challenging winter climbing in the world. Historically Scotland's winter climbs are higher/harder

and more likely to be 'in nick' than other climbs in Wales and The Lake District.

The recent pattern of sepia coloured, mild winters with wet squally days has had a profoundly negative affect on winter mountaineering in Scotland. Climbers in England, who would previously have chosen Scotland as a winter mountaineering destination are increasingly taking cheap flight alternatives to the Alps, where conditions are more likely to be favourable.

However, a novel project in Kinlochleven, Lochaber, is hoping to reverse the trend of declining climbing visitors. This is where the new £2.2 million indoor climbing facility the Ice Factor Ltd, has been developed featuring the biggest indoor ice wall in the world.

The idea for the facility emerged from climber Jamie Smith who was becoming increasingly frustrated with wet weekends, high avalanche risk and a distinct lack of foul weather alternatives to outdoor winter mountaineering in Scotland. Jamie got together with Professor Forbes Pearson, an internationally renowned expert in the field of refrigeration and touted the idea for building an indoor ice wall.

The technology to build the Ice Factor was impressive. A huge 'freezer' was built giving over 850m² of indoor ice climbing. 200 tonnes of steel, 300 tonnes of concrete and 350 tonnes of snow (laboriously packed by hand) were used to build the world's biggest indoor ice wall.

The development of the Ice Factor has been a bit serendipitous given that Kinlochleven previously played home to a huge Aluminium Smelter; the village's future has gone from 300 degrees plus to 15 below.

The legacy of Kinlochleven's Aluminium heritage was grim. The closure of the Aluminium Smelter in 1996 left a very scarred and polluted environment, more akin to Scotland's industrial cities than Highland Scotland.. However for the purposes of building an indoor climbing facility, Kinlochleven was perfect.

Nestled between the principal climbing areas of Glencoe and Ben Nevis, Kinlochleven is the ideal location to serve the hundreds of thousands of outdoor pursuit enthusiasts who visit the area each year.



The Ice Factor opened in December 2003 and in its opening eight months recorded 35,000 visits. The Ice Factor has the biggest indoor ice wall in the world, and the UK's highest articulated rock wall. It provides a unique environment to learn ice climbing, with a dedicated instruction facility. . The Ice Factor is in a unique location, with a unique product/service.

It was estimated that the Ice Factor's peak season would have been Oct – April (when the weather is at its most changeable/bad and there are large numbers of climbers in the area). However, the expected downturn in the summer did not happen, and the Ice Factor just got busier. The market shifted from climbers, to Mum, Dad and two kids looking for adventure in an afternoon. The Ice Factor is now building upon its first year's success by the construction of a new café-bar and external activity course. The Ice Factor's future rests on being a family activity centre throughout the summer/holiday periods and a credible mountaineering establishment throughout the year. This will ameliorate the worst excesses of seasonality and ensure that the Ice Factor develops as an all year round facility.

Technological innovation and diversification are key players in the success of the Ice Factor but the calibre of staff is critical to success too.

The Ice Factor actively recruited the best people in the industry and has worked hard at keeping them. A large proportion of the staff are graduate calibre and at the top of their respective career ladders. Having a team of high performing people keeps the ideas flowing and allows the centre to evolve to meet the changing needs of its customers far quicker than most visitor based facilities.

Kinlochleven and the Ice Factor present an interesting case history, on a number of levels. Environmentally, one of the most polluted sites in the UK has been transformed into a 'green' tourism centre. Economically, a village that had been in steep decline has witnessed a buoyant market with very low levels of unemployment, and with a threefold increase in visitors having a positive impact on all the ancillary service sector jobs. Whilst the Ice Factor alone can not claim to be the catalyst for this change in fortune, it has certainly been a fulcrum factor in Kinlochleven's regeneration.

All photographs are credited to the Ice Factor

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River Access for Canoeing: the Reality

Stuart Fisher, Editor of Canoeist

In response to the article entitled 'Improving Access for Canoeing on Inland Waterways in England' in the Summer edition of Countryside Recreation

If you enjoy seeing England and Wales on foot there are 200,000km of footpaths open to you. Accepting that this is not enough, the Government has passed the CRoW Act, allowing much greater public access to the countryside.

If you enjoy seeing the countryside by water you will find less than 2179km of inland river legally open to you in England and Wales plus the canals (University of Brighton, 2001). Only 3% of our rivers have public access. Nearly all of this river requires licences and is deep, slow and shared with larger powered craft. If you like to experience white water, clean water or watching wildlife without being disturbed you are rarely able to do so legally, a situation almost unique to this country. In Scotland the Land Reform Act has confirmed the right of public navigation on all rivers, the situation in most other countries.

Theoretically, it is possible to discover the names of the riparian landowners and ask all their permissions. However, a route is not viable unless every single landowner approves. The British Canoe Union has a team of access officers which has been attempting to set up access agreements over the last half century, with little to show for its efforts. A guide (Environment Agency, 1999) to making agreements has achieved as little as a National Rivers Authority one a decade earlier or, indeed, the Statement of Intent (Sports Council, 1982) negotiated between anglers and canoeists.

However, following a DEFRA sponsored study and a further Countryside Agency sponsored study in 2004 (University of Brighton, 2001, 2004) University of Brighton team members have proposed just such a method as the way for canoeists and other small boat

users to break out of the impasse (Countryside Recreation 2004). They have examined three clusters of rivers:

Mersey/Irwell/Goyt/Etherow and Wear

Of the Mersey and its tributaries they have picked a 30km stretch of the main river. Until late in the 20th century it was too polluted to support fish although its condition has now been improved somewhat.



Neptune's statue in Durham

A statue of Neptune in Durham's market square celebrates the improvements to the public navigation on the Wear yet most of it is now closed to boat users. The proposal is to try to negotiate use of 21km of its 110km length for canoe club members only.

Waveney/Little Ouse/Dove/Thet

The proposal is to negotiate access for controlled numbers for a 24km stretch of the Waveney. In 2001 the Upper Waveney Valley Recreation Project appeared to include a full length access agreement for

all with canoe launch platforms built, an introductory leaflet compiled with the help of local councils and referring to camping sites and one of the Broads Authority encouraged canoe hire centres, EU funding and an MEP at the launch.



One of the canoe launching platforms installed on the Waveney in 2001 for the scheme which is now to be renegotiated to be more restrictive

Teme/Onny/Clun

This has been reduced to a 1.6km stretch of the Teme. It is reported that the Romans used to carry lead in coracles the whole length of the river and that some bridges have more recent navigation arches yet nobody can say when navigation rights were removed, only that boats are not permitted now.

The Brighton costings suggest spending an average of £11,800 per kilometre. This is not to obtain access but to ask for it with no guarantee of success, even with all the contentious sections eliminated from the exercise and with authorities from the Rural Affairs Minister downwards placing the study under the spotlight. Bearing in mind that for most of the Wear and the Teme the Brighton team have been told to go away and have done so, chances of successful outcomes do not seem high.

In the unlikely event of complete success, this 3 year exercise will result in only 76.6km of additional water available to canoeists at a cost of £911,000. The first Brighton study identified 68,310km of canoeable water in England and Wales. Obtaining use of just a third of the route distance already available to the walker would cost well over £800,000,000 even with

no intransigence from anyone. The exercise is supposed to show the viability of obtaining access by negotiation. Canoeists believe it has already shown the process is not workable, regardless of the outcome this time. Access agreements are no more practical for canoeists than they are for walkers.

Demonstrations by the Campaign for River Access for Canoes & Kayaks in the late 80s were claimed not to be the way forward. Responsible discussions were what was needed, it was said. Sixteen years on, this approach has produced virtually nothing. There is not even light at the end of the tunnel. Canoeists are getting increasingly angry.

While views are divided on whether to return to the CRACK approach, there is no debate amongst canoeists on what final outcome is needed, reform of the law in England and Wales to bring it into line with Scotland and nearly every other country in the world, to allow British and overseas visitors to use our rivers openly and without fear of confrontation, verbal abuse, threats and sometimes aggression.

Canoeing is a quiet, healthy, environmentally friendly sport, green travel at its best, with many younger participants, an activity which deserves real support rather than lip service. The second Brighton study notes that the RSPB says there is 'very little conclusive evidence' that canoeists disturb birds. English Nature is quoted, saying 'Canoeing in itself is unlikely to cause much damage or disturbance to wildlife, indeed it can be one of the least intrusive ways of observing wildlife'. A study (Environment Agency, 2000) has shown that canoeists do not disturb fish. Canoeists do not compete with wildlife for fish. It should also be noted that the great majority of anglers and landowners can happily share the rivers with passing canoeists.

Like ramblers, mountain walkers and others, canoeists wish to choose where they take their recreation, not to be corralled into a few honey pot locations. Some wish to observe wildlife without the presence of other people causing disturbance although they accept that the countryside should be

shared by all and do not demand that others be excluded. There are rarely problems when canoeists are permitted to share our rivers, from urban deep water navigations to wild mountain rivers. The problems exist where our outdated river access law applies. Time for reform is long overdue. There is no workable alternative.

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An Evaluation Method for the Determination of Forest Recreation Potential: A Case Study

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A Case Study of the Aros Pine Grove Recreation Area

Abstract

The method is based on the weighted scores to be given to the five key elements namely landscape value, climate value, accessibility, recreation facilities and negative factors available in a recreation area in a way to allow an easy determination of forest recreation potential.

This method, developed by Gülez (1979), introduces an extremely practical way of calculating the potential for recreation easily, especially for forest recreation areas. For this reason, a Forest Recreation Evaluation Form (FREF), which defines the elements in the focus of the method and shows their possible values, has been prepared. As the highest score would be maximum 100, the total of the obtained points of the elements in this form would show the percentage of the forest recreation potential.

It is possible with this method, which aims at calculating the potential of recreation of small areas (0-50 ha.) with a mathematical formula, the present forest recreation potential of a site can be calculated prior to establishing any recreation facilities and the potential after the establishment of the facilities. Likewise, since the planning approaches and methods are already known, future recreation potential of a site and proposal facilities can also be estimated prior to any applications.

The method is found to be very efficient in appraising the most popular recreation activities, namely, picnicking and camping. However, it needs to be further developed to appraise the other recreation activities that may be related to forests, such as swimming, fishing, hiking, climbing etc.

Introduction

Since the beginning of the 20th century, 'forest recreation', first introduced in the U.S.A., has had an important place among outdoor and country recreation activities with its physical and sensational qualities which attract man, and provide for recreation, and allow him to feel the beauties of life, (Douglass, R.W., 1982). Forest areas mostly are not only attractive sites which serve the guests with numerous sporting and recreational facilities but also 'recreational life environments' which present natural resources altogether (Roisin, P., 1975).

Various studies have been done on appraising the potentials of areas for recreation. Consequently, many recreation evaluation methods have been developed. Some of the methods used in these studies appraise the actual potential of a given site, whereas, some give the suitability of natural landscape elements for recreation (Kiemstedt, H., 1967; CRRAG., 1970; Lier, H.N., 1972; Wedeck, H., 1973; Buchwald, K., Harfst, W. and Krause, E., 1973; CRRAG., 1973; Fabos, J.G., 1973; Moeller, G.H., 1974; Litton, R.B., 1974; Jacsman, J. and Schilter, R., 1976; Kastner, M. et al., 1982; Gülez, S., 1996; Demirel, Ö., 1999). Many studies developed techniques for estimating the recreation demand and estimating recreation potential (Stankey, G.H., 1973; INRA., 1979; Gülez, S., 1992; Bostedt, G. and Mattson, L., 1992; Bostedt, G. and Mattson, L., 1995). Some methods approached the problem from an economical point of view (Clawson, M. and Knetsch, J.L., 1978; Schroeder, H.W. and Louviere, J., 1999; Adamowicz, W.L. and Phillips, W.E., 1983; Kerkvliet, J. and Nowell, C., 1999; Young, T. and Allen, P.G., 1986; Kaoru, Y., Smith, V.K., 1990; Tisdell, C.A., 1991; Loomis, J.B. and Walsh, R.G., 1986; Imber, D., Stevenson, G. and Wilks, L., 1991). Most of these studies are done to find out the recreation potential of large areas and are on a

regional basis.

Other methods which are based on the natural landscape and physical characteristics of an area, usually the existing negative facts are not taken into consideration or they are involved in the evaluation on a minimal basis (Nef, L., 1977; Piérart, P. and Wattiez, C., 1977; Neuray, G., 1977; Virden, R.J. and Schreyer, R., 1988; Hanley, N.D. and Ruffell, R.J., 1993).

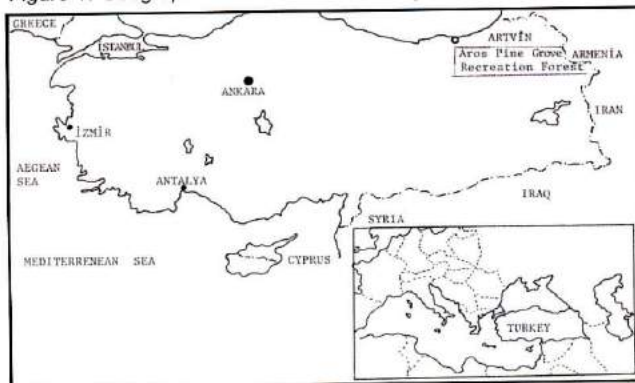
For all these mentioned reasons, the need for a method allowing researchers to determine the outdoor recreational potential of an area easily, in accordance with the realities of our country, has been emphasised.

This method which has been developed by Gülez (1979) brings about a fairly practical determination style especially for the determination of recreational potentials in forest recreational areas.

Definition of the area

Aros Pine Grove Forest Recreation Site is in the Çoruh Watershed Area, Artvin city, Yusufeli town, Kiliçkaya district and is located in the Kaleboynu area (Fig. 1). Çoruh Watershed Area (Yusufeli Region) is located in the North-East Turkey and is rich in natural, cultural and historical values. The area has rich opportunities (untouched nature sites, forests, glacier lakes, many rivers and falls, rich plants, wild life, caves, strange interesting, geological formations, plateaus, mountain areas) for tourism and recreation.

Figure 1. Geographical location of the study area



The land around the province of Artvin in north-eastern Anatolia is covered with steep and impassable mountains. The Çoruh River winds through this mountainous area until it reaches the Black Sea. The

Çoruh Watershed Area is found in an underdeveloped region with regard to the tourism industry due to the fact that the country's development plans have not given high priority to tourism (Demirel, Ö., 1999).

Çoruh Watershed Area has been considered an important natural resource for agricultural irrigation. However, because of recent tourist use, the area has become popular for river sports such as rafting, canoeing and water skiing. The 4th Whitewater World Championship was held on the Çoruh River in July 1993. In the championship, which hosted competitors from 30 different countries a conference with "One World One River" as a slogan also took place (Gülez, S., 1996).

Figure 2: The Trekking of the foreign competitors between Kaleboynu and Aros Pine Grove Recreation Area during the 4th Whitewater Rafting World Championship (Kiliçkaya-Yusufeli/Artvin), 1993



The Çoruh river is one of the fastest running rivers in the world, because it is found within steep mountains, which makes it a good site for sports such as trekking (Fig. 2) and mountain climbing. Also it has great potential for alternative tourism activities such as paragliding, hunting, bird watching, photo-tourism, camping, picnicking and fishing.

Other remarkable features of the area are historical ruins (churches, mosques, bridges and towers, castles, tombs), high plateaus settlements which are located at various altitudes with their activities (traditional, festivals), preserved traditional life and culture (traditional homes architecture, handwork, rich cultural cuisine, various social activities, ethnographic & folklore motifs).

Aros Pine Grove, which is located at an altitude of 2050 m.-2150 m., is 14 km. from Kiliçkaya and 40 km. from Yusufeli village centre. Aros Pine Grove occupies an area of 18.5 ha. 6.5 ha. of this area is open area (pasture) and 12 ha. is covered with pure *Pinus sylvestris* (Demirel, Ö., 1997) (Fig. 3). The area has a wide area for tent camping and day-long trips and has a potential for hikes. In the area which is suitable for festival tourism, it is possible to arrange wrestling and bull wrestling activities and maximum use of the area could be feasible by setting up facilities for various sports for young people and playgrounds for children.

Figure 3 Aros Pine Grove Forest Recreation Area, (Kiliçkaya-Yusufeli/Artvin-Turkey), 1996



Another factor which increases the recreational potential of the area is the existence of an imposing historical castle on the trekking route at a distance of only 2 km. from Kaleboynu (Fig. 4.).

Figure 4 Kaleboynu Historical Castle Near Aros Pine Grove Recreation Forest Site (Kiliçkaya-usufeli/Artvin-Turkey); 1993



Considering that there are not any recreational establishments in Yusufeli Village; Aros Pine Grove is a suitable area which could meet the recreational demand of both native and foreign tourists as well as the people living in the area.

Method

The following formula is being used in order to determine the Forest Recreational Potential (Güleç, S., 1992).

$$Lv + Cv + A + Rf + Nf + = RP \%$$

Symbol	Key Element	Maximum Points (Element Weighting)
Lv	Landscape Value	35
Cv	Climate Value	25
A	Accessibility	20
Rf	Recreation Facilities	20
Nf	Negative Factors	0 (Minimum-10)

As seen in the formula, the sum of the points that each element can take gives us the outdoor recreational potential of an area in percentages. For this reason, a Forest Recreation Evaluation Form (FREF) showing the detailed points that these elements represent for the recreation area of the study has been prepared.

“Lv” Landscape Value

Landscape value is the most important element in determining the recreational potential of an area. In the evaluation form it is the first value with a percentage of 35%. Elements regarded as sub titles in the process of determining the Landscape Value element (Size of the Area, Vegetation, Seas-Lakes-Rivers, Surface Situation, Visual Quality and other characteristics) and the values of the elements which define Landscape Value have been listed in Table 1 according to their importance and their characteristics.

“Cv” Climate Value

That people perform recreational activities according to the type of recreational activities in definite months is significant in that it shows how important climate is for recreation. In the study area climate values have been determined to be Temperature, Fall, Sunlight and Wind and their values have been given according to their effect on recreational activities (Table 1). Climate Value has been given a point, according to the climate elements, as follows.

Climate Value =	Temperature+	Fall +	Sunlight +	Wind
25	10	8	5	2

Table 1 Forest Recreation Evaluation Form (FREF)

Key Elements in the Formula	Evaluation Points	Characteristics of the key Elements	Maximum Possible Points	Further Characteristics of the key elements	
Landscape Value "Lv"	4	Size of the Area	4	Larger than 10 hectares 5-10 hectares 1-5 hectares 0.5-1 hectare	4 points 3 points 2 points 1 point
	3	Land Form (Topography)	5	Flat Land Gently Rolling Undulating Hilly	4-5 points 3-4 points 2-3 points 1-2 points
	7	Vegetation Cover	8	Trees in mass, bushy Only trees in mass Bushy, grassy, sparse trees Bushy, sparse trees Open grassy area	7-8 points 6-7 points 4-5 points 3-4 points 1-3 points
	4	Open Water	8	Seaside Lakeside, reservoir Riverside Stream	7-8 points 6-7 points 4-5 points 1-3 points
	3	Visual Quality	4	Panoramic views, superb distant views, vistas General vistas and aesthetic quality of the area	3-4 points 1-3 points
	4	Other Characteristics	6	Such as natural monuments, falls, caves, historical and cultural features, wild animals, birds etc.	1-6 points
Climate Value "Cv"	10	Temperature	10	Average temp in summer months 16-17-18-19-20-21-22-23-24-25 ↓C 34-33-33-32-31-30-29-28-27-26 Pts 1 2 3 4 5 6 7 8 9 10	
	8	Precipitation	8	Total precipitation in summer months mms - 50-100-150-200-250-300-350-400 Pts 8 7 6 5 4 3 2 1	
	3	Sunshine (Cloudiness)	5	Average cloudiness in summer months - Cloudiness: 0-2, 2-4, 4-6, 6-8 8-9 Points: 5 4 3 2 1	
	1	Windiness	2	Average wind speed in summer months Lower than 1m/sec 1-3m/sec	2 points 1 point

Table 1 Forest Recreation Evaluation Form (FREF) continued

Key Elements in the Formula	Evaluation Points	Characteristics of the key Elements	Maximum Possible Points	Further Characteristics of the key elements	
Accessibility "A"	1	Importance of Tourism of the Region in which the area is located	4	According to the degree of importance	1-4 points
	2	If there is a big City (minimum pop. 100,000 in the Region)	5	Distance away 20 kms Distance away 50 kms Distance away 100 kms Distance away 200 kms	4-5 points 3-4 points 2-3 points 1-2 points
	3	Travel time (from the nearest town with minimum population of 5,000)	4	One hours walk or 0-1/2 an hours drive 1/2 -1 hours drive 1-2 hours drive 2-3 hours drive	4 points 3 points 2 points 1 point
	1	Transport (except taxi and private car)	4	Within walking distance or regular public transport Occasional Public transport	3-4 points 1-2 points
	-	Other Means of Access	3	Such as cable car, accessible from the sea or lake etc.	1-3 points
Recreation Facilities "Rf"	-	Picnic Facilities	4	Fixed picnic tables, grilles etc (according to their qualities)	1-3 points
	2	Water Supply	3	Supply of portable and other water (according to their qualities)	1-4 points
	1	Accommodation Facilities	2	Fixed accommodation facilities Tented/mobile camping facilities	1-2 points
	-	Lavatories	2	According to their qualities	1-2 points
	-	Car Parks	2	According to their qualities	1-2 points
	-	Refreshments	2	According to their qualities	1-2 points
	-	Wardens	2	Permanent wardens Temporary wardens	2 points 1 point
	1	Other facilities	3	Such as beach and shower facilities, facilities for field games and other sports, facilities for specific activities (boat ramps, guided walks)	1-2 points
Negative Factors "Nf"	-	Air pollution	-3	According to its pollution degree	-1 to -3 points
	-1	State of insecurity	-2	According to the degree of insecurity	-1 to -2 points
	-	Water pollution	-1	For sea, lakes and streams	
	-	Lack of clearing service	-1	Resulting in uncleared garbage	
	-	Noise	-1	such as traffic and other noises	
	-	Other negative factors	-2	Such as quarries; slag tips; disused coal mines, factories, buildings etc. nearby	
The Sum Total of Points of Forest Recreation Potential (%)					

The limit values of each climate element in itself are also effective in determining the value it adds to the average other than the values determined according to their importance in recreation.

It is appropriate to give a maximum value of 10 to Temperature as the first important element among the elements showing the effect of climate on recreational values. For example, for the study area, average temperature for June is 22.4 °C, July is 25.7 °C and August is 25.7 °C; so for the summer season (June-July- August) the average temperature has to be 24.6°C' (Demirel, Ö., 1997).

The distribution of the 10 points given for temperature, is seen in the evaluation form. According to the evaluation form, 10 points have been given to 25 °C summer season average temperature-thinking that it is the most suitable temperature for recreational activities, and 1 point is given to undesirable temperature such as 16°C and 34°C.

“A” Accessibility

The easy accessibility of a recreational site is one of the important elements that increases the recreational value of it. For this reason, accessibility has been included in the evaluation method with a percentage of 20% (Table 1).

“Rf” Recreation Facilities

Existence of recreational facilities and establishments (picnic sites, car parks, toilets, shops) increases the recreation potential of a place. Recreational facilities have a percentage of 20 %.

“Nf” Negative Factors

When determining the recreation potential, negative factors should also be considered. It has been assumed that negative factors can have a maximum value of - 10. Negative factors are subtracted from the sum and they are taken as minus values (-).

In determining the recreation potential, the point that each element pointed out in the evaluation for us, is found out according to observations. The climate values in the method, on the other hand, are obtained

from the nearest meteorology station. In the Recreation Evaluation Form the maximum value (4th column) as well as the values that the researcher has found out from observations are recorded. After the value of each element has been recorded in its column, the sum of this given the percentage of Forest Recreation Potential.

The Actual Forest Recreational potential of Aros Pine Grove in Artvin-Yusufeli has been calculated according to this method and it is 57 %. In the same area if development occurred to bring the area to the desired level in regard to recreational facilities, this potential will increase and become 73 %.

Key Elements	Maximum Points	Aros Pine Grove Recreation Site	
		Present	Future
Landscape Value	35	25	25
Climate Value	25	22	22
Accessibility	20	7	8
Recreation Facilities	20	4	18
Negative Factors	0	-1	-1
Recreation Potential	100	%57	%72

Or $Lv + Cv + A + Rf + Nf = RP \%$
 $25 + 22 + 7 + 4 + -1 = 57 \%$ (Present)
 $25 + 22 + 8 + 18 + -1 = 72 \%$ (In future)

With this method, not only the Present Forest Recreation Potential of an area but also the Future Recreation Potential can be calculated. After the Forest Recreation Potential of Aros Pine Grove has been found out, a comparison and gradation has to be done in order to confirm what kind of area it is. An evaluation that has been suggested by Gülez (1992) can be seen below.

1.Forest Recreation Potential	very low	(lower than 30%)
2.Forest Recreation Potential	low	(30-45%)
3.Forest Recreation Potential	moderate	(46-60%)
4.Forest Recreation Potential	high	(61-75%)
5.Forest Recreation Potential	very high	(over 75%)

Conclusion

Forest recreation has a rich variety of recreational activities besides carrying important functions in regards to human-nature relationships. The natural key elements (landscape value and climate value) have been represented as 60% and the cultural key elements (accessibility and recreation facilities) as 40% in the method. Therefore, both natural and cultural elements have been represented with suitable weightings in the method. In addition, negative factors have also been taken into account.

By using this method, the present forest recreation potential of a site can be appraised prior to establishing any recreation facilities. Likewise, the future recreation potential of the site can also be estimated. Finally, the positive and negative aspects of the method may be explained briefly as follows:

a) The Positive Aspects

Very practical and easy to apply
Both natural and cultural key elements are included
Negative factors are taken into account
Both present and future recreation potentials are appraised

b) The Negative Aspects

Tend to be subjective
Meteorological records are required
No precise result
Not applicable for all forest recreation activities

The method that is found to be very efficient especially for picnic and camp sites, has been developed mainly for the forest recreation areas in Turkey. In Turkey, picnicking is one of the major traditional recreational activities and camping is also becoming increasingly popular due to the rapid growth of tourism. There are also numerous Forest Recreation Areas run by Turkish National Park Service. These areas are mainly established for picnicking and relevant pursuits, and some of them serve both camping and day-use facilities. In the light of the conclusions, the method

needs to be further developed in order to determine recreation potentials of a large number of forest related recreational activities.

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NEWS

THE COUNTRYSIDE AGENCY

The Countryside - Part of the Prescription for Better Health

Will the 21st century be the first in which parents will outlive their children? Half the population in England is currently overweight. Obesity rates among children doubled in the last decade*. Yet a moderate amount of exercise in a park or the countryside could save the NHS millions, according to Richard Wakeford, chief executive of the Countryside Agency.

Speaking today at Birmingham Children's Hospital, Mr Wakeford said: "The Government's White Paper on Public Health promised this month, provides a real opportunity to get a more effective balance between long term prevention of illness and short-term treatment - with the countryside as a prescribed cure.

"Of 135,000 deaths in the UK each year from heart disease, physical inactivity accounts for 37% - the second largest risk factor. Adults need 30 minutes exercise a day, children twice as much - yet 70% of adults and 40% of children are not taking enough exercise to benefit their health.

"Walking is the most popular countryside activity and the best way to get inactive people fitter. Together with the British Heart Foundation, the Countryside Agency created the 'Walking the way to Health Initiative' to encourage more than a million people to walk more to benefit their health.

"Since the 19th century we've known that green areas such as gardens or parks can help reduce anxiety or stress and also have beneficial effects on some medical conditions - with the potential to reduce the length of stay in hospital for some patients.

Mr Wakeford continued: "And few people today - especially children - know where their food comes

from, how it is produced or how to prepare it healthily. Schools that have improved the quality of school meals and promoted healthy eating have found that well-fed pupils are calmer and better able to concentrate, plus they have fewer days off sick and are less likely to truant.

"All this shows that there are many ways the NHS could make more use of the countryside prescription for health:

- There is evidence that fitter people recover more quickly from treatment. Patients waiting for treatment could take part in programmes to get them more active.
- Contact with nature could play a role in the recovery of patients after treatment. Encouraging patients to spend quality time in attractive surroundings could be part of a more holistic approach to both their short term needs and longer term health
- Our Eat the View initiative has been encouraging people to buy locally produced, and healthier foods - NHS hospitals and offices could do worse than introduce a policy of purchasing and providing locally produced healthy food."

For further information, contact the Countryside Agency press office on 0207 340 2907/9.

More information at www.countryside.gov.uk

**Obesity rates among 2 to 4 year old children increased from 5% to 9% between 1989 and 1998.*

THE COUNTRYSIDE AGENCY

Winter Walking Passport Launched for Hadrian's Wall Country

Following the success of the 2004 Hadrian's Wall National Trail summer passport, the Countryside Agency is launching on 1st November a 'Walking Around Hadrian's Wall Country' winter passport.

Available between 1 November and 30 April, the winter passport features over 20 circular one day walks, all close to Hadrian's Wall, in locations across the region from Bowness-on-Solway, through Cumbria and Northumberland to Newcastle.

The winter passport is based on the same format as the popular summer passport. Walkers can collect any six stamps from stamping stations in shops, pubs and visitor attractions to qualify to purchase a special winter passport badge. Participating outlets are highlighted by a special winter passport poster displayed in their window. A full list of outlets is displayed in the passport.

A compilation of 20 walks and ten Roman attractions have been included in the passport. Detailed walking leaflets providing the routes to take are available from Hadrian's Wall Information Line 01434 322002 and from tourist information centres in Newcastle, Northumberland National Park, Carlisle, Cumbria and Solway. The 'Haltwhistle Rings' and 'Walks Around the Mid Tyne' are available as free downloads (www.haltwhistle.org and www.midtyne-trust.org.uk).

For a full list of all 80 walks on either side of Hadrian's Wall there is a new leaflet - 'Walking around Hadrian's Wall Country'. Available from TIC's Roman attractions and the Hadrian's Wall Information Line. The walks are suitable for people of all ages with opportunities for less abled access. Walks are also ideal for day visits, short breaks and week long holidays. Passports can be obtained from any of the stamping stations, Hadrian's Wall Information Helpline, Roman attractions and the tourist information centres noted above.

THE COUNTRY PARKS NETWORK INITIATIVE

Green Flag criteria to be used in Country Parks

Green Flag Award criteria are to be used in an innovative drive to improve the standards of England's country parks. The Country Parks Network

initiative, a project run by GreenSpace for the Countryside Agency, has begun a series of pilot schemes across 11 country parks with the aim of adopting the high standards of the Green Flag Award scheme. The move follows an audit of all country parks, which began in December 2001, and the production of the report 'Towards a Country Park Renaissance' in 2003. Parks involved are:

Rother Valley CP
Astbury Mere CP
Saltburn Valley CP
High Woods CP
Hainault Forest CP
Staunton CP
Ham Hill CP
Irchester CP
Northam Burrows CP
Worcester Woods CP
Coombe Abbey CP

To find out more, contact Liz Waters, Country Parks Network Project Manager at GreenSpace on 0118 946 9063 or lizw@green-space.org.uk.

THE ENVIRONMENT AGENCY

Angling Proves Successful Tool To Combat Social Exclusion.

UP to 10,000 people across the country are expected to try out angling for the first time in over 100 events for this year's 12th annual National Fishing Week, demonstrating that it really is a sport for everyone.

Angling is arguably the most popular participation sport in the country with more than four million anglers already in the sport and as many again looking for help in taking it up. Increasingly we are attracting groups not traditionally associated with angling such as families, women and the disabled.

£17.6m in rod licence fees were collected last year by the Environment Agency with £2.5m being spent on widening access and improving facilities. Simple

developments such as car parking and toilets go a long way to making angling a more welcoming and enjoyable pastime for millions of people.

Richard Wightman, Angling Participation Manager at the Environment Agency commented "The work we are doing is transforming access and opportunity in the UK; and the Agency, with its partners, is opening up the sport to all parts of society – fishing is a truly inclusive sport for all".

The popularity of angling has led to its recognition as an activity that, while worthwhile in its own right, can also help significantly in tackling community issues such as anti-social behaviour, young offending and social exclusion. This development has been in no mean part due to the Environment Agency working in close partnership with community stakeholders.

One specialist group the Environment Agency has been working in partnership with is the British Disabled Anglers Association (BDAA), with the aim to help make open access a reality for the many disabled anglers who use our waterways.

The Environment Agency and the BDAA have visited 125 fishing clubs and fisheries this year advising, supporting and helping to fund improvements to open up access like never before. Under parts of the Disability Discrimination Act that comes into force this October, clubs and fisheries will be obliged to do all they can to ensure sites have disabled access.

Angling is not only the most popular participation sport amongst able-bodied people but also the most popular amongst disabled people. 54,000 rod licences were purchased by disabled people last year, meaning the Agency has a clear duty to provide facilities for this growing customer base.

Fishing has proved an invaluable tool in reducing social exclusion amongst disabled people.

"It's a great leveller" explains Terry Moseley of the BDAA. "A disability rarely effects your ability to fish well; and because disabled people can fish alongside

non-disabled people, it is a great way to breakdown the barriers that exist and reduce the exclusion often felt by disabled people in society".

Although clubs and fisheries will be obliged by law to provide disabled access, it also makes sound economic sense. 8.7 million people are registered disabled in the UK and have a predicted £8bn to spend on recreation activities. The clear message is that here is a market that is not being tapped into as effectively as it might

Romney Lock on the River Thames was re-developed by the Environment Agency with advice from the British Disabled Angling Association – A new Angling platform was constructed which allows safe wheelchair access along with an access track. Ramps were also installed at the locks to improve general disabled access along the river. This platform is also available for use by non-disabled people meaning this project has been beneficial to all. This work is now being extended along the Thames from Marlow to Teddington.

For further information please contact: Media enquiries: 020-7863 8710 (five lines), or outside normal office hours, please contact the National Duty Press Officer on pager no. 07693 284337.

FORESTRY COMMISSION

Forest Visitor Centres Key to Community Development

In a bid to promote the value of woodlands to communities and visitors alike, Forestry Commission Wales (FCW) are encouraging the public to make more use of the recreational and educational facilities on offer in the forest visitor centres across Wales.

Woodlands can often provide an effective way of developing community spirit, and allow people to enjoy fresh air and the great outdoors. Forests are full of things to do - from walking, cycling, enjoying a picnic to just relaxing and taking in the beautiful scenery - and the visitor centres are the best place to

start. With five such centres in Wales, FCW ensure that you are never far away from a great day out.

Nant Yr Arian, near Aberystwyth, is excellent for red kite spotting as well as great walking and biking trails. Coed Y Brenin, near Dolgellau, has world class mountain biking facilities. Afan Forest Park, near Port Talbot, also has fantastic trails for mountain bikers and walkers. Garwnant Visitor Centre, in the Brecon Beacons, has a very exciting ropes course which helps to burn off children's excess energy. Cwmcarn Visitor Centre and Forest Drive, near Caerphilly, has a spectacular 7 mile scenic drive, magnificent sculptures and some great single-track mountain bike trails.

Andy Fryers, Visitor Services Manager, FCW, said "Woodlands provide environmental and social benefits to local communities, supporting learning & contributing to local sustainability. Many of the Forest Districts manage and organise a programme of events throughout the year, with details, where appropriate, published in 'What's On' leaflets, or in the local press. These events include walks, family bike rides, open days, visits to see timber harvesting, wildlife watching, and a host of other activities suitable for families, young and old alike."

On the edge of the Brecon Beacons National Park in South Wales is Garwnant Visitor Centre, an ideal base for a host of recreational and educational activities to ensure a good value, family day out. The 55 mile long Taff Trail from Cardiff to Brecon passes through the centre, offering cyclists a diversity of fabulous views.

There is an adventure play area with 'Forest Frenzy,' a fantastic ropes course for the adventurous and a new play area for toddlers. Three scenic woodland walking trails and two marked off road cycling trails of varying lengths, cycle hire and puzzle trail begin at the visitor centre, giving everyone the opportunity to enjoy the natural beauty of the area. Fishing permits are also available for the nearby Brecon Beacons Reservoirs.

After the day's activities you can browse in the gift

shop or relax in front of the log fire and enjoy a restaurant meal or snack in the café with locally sourced refreshments. Schools and community groups can explore the forests around Garwnant with the Ranger led education service, and there are activities organised during term holidays.

There are many seasonal events held at Garwnant Centre. Garwnant is situated conveniently just off the A470 5 miles north of Merthyr Tydfil in a beautiful forest setting.

For further details of events in Wales's woodlands and what's on at your nearest forest visitor centre, visit www.forestry.gov.uk/wales

FORTH AND TAY DISABLED RAMBLERS

Forth & Tay Disabled Ramblers (www.ftdr.com) is a registered Scottish charity based in the area between the Rivers Forth and Tay. Members include scooter, electric and manual wheelchair and adapted cycle users and walkers who enjoy the leisurely pace of the group. Paths are checked in advance to ensure access and safety.

Between April and October rambles are organised to country parks, forests, canal towpaths, seaside promenades and national heritage sites. An accessible, affordable minibus is hired, collecting members at local pick-up points. A limited number of scooters, electric wheelchairs and adapted, powered bikes are available for anyone who needs to borrow equipment. A team of trained, hard working volunteers drives the transport and assists members where necessary.

The group aims to make countryside access as easy as possible for anyone with a disability, allowing them to enjoy the scenery, explore new places and have fun. Members' quality of life is greatly improved and health and fitness are enhanced. The social aspects extend outwith the ramble programme with other activities in the winter months.

For further details please contact Jan McDonald - janclmcdonald@yahoo.com, The Secretary, 97 Gillway, Rosyth, Fife, KY11 2UL, telephone 01333 320864 or visit www.ftdr.com.

GREENSPACE SCOTLAND

New Greenspace Publication Launched

A 'Ground Force' style project, involving a group of 12 – 16 year olds from Whitehill in Hamilton, was the setting for the launch on Saturday of a new publication jointly commissioned by Greenspace Scotland, Communities Scotland, NHS Health Scotland and Scottish Natural Heritage.

'Making the Links - Greenspace and the Partnership Agreement' explains how greenspace contributes to the government's agenda for a better Scotland and in an easy to read format, uses findings from research and a series of Scottish greenspace examples to make the case.

Julie Procter of Greenspace Scotland says "Other countries are ahead of us in realising just how important well managed greenspace is to our quality of life. This publication takes key policy strands, from transport to enterprise, health to communities, environment to young people and uses projects and research to illustrate just why greenspace is important and the tangible contribution it has to make to our society."

She continues "The involvement of our partners demonstrates that greenspace is now considered very much part of the mainstream agenda."

Sue Warner, Head of Knowledge and Intelligence, at Communities Scotland added, "This project has been an important first step in bringing together evidence of how green space can make a major contribution to regenerating communities. By working together with Greenspace, Scottish Natural Heritage and NHS Health Scotland, we have gained a much better understanding of how we can work with and support

each other to make communities stronger and healthier."

Andrew Bachell, SNH Director, says 'Greenspaces can enrich our lives day to day, promote understanding and enjoyment of our natural heritage and help deliver healthy environments for all our communities. SNH is pleased to be working with Greenspace Scotland and other agencies to highlight the contribution greenspace can make. We want to build on these partnerships and to see greenspace recognised and embedded in agendas at national and local levels and in individual projects, like this one in Whitehill'

The 'Ground Force' project is a combined effort between South Lanarkshire Greenspace, the Whitehill Youth Project, Whitehill Youth Development Project and Hamilton Universal Connections and was devised as a mechanism of reducing anti-social behaviour by providing a constructive and diversionary activity for a group of young people from the local area. Eight young people, aged 12 to 16, were encouraged, through outreach work, to become involved over the summer in designing, planning and creating a garden in a council owned house which has been leased from the local authority for a period of twelve months. A second group will go on to carry out a "Changing Rooms" style transformation of the interior of the house. Once both projects are completed the house will be used for ongoing instruction in practical skills such as cooking, garden maintenance and healthy eating. Stephanie Cook, aged 15, who has been involved in the project from the beginning, said "It has kept us off the streets and out of trouble. I've learnt lots of things I never knew before."

Hamish Neilson of South Lanarkshire Greenspace says "The concern that young people have nothing to do in the local area featured highly in social surveys at Whitehill. This project is one of a number that has given them the opportunity to try something completely new, allowed them to learn skills in a way which is fun and hands-on and has kept boredom at bay by allowing them to see changes every week."

Other environmental initiatives about to be implemented at Whitehill include: a Projects area with raised beds and a polytunnel where local people can grow plants; a tool sharing scheme; involvement of local schoolchildren in the design of community spaces; litter clearing days and the improvement of paths and woodland areas.

The setting of Whitehill was chosen for the launch because it illustrates how improving and providing quality greenspace and the development of community based greenspace projects has been viewed as essential to the £30m regeneration of the area. Early consultation with local residents showed that improving the environment was among the top list of priorities to encourage community cohesion, reduce anti-social behaviour and promote healthy eating and physical activity.

Susan Muir, Neighbourhood Manager at Whitehill "Initiatives like these have made a real impact on the community. Since we started work at Whitehill, we have been delighted to see that the number of tenants moving out of the area has reduced by 41% and the number of council house sales has increased by 42%. This, along with reducing crime levels shows that we're having a real, positive impact."

Julie Procter of Greenspace Scotland says "Over 80% of us lives in towns and cities and having quality greenspace on our doorstep has real and tangible benefits. Whitehill is just one example of the excellent projects members of our network are undertaking. We hope that this new publication draws attention to the fact that greenspace has a real contribution to make to improving the quality of life of everyone in Scotland."

For further information call: 01786 465934,
E: info@greenspacescotland.org.uk.

CAIRNGORMS NATIONAL PARK

All eyes are on use - CNPA convener tells Scottish Council for National Parks

The eyes of the world are on Scotland's two National Parks according to the convener of the Cairngorms National Park Authority (CNPA).

Speaking to members of the Scottish Council for National Parks (SCNP) in Stirling on Monday 20 September 2004, Andrew Thin reminded members that Scotland's National Parks are very different to Parks elsewhere in the UK and abroad. The few statutory duties placed upon them and instead the Parks' role in promoting joined up working between all the agencies makes them unique, and as a result, there is international interest in what happens here.

Addressing the group, Andrew Thin said: "We are taking an unique approach to the development of Scotland's National Parks and should be proud of this. Already we have had visitors from all over the world coming to find out more.

"The National Parks legislation in Scotland for the first time gives real legal teeth to the idea of joined up government. All public bodies in the Cairngorms National Park are covered by it and all are required to agree, and then work to a National Park Plan that will set out what has to be achieved and how it will be done.

"Making this dream a reality will not be easy but I have been very encouraged by the enthusiasm and commitment shown at a very senior level by the local authorities and national agencies who will be party to this.

"In the case of the Cairngorms National Park, our aim to create a Park where diverse interests can co-exist through compromise and balance, where everyone is fully involved in delivering what the Park stands for and where local and national government agencies work together in a truly joined up way towards a common set of plans and goals."

Mr Thin was invited by the SCNP to outline the progress the Park Authority has made in its first year, with a particular focus on the CNPAs planning function and the development of the Local Plan and

National Park Plan.

The SCNP is an independent charitable organisation which was set up by its members to protect and enhance existing National Parks and promote the case for new ones. The group has a particular interest in planning and land management issues and aims to promote better awareness amongst the public on the issues affecting National Parks.

The SCNP has criticised the planning arrangements for the Cairngorms National Park in the past but Andrew Thin told the group that the Park's planning function is working well.

"The planning arrangements for the Park are quite unique in Scottish and UK terms, and there is no doubt we have been on a steep learning curve," he said.

"We have the makings of an excellent planning system though and the priority is now to get in place our own statutory National Park Plan and Local plan, which we are making good progress with. In the meantime we are working with pre-existing local authority plans and things are working very smoothly, which is a credit to the tremendous support we have received from the four local authorities in the Park."

The CNPA's unique planning arrangements allow the Park's Planning Committee to call-in planning applications that are of significance to the aims of the Park. If an application is called-in, the CNPA Planning Committee determine the application as opposed to the local authority.

One of the main issues for the CNPA is the issue of affordable housing, which also affects many other rural parts of Scotland. The establishment of a National Park in the Cairngorms presents an opportunity to focus on this, and other difficult issues, and develop innovative solutions which can then be applied across the country.

Andrew Thin added: "Everywhere I go in the Park I hear echoes of problems that are also found to

varying degrees elsewhere in Scotland. There is a shortage of affordable housing; young people are leaving the area; farmers are worried about reforms to the Common Agricultural Policy, and that rare habitats and wildlife are under threat. However, we are in a good position to be able to tackle some of these challenges head on and would hope to be able to lead others in Scotland.

The presentation made to the group also focussed on the issues of private landowners within the Park - almost all of the Cairngorms National Park is privately owned. Despite this, Andrew Thin said that the Park is for all of Scotland's people that there is room for entirely legitimate private rights in land and legitimate public rights to co-exist.

Richard Maund, chairman of the Scottish Council for National Parks said "We welcome the opportunity to engage in dialogue with the Cairngorms National Park Authority and to meet with Andrew Thin. This initial meeting is designed to improve our understanding of how things are developing in the Cairngorms National Park.

"The Scottish Council for National Parks wishes to make a positive and constructive contribution to the development and management policies for the Park and is well placed to do so through its members who have wide ranging experience of planning estate management, forestry, landscape and environmental issues and National Parks at home and abroad".

For more information contact: Karen Powell, Press Officer, Cairngorms National Park Authority, Telephone: 01479 870534,

Email: karenpowell@cairngorms.co.uk

website: www.cairngorms.co.uk

THE NATIONAL FOREST

The National Forest is on the map again - only greener

The second edition of the Ordnance Survey National Forest Explorer map has been published.

The new map is considerably greener than the first edition as it shows all newly planted woodland sites and all new sites with public access.

Since the first National Forest OS map was published in 2000, 2000 ha of new woodland and 230 km of new footpaths and trails have been created.

The update has been eagerly awaited: new fishing lakes, horse riding trails and campsites were lined up ready to get on the map.

This 1:25 000 scale map covers most of the National Forest area, including Burton upon Trent, Swadlincote, Ashby de la Zouch and Coalville. It shows visitor centres, public rights of way, permissive routes and access land, including local authority, Woodland Trust and Forestry Commission sites, as well as land with access by agreement.

Since 1997, The National Forest has seen a 14% growth in visitors, spend in the area has risen by 88% and tourism related jobs have increased by 66%. Research for 2002 showed that 5 million visitors came to the area, visitor spending was £164m and tourism supports 4,500 jobs in the area.

The map (Explorer 245) is on sale from usual outlets at £6.95, and online through the National Forest giftshop at www.nationalforest.org, price £7.50 inc p&p, or contact NFC on 01283 551211. The map is an ideal partner to the National Forest Walks Pack, featuring 15 walks of varying length, also available online priced £5.00.

THE WILDLIFE TRUST

Wildlife wins with Lottery loot

New Wildlife Trust report celebrates £72 million worth of wildlife work thanks to the National Lottery

In celebration of the National Lottery's 10th birthday this year, a new report by The Wildlife Trust was launched on 27 August 2004 at a special event in

Worcestershire. The report details Wildlife Trust projects which have collectively received more than £72 million of lottery funding over the last 10 years, providing enormous benefits to both wildlife and people.

Since its launch in November 1994, The National Lottery has raised more than £16 billion for good causes across the UK. The Wildlife Trusts partnership has received more than 317 separate grants from the Heritage Lottery Fund, for projects managed by the 47 local Wildlife Trusts.

The new report was launched by The Wildlife Trusts' President David Bellamy OBE at a special event which also celebrated the official opening of Worcestershire Wildlife Trust's new Wildlife and Farming Centre at Lower Smite Farm.

The Wildlife and Farming Centre is a perfect example of a lottery funded project. Worcestershire Wildlife Trust received a grant of nearly £1 million from the Heritage Lottery Fund which (together with funds from other supporters) enabled them to realise a long held ambition to create a new education centre which will provide information on the benefits of wildlife-friendly farming. Farm buildings have also been restored, in a way that conserves their traditional and architectural interest, to create classrooms for school groups, a laboratory, a meeting and training room for volunteers and a venue for Trust activities and events for the local community. A beautiful 17th century granary on the farm has also been restored as part of the project.

The report will highlight this and other Wildlife Trust projects across the UK, made possible due to Heritage Lottery Funding, while also saying thanks to the National Lottery on the year of its 10th birthday.

For further information on the report or National Lottery funded wildlife projects please contact:
Nicola Strazzullo (PR Officer) The Wildlife Trusts
Newark Office

Tel: 01636 670082

Email: press@wildlife-trusts.cix.co.uk



A COUNTRYSIDE RECREATION NETWORK EVENT

'And your evidence is?'

7th December 2004

The Centre in the Park, Norfolk Park, Sheffield

'And your evidence is?', will introduce and inspire the sector to take evaluation seriously. We lack robust evidence of what works - and doesn't- in projects and also of the benefits that participants enjoy. To bridge that gap, the Countryside Agency and the Forestry Commission have commissioned the development of an **evaluation framework** and **toolkit**. This is designed for telling the story of projects involving people who are under-represented as countryside visitors. The publication and seminar are part of the Countryside Agency's Diversity Review.

**To receive further information and a booking form, please email:
crn@shu.ac.uk**



*Countryside Recreation Network
Seminars 2005*

*19th January 2005
Birmingham*

Visitor Risk Management and Liability

*24th February 2005
London*

Invitation only event

Making the Links between Human Health and Countryside Recreation Network

The Spring journal will be based on the theme of
'Making Links between Human Health and Countryside Recreation'
If you would like to submit an article or a news item for consideration by the Editorial Board, please email the document in word format to the Network Manager
m.bull@shu.ac.uk.

Please note the following submission deadline dates:
Articles to be submitted by 21 January 05.
News Items to be submitted by 4 February 05.

Countryside Recreation and Training Events

DEC 2004

6-8 December 2004
COMMUNITY INVOLVEMENT IN PROTECTED AREA MANAGEMENT

Venue: Losehill Hall
 Cost: £448

6-10 December 2004
INTRODUCING RIGHTS OF WAY

Venue: Losehill Hall
 Cost: £584

7 December 2004
RISK ASSESSMENT IN ACCESS WORK
 (Environmental Trainers Network)

Venue: Manchester
 Cost: £105/£155 + VAT

8 December 2004
SAFE PRACTICE WITH VISITORS ON SITES
 (Scottish Natural Heritage)

Venue: Battleby
 Cost: £50

JAN 2005

19 January 2005
USING CONSERVATION AS A THERAPY
 (Environmental Trainers Network)

Venue: Bristol
 Cost: £105/£155 + VAT

20 January 2005
WELCOMING DIVERSITY & REDUCING PREJUDICE

(Environmental Trainers Network)
 Venue: Birmingham
 Cost: £105/155 + VAT

27 January 2005
WINDFARMS AND BIRDS
 (Scottish Natural Heritage)

Venue: Battleby
 Cost: £50

FEB 2005

7-10 February 2005
ADVANCED RANGER TRAINING

Venue: Losehill Hall
 Cost: £538

14-16 February 2005
RIGHTS OF WAY - THE NEXT STEPS

Venue: Losehill Hall
 Cost: £444

21-23 February 2005
ACCESS FOR ALL

(Plas Tan y Bwlch)
 Venue: Snowdonia National Park Authority
 Cost: £234

MAR 2005

7-9 March 2005
EDUCATION IN THE COUNTRYSIDE

Venue: Losehill Hall
 Cost: £585

14-18 March 2005
EDUCATION IN THE COUNTRYSIDE

Venue: Losehill Hall
 Cost: £585

Contact details for training/events organisers

Environmental Trainers Network

Tel: 0121 358 2155
www.btcv.org/etn/

Field Studies Council

Tel: 01743 852100
www.field-studies-council.org

Losehill Hall

Tel: 01433 620 373
www.losehill-training.org.uk

Plas Tan y Bwlch

Tel: 0871 8714004
www.eryri-npa.co.uk/ptyb_base/e_800.html

Institute of Ecology and Environment Management)

Tel: 01962 868626
www.ieem.org.uk/Workshops.htm

BTCV Training

Tel: 01491 821600
www.btcv.org

Countryside Recreation Network Publications List

	Price (incl.postage)	Tick
REPORTS		
Social Exclusion in Countryside Leisure in the United Kingdom - the role of the countryside in addressing social exclusion (2001)	£10	<input type="checkbox"/>
CONFERENCE PROCEEDINGS		
Removing Barriers; Creating Opportunities: Social Inclusion in the Countryside (2001)	£15	<input type="checkbox"/>
Managing the Challenge of Access (2000)	£15	<input type="checkbox"/>
Is the Honeypot Overflowing? (1998)	£15	<input type="checkbox"/>
Making Access for All a Reality (1997)	£15	<input type="checkbox"/>
Today's Thinking for Tomorrow's Countryside (1995)	£15	<input type="checkbox"/>
Communities in their Countryside (1994)	£15	<input type="checkbox"/>
WORKSHOP PROCEEDINGS		
Visitor Information and Wayfinding Needs (2004)	£12	<input type="checkbox"/>
Demonstrating the Economic Value of Countryside Recreation (2004)	£12	<input type="checkbox"/>
Accessible Greenspace (2003)	£12	<input type="checkbox"/>
Country Parks II (2003) (Country Parks I & II can be purchased together for £20)	£12	<input type="checkbox"/>
Country Parks I(2003)	£12	<input type="checkbox"/>
Public Rights of Way Improvement Plans (2002)	£8	<input type="checkbox"/>
Funding for Social Projects (2002)	£8	<input type="checkbox"/>
Opening Up Access In and Around Towns (2002)	£8	<input type="checkbox"/>
Visitor Payback Schemes (2002)	£8	<input type="checkbox"/>
Local Access Forums (2001)	£8	<input type="checkbox"/>
Fundraising and the Lottery (2001)	£8	<input type="checkbox"/>
Are We Getting There? Delivering Sustainable Transport in the Countryside (2000)	£8	<input type="checkbox"/>
Breaking New Ground in Sustainable Tourism (2000)	£8	<input type="checkbox"/>
Using Local Distinctiveness as an Economic Development Tool (1999)	£8	<input type="checkbox"/>
Just Walking the Dog (1999)	£8	<input type="checkbox"/>
Sponsorship (1998)	£8	<input type="checkbox"/>
Making Ends Meet (1997)	£8	<input type="checkbox"/>
GIS & Countryside Management - Theory and Application (1997)	£8	<input type="checkbox"/>
Access to Water - Sharing Access on Reservoirs and Rivers (1997)	£8	<input type="checkbox"/>
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