

Engagement with the outdoors in Northern Ireland during lockdown – key lessons and future action

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**OUTDOOR
RECREATION**
NORTHERN IRELAND



 28% before  63% during

More people got outdoors



and experienced the benefits

84% felt physical healthier/fitter



89% felt calm, relaxed, refreshed and revitalised



79% felt closer to nature



Physical Activity

Mental Health & Wellbeing

Environmental

Nearly half of the population forced to walk on roads due to lack of off-road trails



Active Travel

there are barriers to remove



51% plan to spend more time outdoors post-lockdown

Tackling Inequality

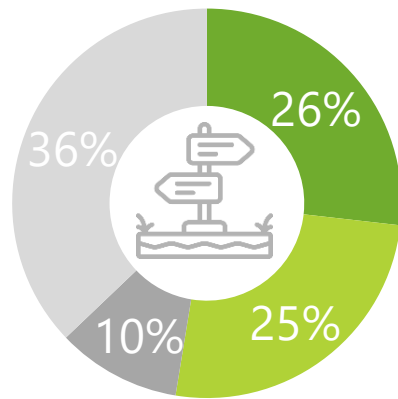


People in 15% most deprived areas less likely to spend time outdoors everyday, compared to the least deprived areas.

what we learnt from lockdown

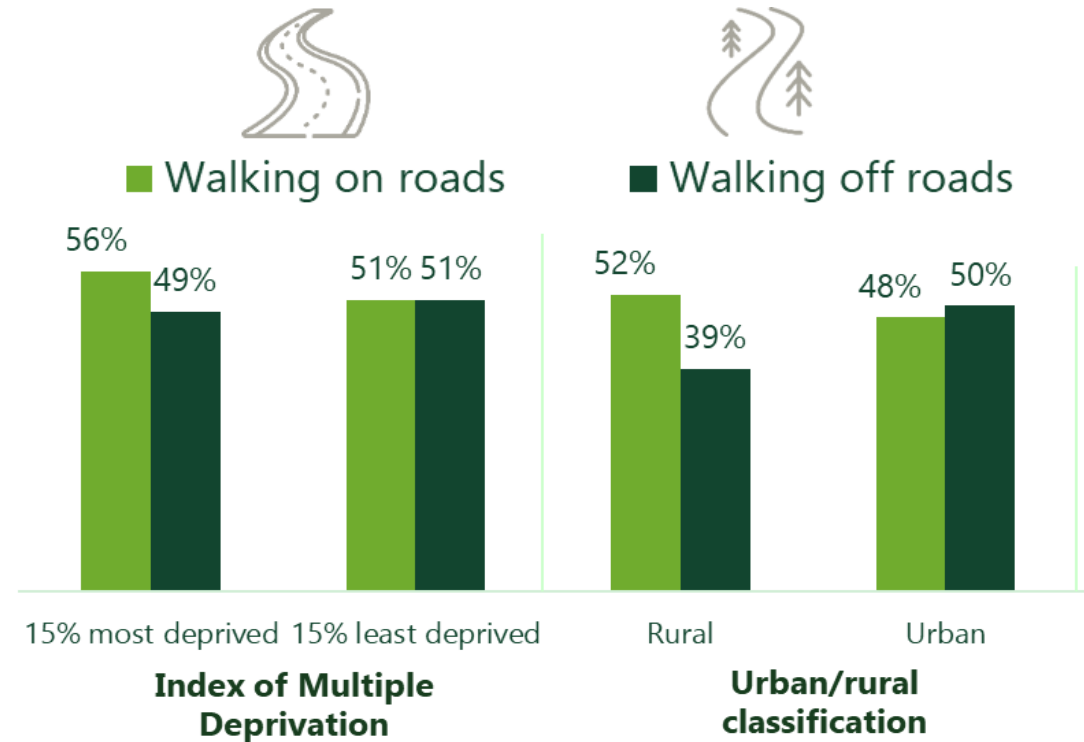
key insights revealed

Nearly a half of people do not live within easy walking distance to local trails



Trails within easy walking distance

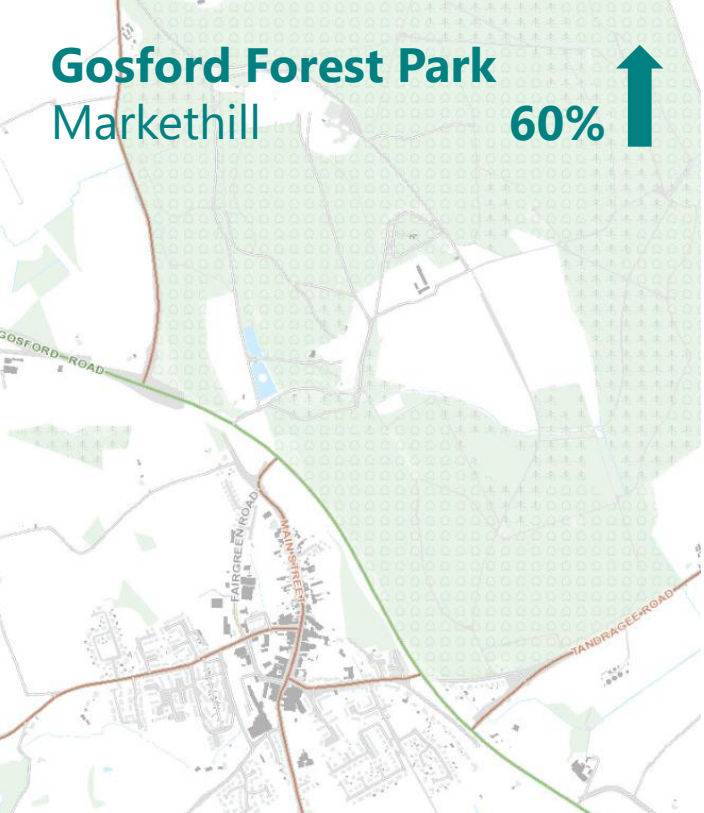
- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree



Residents of the most deprived areas and rural areas more likely to walk on roads than on off-road trails

Gosford Forest Park
Markethill

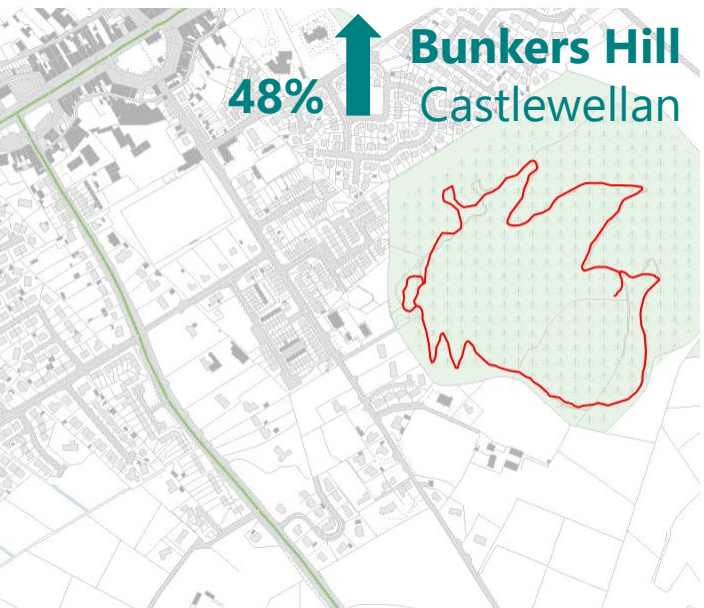
60%



48%



Bunkers Hill
Castlewellan



29%

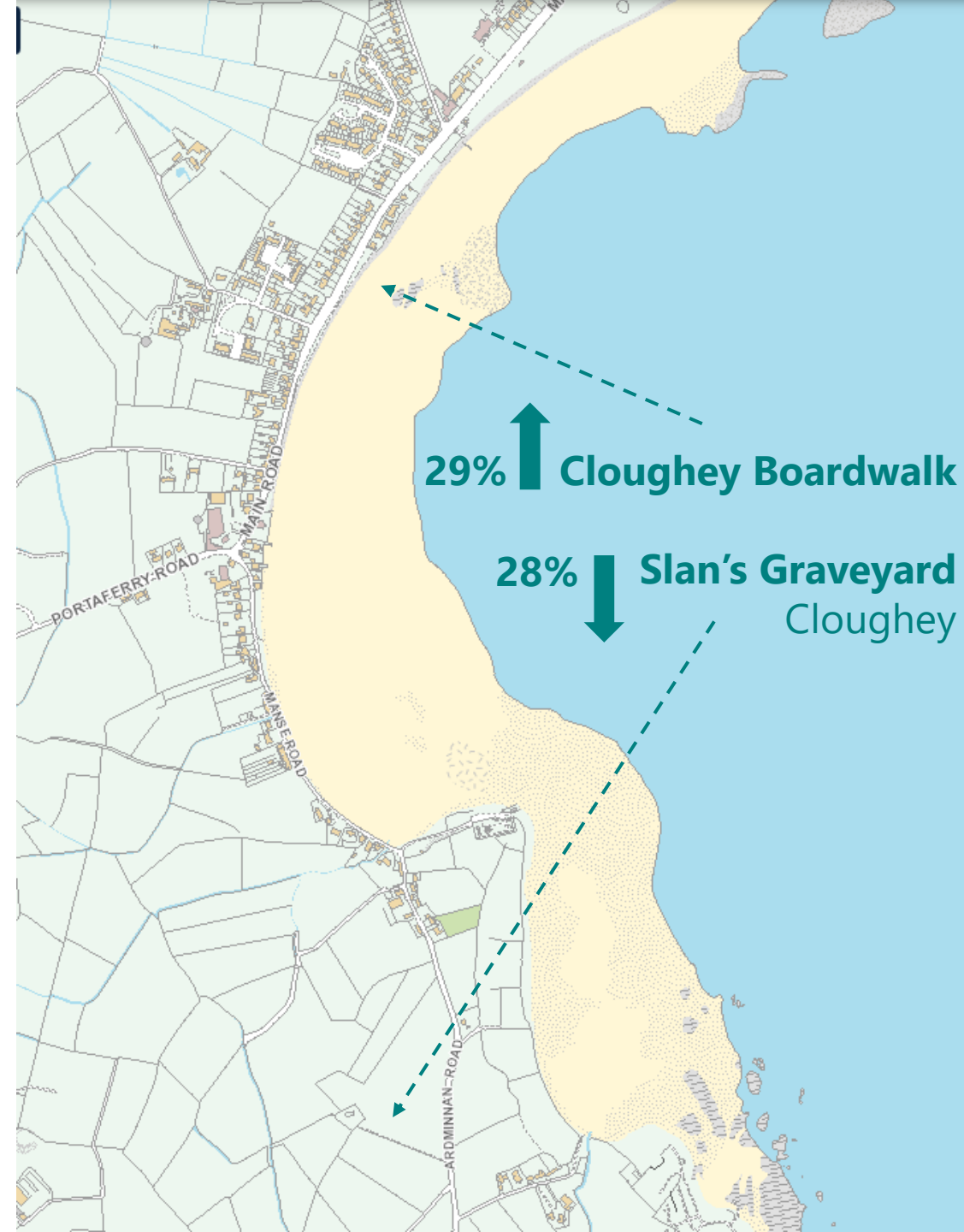


Cloughey Boardwalk

28%

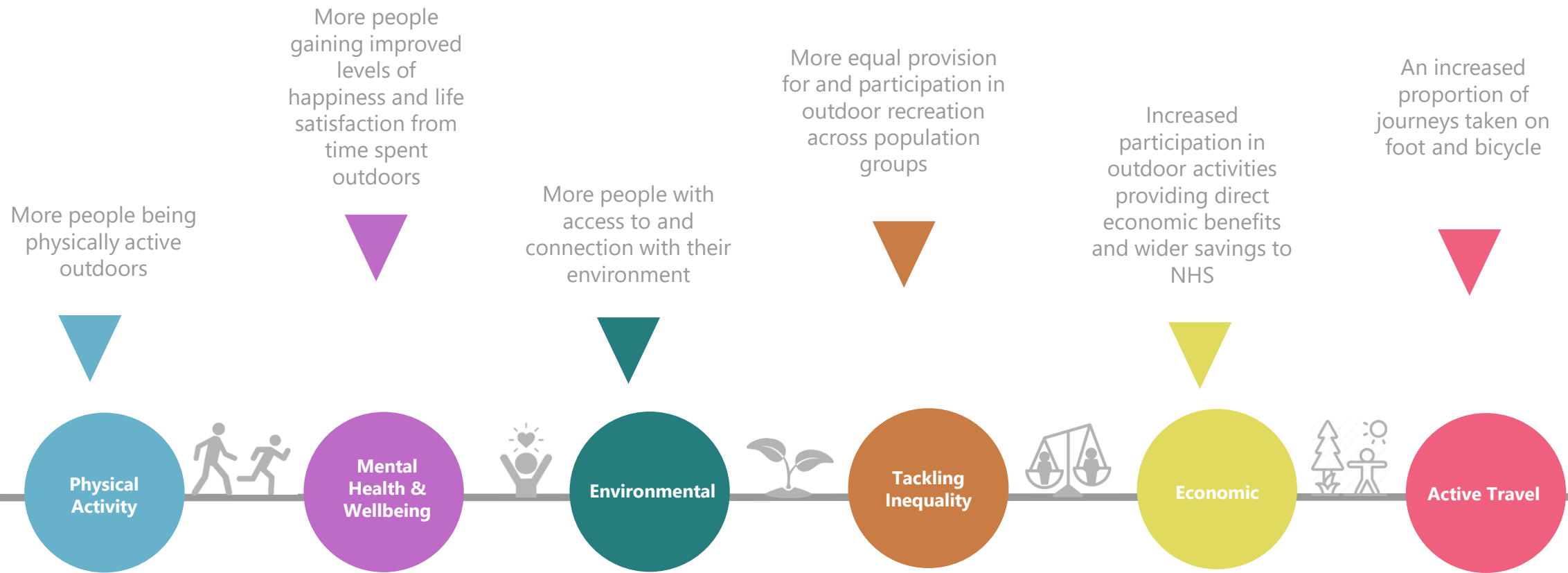


Slan's Graveyard
Cloughey



proximity
of trails
to homes
matters

counter data
Q1 2020 V Q1 2019



what we should aim to achieve

key enabler: a walking strategy with key aims

➤ **Develop and implement a Community Trail Plan**



➤ **Roll out 'Walking For All' initiative**



➤ **Bring into legislation an Outdoor Recreation Bill**



Full report:

<http://www.outdoorrecreationni.com/blog/engaging-with-the-outdoors-during-covid-19-lockdown-in-northern-ireland/>

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