

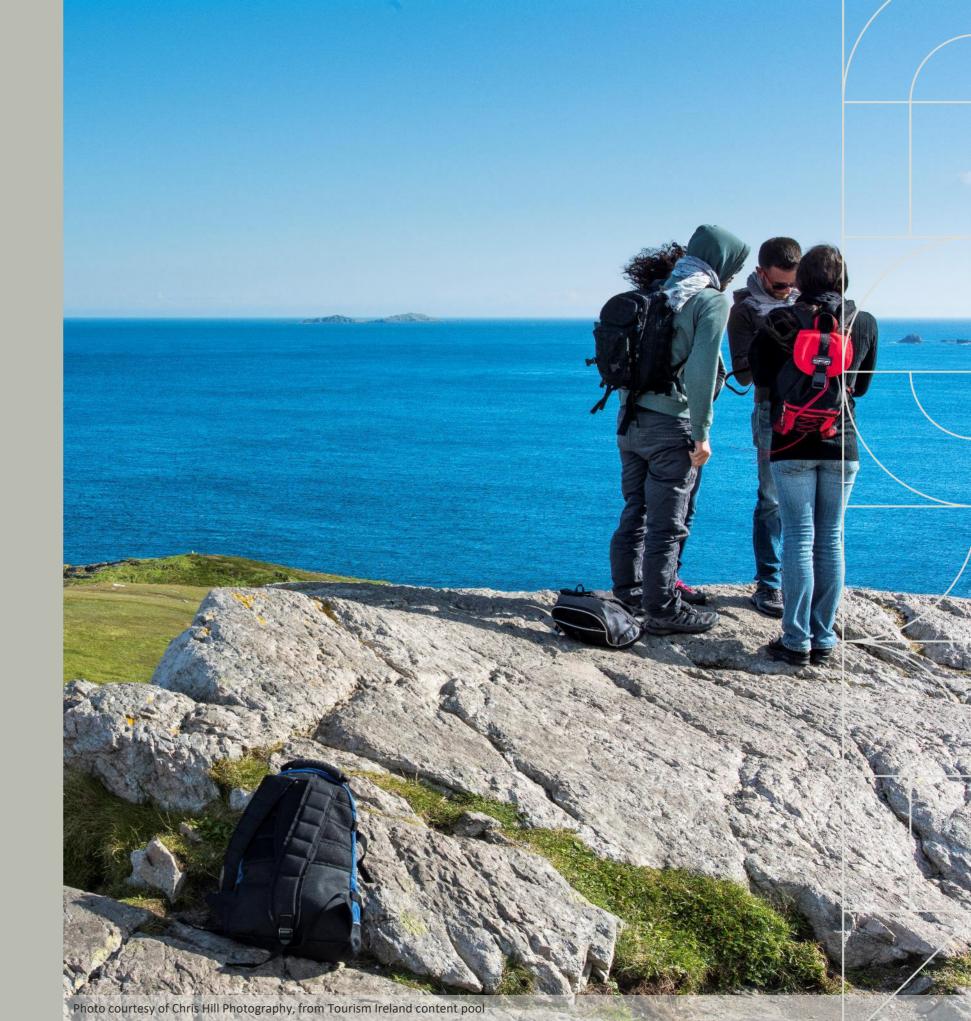
Active Inishowen Walking & Cycling Hub Needs Analysis



Photo courtesy of Martin Fleming, from Failte Ireland content pool

Introduction





Donegal Sports Partnership (DSP) have secured funding under a Dormant Accounts measure administered by Sport Ireland to develop a Walking & Cycling Hub on the Inishowen Peninsula.

The Active Inishowen Project will be a collaboration led by the DSP, Inishowen Development Partnership and local community organisations to establish a dedicated walking and cycling hub. This venture will support the growth of participation sport and physical activity especially for those most marginalised and disadvantaged in the area and will also seek to build the capacity for both activities through education and training.

Outscape has carried out a Walking & Cycling Hub Needs Analysis, providing consultation outputs to inform the preparation of an operational plan, to be prepared and delivered by a Hub Co-ordinator. The key outputs from the needs analysis process are presented within this document.









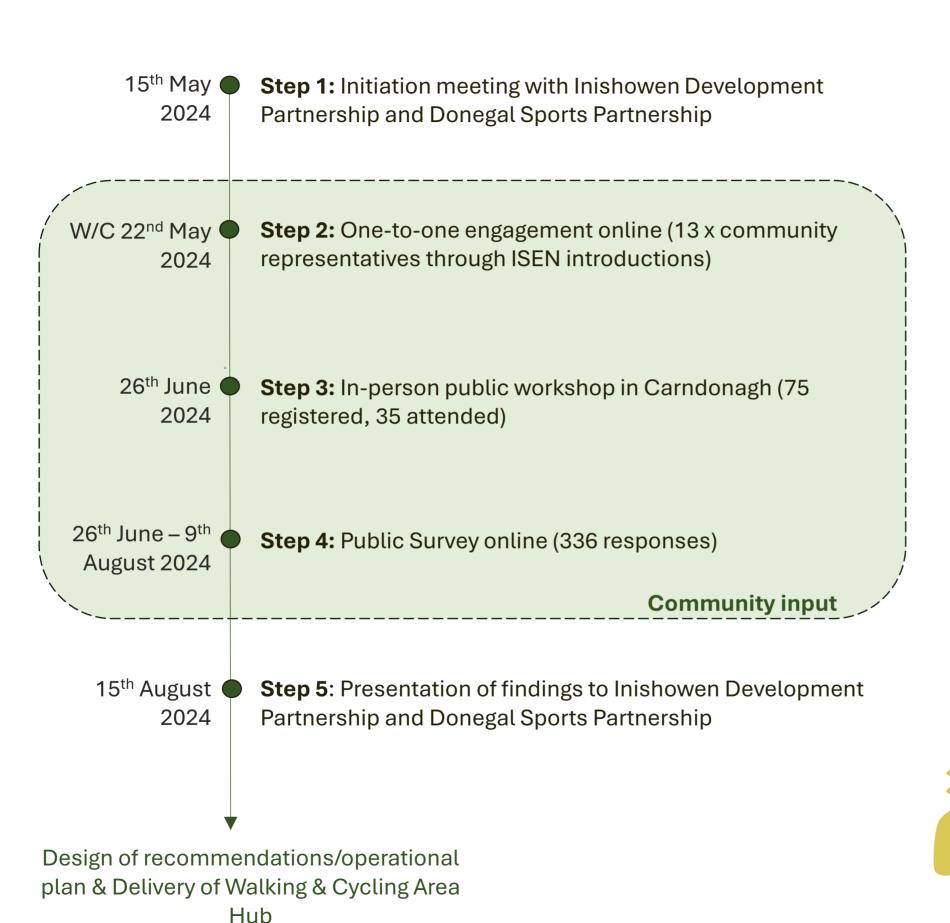




Methodology





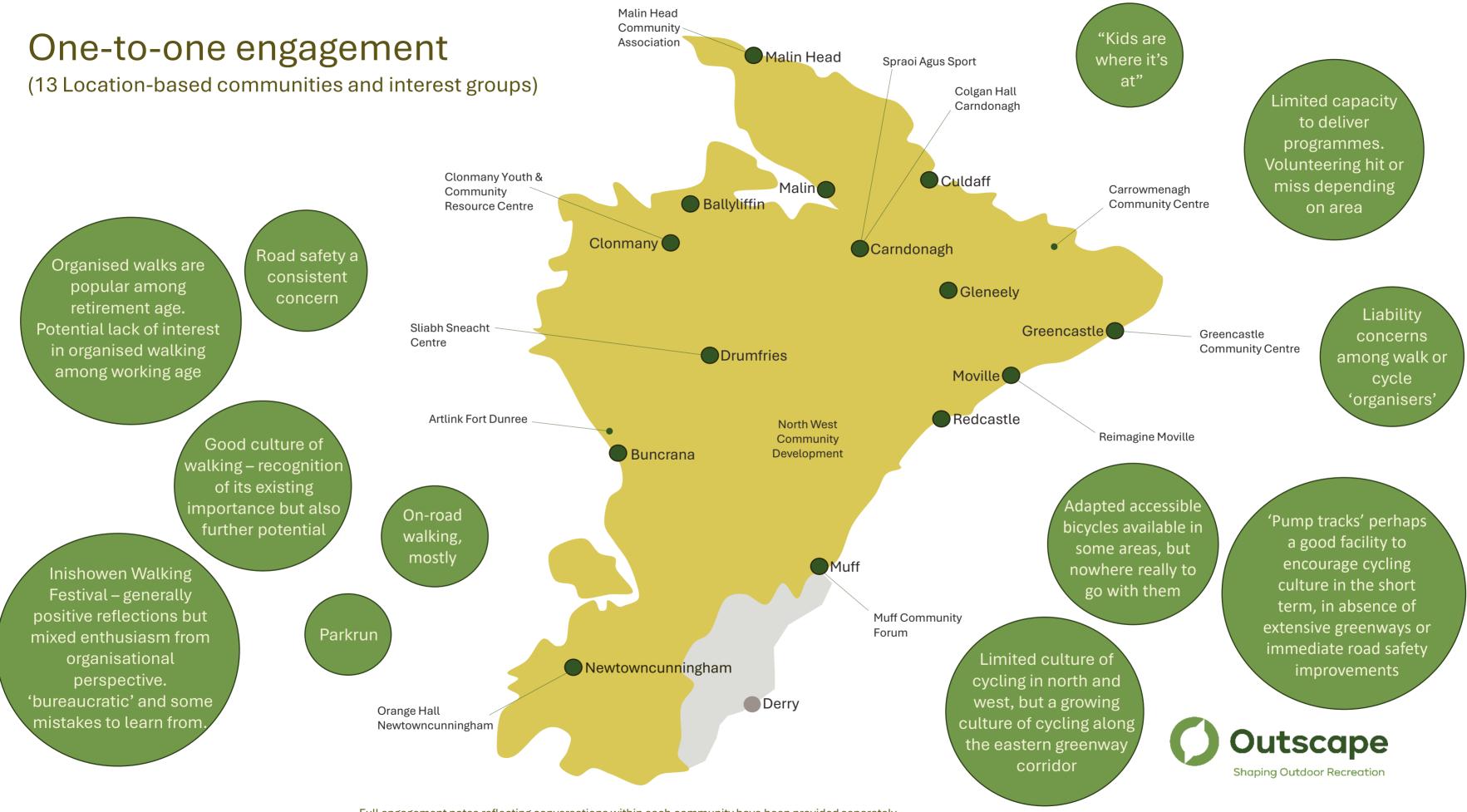




Step 2: One-to-One Engagement







Step 3: Public Workshop





Public Workshop

Join Inishowen Development Partnership, Inishowen Sports Partnership and Outscape at this workshop to discuss the barriers to walking and cycling in Inishowen, and explore ideas to overcome them to get more people walking and cycling.

INISHOWEN

WALKING & CYCLING HUB PUBLIC WORKSHOP

Do you enjoy walking & cycling in your community, would like to do it more, and would like to see more people getting out and active? Whether you go walking and/or cycling alone, as part of an organised group or event, or not at all, we want to hear from you!

We are inviting any member of the public from across Inishowen to attend this meeting where your input will help shape the operational plan for the new Inishowen Walking & Cycling Hub.



Wednesday 26th June at 7:30



Colgan Hall, Carndonagh



Tea and coffee will be provided

You must pre-register <u>HERE</u> for the workshop. If you are having trouble registering online please call **Kevin McLaughlin on 086 201 2676**.

We will issue a reminder by e-mail the day before the event to anyone who has registered online



Please click



to register for the workshop

















Public Workshop: Walking discussion

wisting walking culture in Inishowen When W Will Deople walk Where people walk Leisure/enjoyment Beaches

- Dog walking
- Social
- Mental health
- Physical health
- As transport

- Designated trails e.g shore walk
- Hillwalking
- On roads

Ideas for increasing Walking participation

- Better communication and information about available walks, including information on difficulty, parking, toilet facilities etc.
- 'one-stop-shop' for trails information.
- Resolve public liability issues
- Incentives for private landowners to permit responsible access
- Right to roam legislation (?)
- Make trails more accessible for more people, with more access for wheels (prams, wheelchairs)
- Upgrade and improve maintenance of existing trails (e.g. Lovers lane, bog roads, coastal walks). Improve trails urfaces
- Social walking groups, particularly for dark nights
- Use GAA clubs to develop well-lit walking trails
- Development of river walks
- Designated trails on Sliabh Sneacht
- Pilgrimage walks
- Walk to school initiatives
- Leaders, guides, festivals
- Improved phone signal
- Protection of wildlife and habitats
- Themed walks

Many people indicated they walk frequently most days

How often?

Lack of rest areas (seating, picnic tables)

- Lack of toilet facilities
- Poor quality/unsafe paths and trails
- Lack of mobile signal
- Overgrown trails
- Walking opportunities are isolated
- Sollities and safety Dogs loose/not restrained in yards

Barriers to walking in Inishowen

Mastructure

- Lack of footpaths
- Poorly maintained surfaces
- Lack of lighting
- Poor road safety
- Cars parked on footpaths
- Lack of greenways
- Poor provision for prams and pushchairs

- Access rights
- No right to roam
- Liability on landowners
- Lack of public lands
- Ambiguity over access
- Lack of information on where to walk
- Lack of trail signage
- Lack of engagement from Donegal Co Co
- Start points unclear
- 'Lack of local drive, energy, and commitment to Information and engagement



Public Workshop: Cycling discussion

culture in Inishowen

Section Club cycling

Section Se

- Off-road cycling and downhill MTB
- Road cycling
- Charity & sporting events

Where people cycle though many consider this

Quiet country lanes.

unsafe.

Cycling is not a popular activity in Inishowen.

How often?

Barriers to cycling in Inishowen

- Limited cycle lanes or proper cycle ways
- Poor road safety, speeding drivers, and bad driver attitudes.
- Lack of off-road trails for cycling.
- Too Hilly
- Lack of encouragement to cycle

These may be obvious barriers, but they may be difficult to overcome

ntrastructure Mindelopment development

connected trafficfree cycle routes/greenways

- Education and training and ing and courses
- Training in schools and community groups

- Promotion and encourted and promotion sucture e.g.
- Leisure cycling groups.
- School bicycle buses.
- Competitions and campaigns e,g, cycle to work.
- Promotion of 'cycle to work' scheme.

Ideas for increasing cycling participation

Outscape

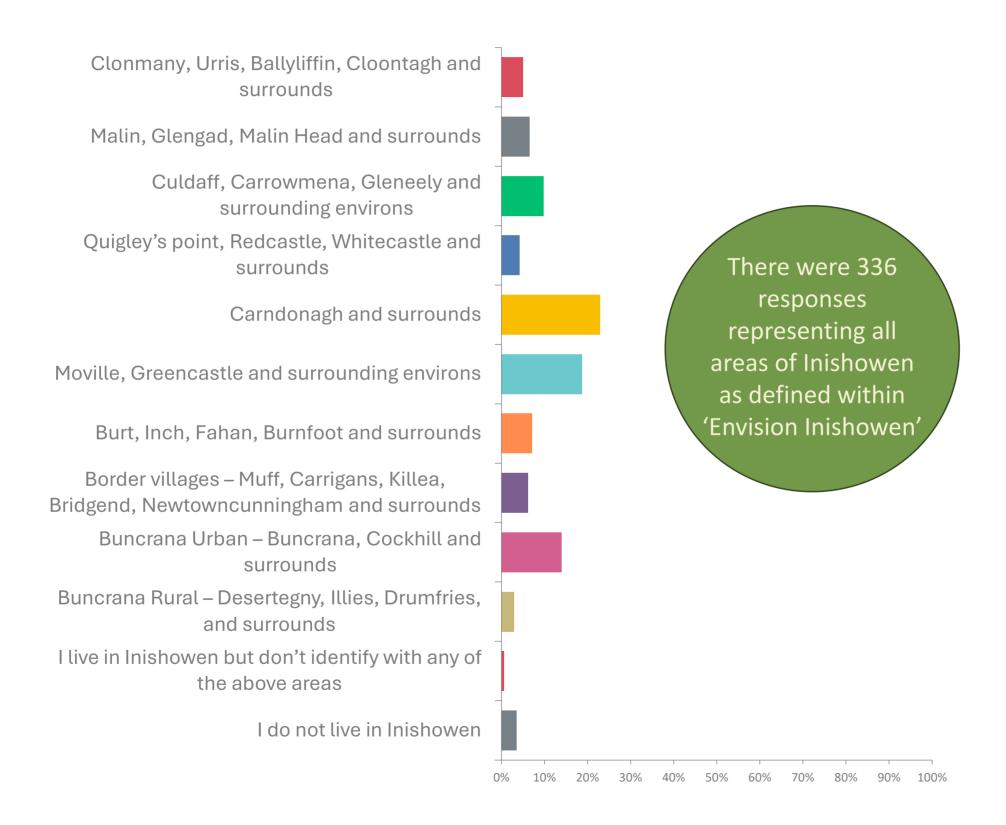
Shaping Outdoor Recreation

Step 4: Public Survey





Public Survey: Who responded?





3% of respondents (10 people) have a disability



The largest responding age group is 51-64 years old. The lowest response is from young people aged 24 and under.



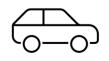
69% of respondents are female



94% of respondents are permanently resident in Inishowen



71% of respondents are in employment. 16% are retired. The next largest group are stay at home parents or those on parental leave.



9% of respondents do not have access to a car (28 people)



Public Survey: What is being said about walking across Inishowen?

Current participation and motivations for walking in Inishowen



Walking in Inishowen is already a popular pastime, with 63% of survey respondents reporting that they go walking several times per week. A small proportion of people report that they go for walks very infrequently or not at all, making up 9% of the total response.

90% of survey respondents would like to increase the amount of walking they do.



Beaches are the location most often used for walking in Inishowen, followed closely by quiet rural roads, formal traffic-free trails, and roadside footpaths. Greenways, sports pitches, forests, and upland areas are used least often for walking. Some people report walking on main roads (though this is unlikely to be a first choice).



Most people do not walk as part of organised activities. Of those who go walking, 78% of people never participate in organised walking activities such as walking groups, walking festivals, etc. Across the people who do take part in organised walking activities, Parkrun in Buncrana is popular. Inishowen Walking Festival is mentioned, but not extensively.



Mental health and physical health benefits are reported equally as the most motivating reasons to go walking, as well as a strong response indicating people like to walk to 'get away from it all'. Other very motivating factors include for the enjoyment of nature.

Dog walking, walking to areas of high historic value, walking to socialise with other people, and walking as a family activity are somewhat motivating.

15% of people are motivated to walk as a form of transport to get to work, the shop, school, church etc.



Public Survey: What is being said about walking in Inishowen?

Barriers to walking in Inishowen



Most agreed

- The lack of supporting services is limiting (toilets, car parking, etc)
- Road safety makes it unsafe to go walking
- There is nowhere to go for a walk when it is dark
- There is no support for walking (no walk leaders, walking groups)
- I don't know how to find information on the best places to go for a walk in my area
- It's hard to find the time to go for a walk
- The trails/paths in my area are in poor condition
- The trails/paths near me are boring
- The trails/paths near me are too difficult for my ability/mobility/confidence level
- I do not have the right gear/equipment to go for a walk
- I do not have access to a vehicle to be able to access a walk

Least agreed

Enablers to walking in Inishowen



Most agreed

- More traffic free trails
- Improved lighting on some trails
- · Improved quality of existing trails
- Better information about trails (websites, leaflets, etc)
- More inclusive trail experiences (accessible paths, accessible toilets & changing Places, accessible parking, step-free access).
- Improved maps and wayfinding on trails
- Walks with a story to tell e.g. a heritage trail, or a nature trail.
- Driver education
- Better public transport to trailheads
- Joining a walking or rambling club
- Guided walks
- Competitions and challenges e.g. 'step' challenge with prizes.

Least agreed

Public Survey: What is being said about walking in specific communities in Inishowen?

Walking trends within specific communities are by and large the same across Inishowen, but there are some subtle differences dictated by geography



Buncrana Urban

- 70% of respondents from Buncrana go for a walk several times per week. 96% of respondents would like to increase the amount of walking they do.
- Beaches are the most popular walking spot, closely followed by formal traffic-free trails.
- 32% of people participate in organised walking activities such as walking groups, Parkwalk/Parkrun, walk& talks, walking festivals etc.
- Mental and physical health and wellbeing are the most motivating reasons for walking among those from the Buncrana Urban area.
- Barrier: The biggest barrier to walking in Buncrana Urban is lack of supporting services e.g. toilets, car parking.
- Enabler: The biggest enabler to walking in Buncrana Urban is more traffic free trails.

Border villages Area

- 76% of respondents from the border villages go for a walk several times per week. 95% of respondents would like to increase the amount of walking they do.
- Quiet rural roads are the most popular walking spot, followed by formal trails and greenways.
- 42% of people participate in organised walking activities such as walking groups, Parkwalk/Parkrun, walk& talks, walking festivals etc.
- Mental and mental health and wellbeing are the most motivating reasons for walking among those from the border villages area.
- Barrier: The biggest barrier to walking in Border villages area is lack of supporting services e.g. toilets, car parking. Interestingly, rod safety is not reported significantly as a concern.
- Enabler: The biggest enablers to walking in the Border villages area is better information about trails, and better lighting on some trails.

Malin Area

- 60% of respondents from the Malin area go for a walk several times per week. 89% of respondents would like to increase the amount of walking they do.
- Quiet rural roads are the most popular walking spot, closely followed by beaches.
- 11% of people participate in organised walking activities such as walking groups, Parkwalk/Parkrun, walk& talks, walking festivals etc.
- Mental and mental health and wellbeing are the most motivating reasons for walking among those from the Malin area.
- Barrier: The biggest barriers to walking in Malin are reported equally as road safety concerns, and that there is nowhere to walk when it is dark.
- Enabler: The biggest enabler to walking in Malin is better information about trails (websites, leaflets etc)



Public Survey: What is being said about cycling in Inishowen?

Current participation and motivations for cycling in Inishowen



Cycling in Inishowen is not particularly popular, with 74% of survey respondents reporting that they go cycling very infrequently or not at all. 52% of respondents saying they own a working bicycle.

66% of survey respondents would like to increase the amount of cycling they do.



Quiet rural roads are by far the most popular location for those who report that they cycle, followed by main roads. Greenways and other traffic-free trails do not feature highly as places to go cycling among those who have responded, though this could be because people do not live close to these amenities.

Most people who cycle responded that they do so for leisure. Other responses included road cycling/club cycling, mountain biking or gravel biking, Utility cycling, or a mix of all of these.



Most people who cycle are not part of organised activities such as cycling clubs, groups, events, training etc. However, some people do report being involved in triathlon clubs (Letterkenny 247), Barrack Hill cycling event, DSP women's only event, and cycling clubs rides.



Mental health and physical health benefits are reported equally as the most motivating reasons to go cycling, as well as a strong response indicating people like to walk to 'get away from it all'. Other very motivating factors include for the enjoyment of nature.

Cycling as a family activity, as a form of transport, and to visit areas of high historic value are somewhat motivating.

Cycling to socialise or as a competitive activity are not reported as particularly motivating.



Public Survey: What is being said about cycling across Inishowen?

Barriers to cycling in Inishowen



Most agreed

- Road safety makes it unsafe for me to go cycling
- There is nowhere to go for a cycle when it is dark
- I don't know how to find information on the best places to go for a cycle in my area
- The lack of supporting services is limiting (toilets, car parking, etc)
- The trails/paths in my area are in poor condition for cycling
- The trails/paths near me do not allow cycling
- There is no support for cycling (e.g. no ride leaders, no cycling groups suited to my ability, etc)
- The hills make it too difficult for me to go cycling
- It's hard to find the time to go for a cycle
- I do not have the right gear/equipment to go for a cycle
- I do not have access to a vehicle to be able to access a place to cycle

Least agreed

Enablers to cycling in Inishowen



Most agreed



- More traffic free trails that allow cycling
- Improved quality of existing trails for cycling
- Better promotion and awareness raising about cycling across Inishowen
- Better driver education
- More inclusive trail experiences (accessible paths, accessible toilets & changing Places, accessible parking, step-free access).
- Better information about cycling (websites, leaflets, etc)
- Access to an electric bicycle to help overcome topography and distances
- Improved maps and wayfinding on trails
- Access to bicycles to borrow/rent
- Cycling routes with a story to tell e.g. a heritage trail, or a nature trail.
- Expert guided cycles / led cycles
- Joining a cycling club that suits my aspirations
- Competitions and challenges with prizes e.g. 'cycle to work month' challenges.
- Access to adapted bicycles such as tricycles, side-byside bicycles, and power-assisted bicycles to overcome mobility challenges.



Public Survey: What is being said about cycling in specific communities in Inishowen?

Cycling trends within specific communities are by and large the same across Inishowen, but there are some subtle differences dictated by geography



Buncrana Urban

- 75% of respondents from Buncrana Urban ride a bicycle very infrequently or not at all. 70% of all respondents report they would like to increase the amount of cycling they do.
- Of those who do cycle, formal traffic-free trails are the most popular location to use, and it is mostly for leisure cycling.
- Most people do NOT cycle as part of organised activities.
- Mental health and wellbeing are the most motivating reasons for cycling among those from the Buncrana Urban area.
- Barrier: The biggest barrier to in cycling Buncrana Urban is road safety.
- Enabler: The biggest enabler to cycling in Buncrana Urban is more traffic-free trails that allow cycling.

Border villages Area

- 63% of respondents from the Border villages area area ride a bicycle very infrequently or not at all. 63% of all respondents report they would like to increase the amount of cycling they do.
- Of those who do cycle, official greenways are the most popular location to use, closely followed by quiet rural roads, and there is a good mix of 'types of cycling though leisure cycling ranks highest.
- 29% of people report that they sometimes cycle as part of organised activities.
- Mental health and wellbeing is the most motivating reasons for cycling among those from the Border villages areas.
- Barrier: The biggest barrier to cycling in the border villages are is lack of supporting services (car parking, toilets etc).
- Enabler: The biggest enabler to cycling in the border villages area is better driver education

Malin Area

- 78% of respondents from Malin area ride a bicycle very infrequently or not at all. 47% of all respondents report they would like to increase the amount of cycling they do.
- Of those who do cycle, quiet rural roads are the most popular location to use, and it is mostly for leisure cycling.
- Most people do NOT cycle as part of organised activities.
- Mental health and wellbeing, and 'to get away from it all' are the most motivating reasons for cycling among those from the Malin area.
- Barrier: The biggest barrier to cycling in the Malin area are the hills! This is followed closely by concerns for road safety.
- Enabler: The biggest enabler to cycling in Buncrana Urban is access to electric bicycles.

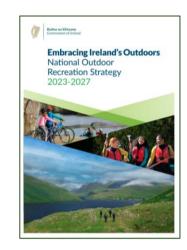


Informing the design of Active Inishowen's Operational Plan





Strategic drivers influencing walking & cycling in Inishowen



Donegal's County Outdoor Recreation Strategy and the National Outdoor Recreation Strategy:

- Alignment will be the key driver in securing funding for future outdoor recreation infrastructure projects. It is anticipated that the funding decisions of applications submitted under the Outdoor Recreation Infrastructure Scheme (ORIS) and potentially other funding sources will require this governance structure in future.
- Donegal County Council developed a County Outdoor Recreation Strategy 2023-2029. The development of County-level plans is called out nationally within 'Embracing Ireland's Outdoors', Ireland's National Outdoor Recreation Strategy.
- At county level, the ambition is to achieve a more planned and coordinated approach between the many stakeholders, though a:
 - County Outdoor Recreation Committee
 - Outdoor Recreation Plan (referred to as a Strategy in County Donegal)
- Ensure that county needs are prioritised, as well as being aligned with the national strategy. This new structure will be best placed to ensure that value for money is achieved from the significant levels of public investment in outdoor recreation.
- The ambition is to ensure that available funding and resources are better aligned with national and county priorities.



Envision Inishowen

Inishowen Development Partnership (IDP) held a series of community consultations within 10 localities across Inishowen. The overall approach was one of codesign and community consensus – with the stakeholders within each locality cluster, and IDP as a partner identifying area-based priorities and enablers. A summary report was published in 2021, indicating cross-cutting themes that included:

- Health and wellbeing linking environment, amenities, and people
- Heritage and history
- The natural environment as the greatest asset of the peninsula



Inishowen destination Experience Development Plan

Produced by Failte Ireland in collaboration with key Inishowen stakeholders, this Plan focuses on visitor experiences to the peninsula but does so in the context of enriching communities through sustainably growing and spreading the benefits of tourism across the peninsula year-round.

Donegal Outdoor Recreation Strategy Theme	Inishowen Needs analysis comment	Actions to be considered for inclusion in Active Inishowen Operational Plan
Collaboration	There is positive development and potential for further development of walking and cycling initiatives across Inishowen. However, There are indications of communities and groups 'getting on with their own thing' without much evidence of collaboration at the County level, or at an Inishowen-level, with the risk that communities could end up competing rather than collaborating over potential sources of funding and support. Within the short period of this needs analysis, strong connections have been made between community interests (including those displayed on Page 9) and Active Inishowen through the process of consultations. It has been recognised within this period that North West Community Development, for example, has been successful in securing ORIS funding for developing walks but needed some resource support. Therefore, the Active Inishowen Project Officer has diverted resource towards this. It is understood this is not work that is being agreed at a County Committee level but is expected to bring measurable benefits to residents of Inishowen. See case study on Page 24. To date, collaboration and engagement with landowners has been ad-hoc. Landowners often have legitimate concerns around allowing public access and must be given assurances around access protocols and liabilities.	 Form an Inishowen outdoor recreation stakeholder forum, pulling together community and outdoor recreation stakeholders, landowners, delivery partners, and activity providers, to ensure consistency and equity of delivery of outdoor recreation projects and programmes and agree Inishowen priorities. Ensure the Inishowen outdoor recreation stakeholder forum is represented on the Donegal county outdoor recreation committee. The above should be put in place in anticipation of a future where funding decisions of applications submitted under the Outdoor Recreation Infrastructure Scheme (ORIS) and potentially other funding sources will require such governance (as set out in the guidance for establishing county Outdoor Recreation Committees and Forums).
Environmental Integrity	People in Inishowen seek solace in walking and cycling: 'to get away from it all'. They appreciate the environment in which they live, with natural landscapes a key motivator for people getting outdoors. This is particularly true of coastlines – beaches are one of the most used assets for walking. Envision Inishowen identified the natural environment as the greatest asset of the peninsula. In some areas, organised walks are themed around biodiversity, nature and heritage.	 Recreational development and participation needs to facilitate and promote good practice in the outdoors in line with national and county guidance. Delivery partners should collaborate with Donegal County Council's Biodiversity officer and align actions within the upcoming County Biodiversity Action Plan. Capital development decisions (e.g. car parks, trails) needs to consider environmental impact, and should consider actions that contribute to positive impacts on nature and the environment (e.g. reduce coastal erosion, improving natural habitats). Organised walks and interpretive experiences should promote nationally agreed good practice approaches to participating in outdoor activities.
Facilities and visitor servicing	A lack of supporting services (toilets, car parking) was cited as the biggest barrier to walking in Inishowen. However, it is unclear whether the focus should be on providing <i>more</i> visitor services or if the priority need is for <i>better awareness</i> of existing provision, or <i>improved quality</i> of existing provision (no auditing was carried out as part of this needs analysis). Trails for walking: Consultation indicated that Inishowen may not need to prioritise the development of <i>more</i> trails but may benefit from improved quality (e.g. surface, signage, national registration, improved trailhead services) and better awareness of <i>existing</i> trails. Beaches are extremely popular walking assets and while they inherently require little to no trail intervention, access infrastructure may be a focus for consideration. Trails for cycling: On-road trails are unpopular for all but the most confident cyclists (who do not generally rely on supporting infrastructure such as wayfinding) and should not be a focus of investment or development. Road safety was cited as the biggest barrier to cycling in Inishowen. New development of cycling facilities should focus on off-road opportunities only.	 Audit of visitor services to assess existing provision versus need (e.g. does car parking capacity meet sustainable user demand?) Develop a community off-road walking trail plan for Inishowen to identify the availability, proximity, and quality of existing provision, identify gaps in provision of off-road walking trails to ensure equitable distribution of capital and resource, and develop a trails investment plan. This should include beach access considerations. Collaborate with greenway development leaders to advocate for appropriate development and enhance community and landowner buy-in. In all cases ensure compliance of all trail infrastructure with Sport Ireland standards, helping overcome issues of third-party liability.

Donegal Outdoor Recreation Strategy Theme	Inishowen Needs analysis finding/comment	Actions for consideration in Active Inishowen Operational Plan
Inclusivity	Making walking and cycling experience more accessible for a greater number of people with disabilities where the physical characteristics and landscapes allow should be integrated into all decisions. For an outdoor space to be fully inclusive the following is required: • Physical Environment: Universal design approach to accessibility • Changing Places Toilets • Good communication: For the confidence to travel away from home • Programmes and resources: Enabling participation • Location: Destination area with nature access It is well understood that the Inishowen landscape is rugged and hilly and that not everywhere will be accessible to everyone. However, often small interventions can make the biggest differences in terms of opening opportunities for a greater number of people (for example, creating smoother surfaces, removing unnecessary steps or gates/physical barriers).	 Ensure diversity within membership of the Inishowen Outdoor Recreation Stakeholder Forum. Ensure the voices of the marginalised are represented. Ensure opportunities to maximise accessibility are harnessed. Carry out an audit to assess existing and potential inclusivity features and interventions, identifying 'easy wins' and priorities for making more places accessible to a greater number of people. Involve lived experience organisations or individuals when planning and designing walking & cycling assets and programmes. Consider New Communities in the delivery of walking & cycling initiatives.
Education and training	There is a well-distributed network of walk leaders across Inishowen, trained through Get Ireland Walking in association with the Inishowen Walking Festival or through Donegal Sports Partnership's Active Community Walking Programme. Many of these walk leaders are based from community centres that strongly rely on volunteer capacity. There are indications that this volunteer capacity can be very hit-and-miss across Inishowen, and consultation indicates there may me limited interest in taking up walk leader training. Road safety and driving culture is a very strong concern among residents in Inishowen, impacting on decisions around walking and cycling participation. It may take a very long time to change driving culture, but there are strong indications that residents are keen to start the shift away from Inishowen's reputation for poor road safety.	 Identify a network of walk leaders and those interested in becoming walk leaders across Inishowen and carry out an assessment of need in terms of geographical gaps, capacity, and skills development (some may wish to advance onto lowland leader, mountain leader etc). Facilitate skills development in partnership with Mountaineering Ireland, Gartan Outdoor Education Centre, Cycling Ireland, and Donegal sports Partnership. Consider engaging in road safety training. Perhaps this could be carried out in schools among young prospective drivers.
Awareness and participation	Road safety and driving culture is a very strong concern among residents in Inishowen, impacting on decisions around walking and cycling participation. It may take a very long time to change driving culture, but there are strong indications that residents are keen to start the shift away from Inishowen's reputation for poor road safety. There is a lack of awareness of places to go walking and cycling. Inishowen walking festival is embraced by some communities, not so much by others. Consultation indicated issues with centralised co-ordination and promotion of walking events. Notably, most people who go walking in Inishowen never do so as part of organised activities. For most people, organised activities are not a significant motivating factor, with the quality of physical environments more important.	 Engage in road safety campaigns, particularly with young people and prospective young drivers. Develop a 'one-stop-shop platform of information reflecting all walking and cycling assets and opportunities across Inishowen. Consider that Donegal may be aspiring to similar at the County level, so ensure decisions made around this are carried out through Forum and Committee structures in line with the County Outdoor Recreation Strategy. Assess the effectiveness and success of Inishowen Walking Festival and ensure it is fit for purpose going forward. All programmes and initiatives should be considered for development under an 'Active Inishowen' brand. This will need to be agreed collaboratively with other Inishowen (and County) stakeholders as others may be seeking recognition across their own brands.

Case Study: North West Community Development - Linking the Peninsula

"Being part of an Inishowen based hiking group for a number of years, often on our hikes we would see bog roads in the landscape that offered great potential as trails but were in need of substantial repairs – Sitting on tea break the discussion would often turn to what could be done to bring these routes up to a standard for walking and cycling.

So, in October 2019 North West Community Development was born. With Catherine's background working in Donegal County Council, she was able to research ownership of these roads. It quickly became apparent that many were under the control of Donegal County Council.

So, in 2020 our first project comprised capital works to develop approximately 11 km's of trail working in collaboration with the local roads engineer through a Community Involvement Scheme (CIS). When it was completed in June 2020 and with covid restrictions in place it quickly became the go to place for local communities. High footfall on these trails gave us the impetus to continue developing more infrastructure. In the years which followed we have used the Outdoor Recreational Infrastructure Scheme (ORIS) as a key fund for our projects - and to date we have developed some 80 kms of trails."



North West Community Development have published mapped information about their trails here

