



# BeActive... BeOutdoors... BeResponsible...

Report  
on Perceived Issues  
from Outdoor Sports  
in Protected Areas

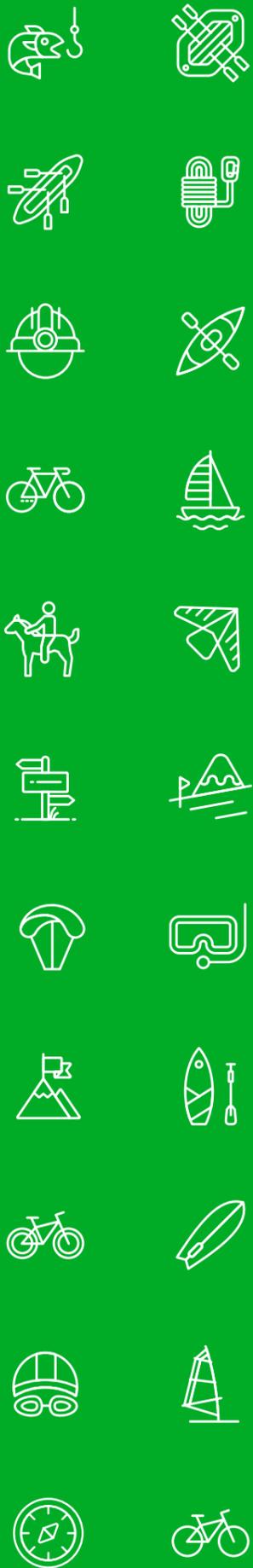


**SEE** SUSTAINABILITY AND  
ENVIRONMENTAL EDUCATION  
IN OUTDOOR SPORTS

 Co-funded by the  
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**ENOS**  
European Network  
of Outdoor Sports



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SINCE 1989



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The project was developed through the European Network of Outdoor Sports (ENOS)

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## EXECUTIVE SUMMARY

During and certainly following the Covid-19 pandemic there is clear information that outdoor sports are important to EU citizens and the benefits associated with the combination of physical activity and being in nature are increasingly being recognised. Outdoor sports can be seen as an important way to ensure greater mental and physical resilience for citizens and also to connect people to nature, environmental issues and the sustainable development agenda.



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However, outdoor sports also have the potential to create impacts on vulnerable natural ecosystems. The Sustainability and Environmental Education in outdoor sports (SEE) project aims to enhance the protection of natural landscapes through education in and through sport with a special focus on responsible behaviour and skill development for outdoor sports leaders, trainers, guides or instructors.

The outputs from this report will contribute to the preparation of a toolkit for outdoor sports multipliers in order to effectively educate practitioners into more sustainable, respectful and enjoyable experiences of being active in nature.

The SEE project has been developed by members and strategic partners of the European Network of Outdoor Sports and is being undertaken through the network's support and in line with the charter<sup>1</sup> that all members sign up to.

<sup>1</sup> [www.outdoor-sports-network.eu/charter](http://www.outdoor-sports-network.eu/charter)

The partners to the project have therefore adopted the ENOS definition of outdoor sports which is as follows:

### ENOS has defined outdoor sports as activities:

- That are normally carried out with a (strong) relation to nature and landscape and the core aim is dealing with natural elements rather than with an object.
- It may include activities that have their roots in natural places but use artificial structures designed to replicate the natural environment.
- Where the natural setting is perceived by users, as at most, only minimally modified by human beings.\*
- That are perceived as (at least minimally) physically demanding.
- That are based on man or natural element power and are not motorized during the sport itself.
- That may use some form of tool (for example a surf board, bicycle, skis etc) or just involve the human body.

\* does not have to be wild, just perceived as natural.



Therefore it is recognised that outdoor sports take place in a range of environments and habitats but these are often also protected and managed for other purposes including biodiversity and conservation. Some outdoor activity participants may not be aware of the sensitivities within the habitats in which they are operating or be as careful as is necessary to not cause damage or disturbance to that habitat or the wildlife that lives there.

This report highlights the **key findings of a survey undertaken by the EUROPARC Federation** of its members who have management responsibility for publicly accessible natural areas where outdoor sports take place. Respondents were asked about the protected area characteristics, its public use, the opportunities and challenges linked to outdoor sports in nature, the management strategies they implement and about the overall perceptions and possible links between outdoor sports and nature conservation.

Data was received from managers of **94 protected areas from 24 countries**.

The protected areas that responded to the survey identified themselves mostly as **National Parks (46%), Nature and Regional Parks (22%) and Natura 2000 sites (21%).**<sup>2</sup>

There were a broad range of habitats that were identified including forests, grasslands, mountains and uplands, rocky habitats and caves, raised bogs, mires and fens, freshwater habitats, heath and scrub and coastal and marine areas.

70% of the respondents indicated that they monitor or estimate visitors numbers and 55% follow a visitor management plan but only 9% held the European Charter for Sustainable Tourism (ECST).

<sup>2</sup> NB: respondents had the option to choose several options if applicable.



**80% OF RESPONDENTS INDICATED THAT DEMAND AND USE OF THE PROTECTED AREAS HAS INCREASED DURING COVID.**

The respondents were also asked about what infrastructure they provided and over 90% had some generic infrastructure while under 50% had some specific infrastructure and facilities for outdoor sports.

The survey did not just focus on issues but also asked the respondents about the benefits that they saw from outdoor sports. Only a very small minority (approx. 6%) indicated that they saw no benefits from outdoor sports. A range of other benefits including better engagement with the environment were highlighted by the respondents.

A significant portion of the survey was dedicated to the specific issues that were associated with specific sports and activities. Respondents were asked to give their perception of the issues generated by specific outdoor sports using a scale of 0 to 6 where 0 equates to “no issue” and 6 represents a “major issue”. This has provided some **very detailed data on the different perceived impacts that specific sports create** which has enable the creation of sports data sheets being created that are available on the SEE Project website at [www.see-project.eu](http://www.see-project.eu).

It is important to note that the **ratings reflect personal, subjective valuations of perceptions** of issues. The **purpose of this analysis** is not to point at causality between the outdoor sports and mentioned issues, but should rather **serve as an initial stepping stone for further research and to develop mechanisms to educate and reduce these perceived impacts**.

The outdoor sports that were indicated to have the lowest perceived impacts was horse riding (n=37) and wind surfing second lowest (n=6). The sports that had the highest perceived impacts was sailing in large yachts (n=7) followed by mountain biking (n=54).

**97% of all the respondents have implemented some kind of regulation to manage outdoor sports** and they were also asked about which sports were the least compliant with these regulations. There appears to be a **reasonable level of engagement (65%) between protected areas and outdoor sports users** whether through representation or dialogue with local clubs or federations and through social media / forums. The review of the survey data outlines **clear advantages through such engagement** as 75% of the protected areas that are engaged in projects with the outdoor sports sector perceive that their areas are more valued by outdoor sports practitioners (compared to 65% among all respondents).

Overall, 66% of respondents stated that outdoor sports in their protected area are linked to better awareness of nature and environmental issues, and 65% believe that their protected area is more valued by outdoor sports practitioners. Most respondents perceive outdoor sports in their protected area as a positive (45%) or neutral (38%) phenomenon with only 17% who perceive outdoor sports as a negative phenomenon. 80% of respondents indicated that demand and use of the protected areas has increased during Covid and 55% indicated that this correlated with an increase in irresponsible behaviours.

The work of the SEE project is clearly needed.



## I. GLOSSARY

**EUROPEAN CHARTER FOR SUSTAINABLE TOURISM** The European Charter for Sustainable Tourism (ECST) in Protected Areas is a practical management tool that enables Protected Areas to develop tourism sustainably.

**FENS** Fens are an important and unique wetland type. Fens are peat-forming wetlands that rely on groundwater input and require thousands of years to develop and cannot easily be restored once destroyed. Fens are also hotspots of biodiversity. They often are home to rare plants, insects, and small mammals. Larger animals like deer and livestock graze in this type of wetland. Fens are valuable to humans as well. They are important as sites of groundwater discharge and are good indicators of shallow aquifers. Vegetation in all wetlands plays an important role in recycling nutrients, trapping eroding soil, and filtering out polluting chemicals such as nitrates. In addition, fens figure prominently in nearly all scenarios of CO<sub>2</sub>-induced global change because they are a major sink for atmospheric carbon." — Weixelman & Cooper 2009

**GEOPARK** A UNESCO Global Geopark is a space of international geological relevance.

**HEATH** A type of shrubland habitat mainly consisting of low growing, woody plants (shrubs). Heaths occur on acidic soils and in dry conditions.

**MAN AND BIOSPHERE RESERVE MAB** Biosphere reserves are 'learning places for sustainable development'. They are places that provide local solutions to global challenges. Biosphere reserves include terrestrial, marine and coastal ecosystems. They are designated under the intergovernmental MAB Programme by the Director-General of UNESCO. Marine protected areas (MPAs) are geographically distinct zones for which protection objectives are set. They constitute a globally connected system for safeguarding biodiversity and maintaining marine ecosystem health and the supply of ecosystem services. Marine reserves form a subset of MPAs in which impacts from human activities such as resource extraction and fisheries are not permitted.

**MIRE** A mire, peatland, or quagmire is a wetland area dominated by living peat-forming plants.

**NATURA 2000** Natura 2000 is a European network of core breeding and resting sites for rare and threatened species, and some rare natural habitat types which are protected in their own right. It is the largest coordinated network of protected areas in the world. It stretches over 18% of the EU's land area and more than 8% of its marine territory.

**NATURE RESERVE** A nature reserve is a protected area of importance for flora, fauna, or features of geological or other special interest, which is reserved and managed for purposes of conservation and to provide special opportunities for study or research.

**PROTECTED AREA** IUCN defines a Protected Area as: A clearly defined geographical space, recognised, dedicated and managed, through legal or other effective means, to achieve the long-term conservation of nature with associated ecosystem services and cultural values.

**PERIURBAN PARK** A Periurban Park is a Protected Area located in the periphery of a city. Typically, Periurban Parks receive large numbers of visitors, including many who visit frequently, even daily, offering a huge potential available to large parts of the population.

**RAISED BOG** Raised bogs are acidic, wet habitats that are poor in mineral salts and are home to flora and fauna that can cope with such extreme conditions. Raised bogs, unlike fens, are exclusively fed by precipitation and from mineral salts introduced from the air. They thus represent a special type of bog, hydrologically, ecologically and in terms of their development history, in which the growth of peat mosses over centuries or millennia plays a decisive role. Raised bogs are very threatened by peat cutting and pollution by mineral salts from the surrounding land (due to agriculture and industry).

**RAMSAR SITE** A Ramsar site is a wetland site designated to be of international importance under the Ramsar Convention, also known as "The Convention on Wetlands".

**REGIONAL NATURE PARK** Regional Nature Parks exist in many European states. Covering up to 25 per cent of the land in individual states, they play a vital role in the wide network of protected areas across the whole of Europe. They comprise outstanding landscapes with a special wealth of natural and cultural heritage. They are primarily located in rural areas.

**SCRUB** Scrub comprises scattered or dense stands of naturally regenerated locally native tree and shrub species, generally under 5m tall.

**UNESCO WORLD HERITAGE SITE** A World Heritage Site is a landmark or area with legal protection. World Heritage Sites are designated by UNESCO for having cultural, historical, scientific or other form of significance.

## 2. INTRODUCTION

The SEE project – Sustainability and Environmental Education in outdoor sports - will promote education in and through sport with special focus on skills development for outdoor sports professionals such as outdoor sports trainers, guides or instructors.



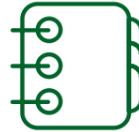
### OBJECTIVES OF THE PROJECT

- 1** The project will gain a greater understanding into the challenges and issues that outdoor sports can create or have to deal with when using natural or protected areas. This understanding will be essential to inform the pedagogical processes developed.
- 2** The project will identify good practices of sustainability and environmental education in leadership training across the partner countries, but also on a broader European context and from a global perspective. Good practices will be identified through a systematic search for good practice examples in the curricula of educating organisations like outdoor sport federations as well as through a practical exchange programme to share methods.
- 3** Based on the state of art in leadership training and the compendium of good practice from the exchange programme, the partners will develop further pedagogical methods to fill the gaps identified, face actual challenges and provide highly innovative methods to motivate outdoor sports enthusiasts for responsible behaviour.
- 4** The developed toolkit will be shared within the partnership and connected groups and also promoted to a broad range of relevant stakeholders in European outdoor sports.
- 5** The developed educational tools will be implemented in a series of case studies to test the methodology and also to showcase how to (better) implement sustainability and environmental education in the curricula.
- 6** Within training courses and multiplier events to promote and share the toolkit, important stakeholders within outdoor sport and the educational system will be trained with the methodology and act as further multipliers in the future.
- 7** The toolkit itself is focused on helping outdoor professionals like sports leaders, guides and instructors who are often at the forefront of introducing new participants to outdoor sports and natural or protected areas, to include environmental education in their business of guiding or leading outdoor groups. It will therefore increase the competences of multipliers in the field of outdoor sport. By this, the toolkit will not only benefit the education system but also have a long-term multiplier effect by training later group leaders.
- 8** The project will also raise awareness on the importance of sustainability and environmental education and promote ethical behaviours and codes of conduct among sports people.

The project has been divided into 4 key work packages as well as the administration of the project (WPO):



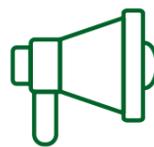
**WP1** will analyse the current situation in sustainability and environmental education and deliver a database of outdoor sport federations in Europe and their environmental education systems. The outputs will include reports into leadership training and environmental education processes as well as challenges of increased participation in natural areas.



**WP2** will develop a toolkit. This includes an exchange program between the partner organisations to showcase good practice. The toolkit development will then be based upon good practice examples found in WP1 and during the exchange program and will also include new methods developed.



**WP3** will evaluate the methods in real life projects; based on this knowledge the toolkit will be revised and updated.



**WP4** will disseminate the outputs and share the lessons learned widely across the outdoor sports sector in Europe.

This report outlines some of the initial findings from Work Package 1.

There is a clear connection between outdoor sports and nature due to the environment in which the activities take place and the connection that people feel to these places, and indeed, through the pandemic more than ever people are drawn to the outdoors. However, some outdoor activity participants may not be aware of the sensitivities within the habitats in which they are operating or be careful to not cause damage or disturbance to that habitat or the wildlife that lives there.

Previous research undertaken by the European Network of Outdoor Sports<sup>3</sup> has provided clear information that outdoor sports offer many benefits to people of all ages, backgrounds and abilities. It allows for positive contact with nature, social interaction, community cohesion, education and improved mental well-being and physical health. Outdoor sports can generate positive support for Protected Areas, but how can protected areas manage these better to ensure outdoor activities are more sustainable and that their impacts are minimised and mitigated? The Sustainability and Environmental Education in Outdoor Sports (SEE) project aims to develop educational material for outdoor sports leaders, guides and instructors to help effectively disseminate information about the environment and how to minimise impacts.

After a successful launch and webinar at the end of April 2021, the SEE project partners created a survey to collect information from protected areas across Europe to learn about the various impacts of outdoor sports in nature and to identify innovative practices to effectively

manage them. The outcomes of the data analysis will contribute to the preparation of a toolkit for outdoor sports trainers and educators in order to effectively educate practitioners into more sustainable, respectful and enjoyable experiences of being active in nature. The purpose of this report is to provide an overview and initial analysis of the data collected.

The survey was addressed to parks and protected area managers or other professionals who have management responsibility for a publicly accessible natural area where outdoor sports take place. In different sections of the survey, respondents were asked about the protected area characteristics, its public use, the opportunities and challenges linked to outdoor sports in nature, the management strategies they implement and about the overall perceptions and possible links between outdoor sports and nature conservation. For practical purposes, only one response was accepted from each protected area.

By the end of June 2021, the SEE project partners received valuable data from **94 protected areas from 24 countries** (see Figure 1). Among them, most represented was Germany with 17 respondents (18%) and Czech Republic with 11 respondents (12%).

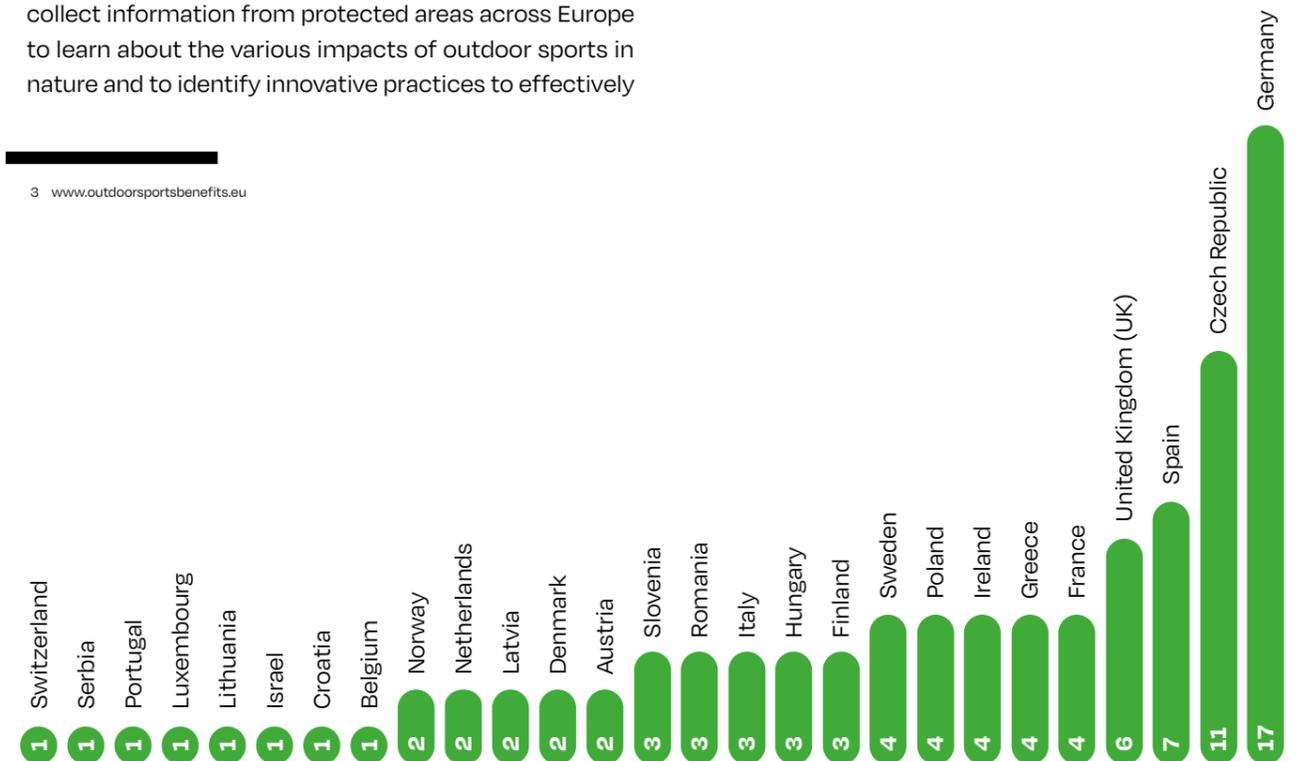


Figure 1: Countries and number of respondents

<sup>3</sup> www.outdoorsportsbenefits.eu

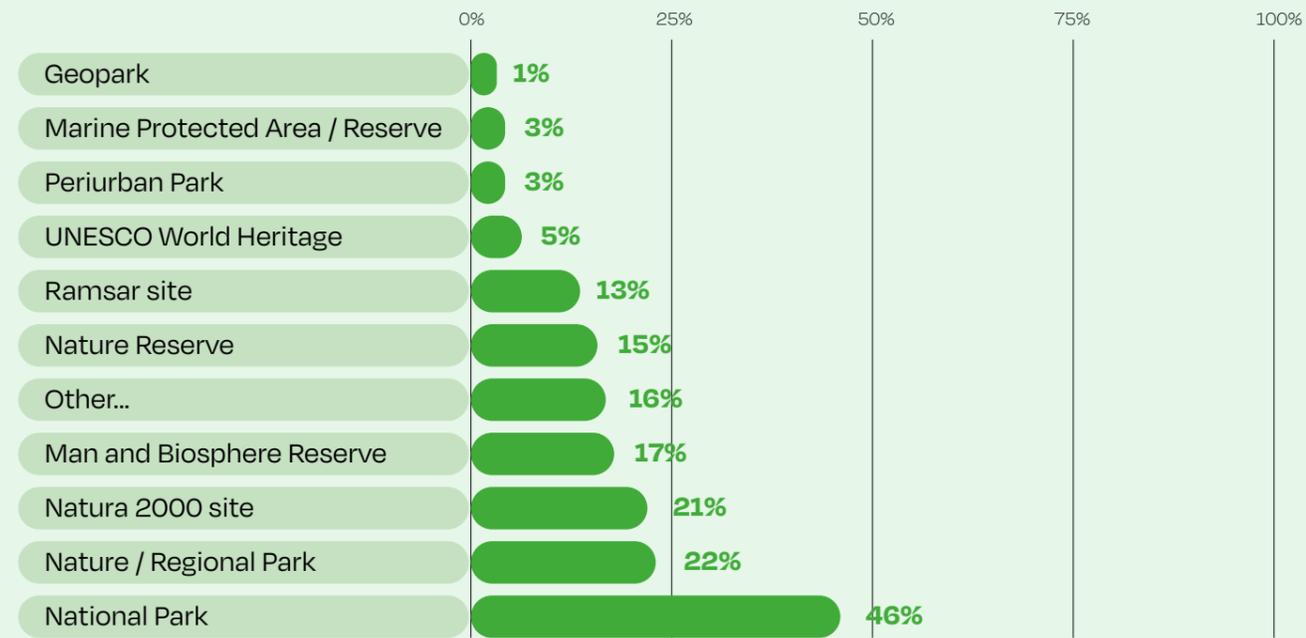
### 3. CHARACTERISTICS OF THE PROTECTED AREAS

The protected areas that responded to the survey identified themselves mostly as National Parks (46%), Nature and Regional Parks (22%) and Natura 2000 sites (21%)<sup>4</sup>.

A substantial number (16%) indicated "Other" designation than the listed ones, since different categories exist in different countries (See Figure 2).

<sup>4</sup> Note: respondents had the option to choose several options if applicable.

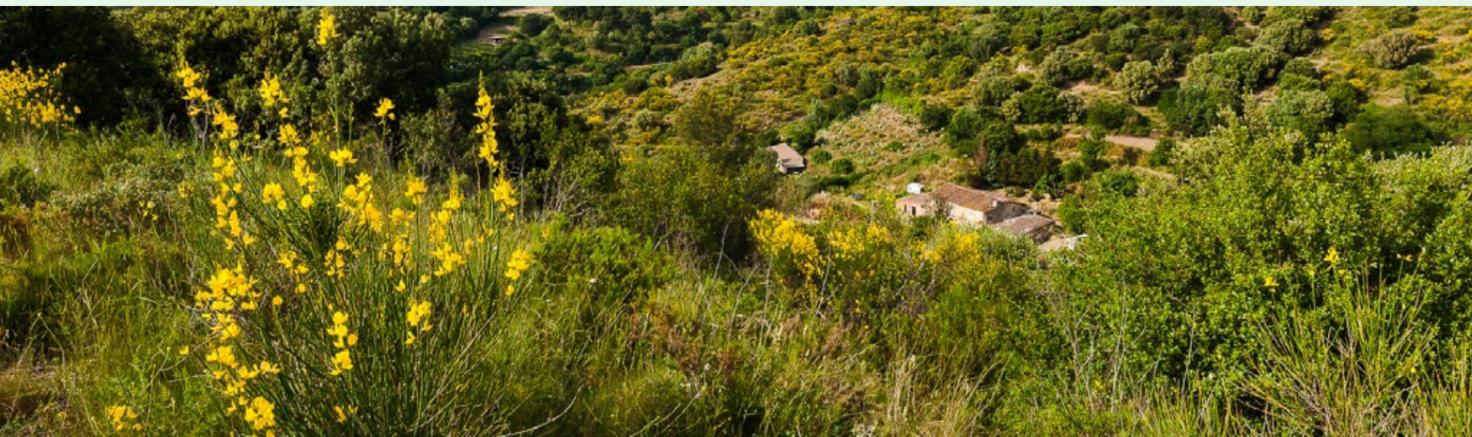
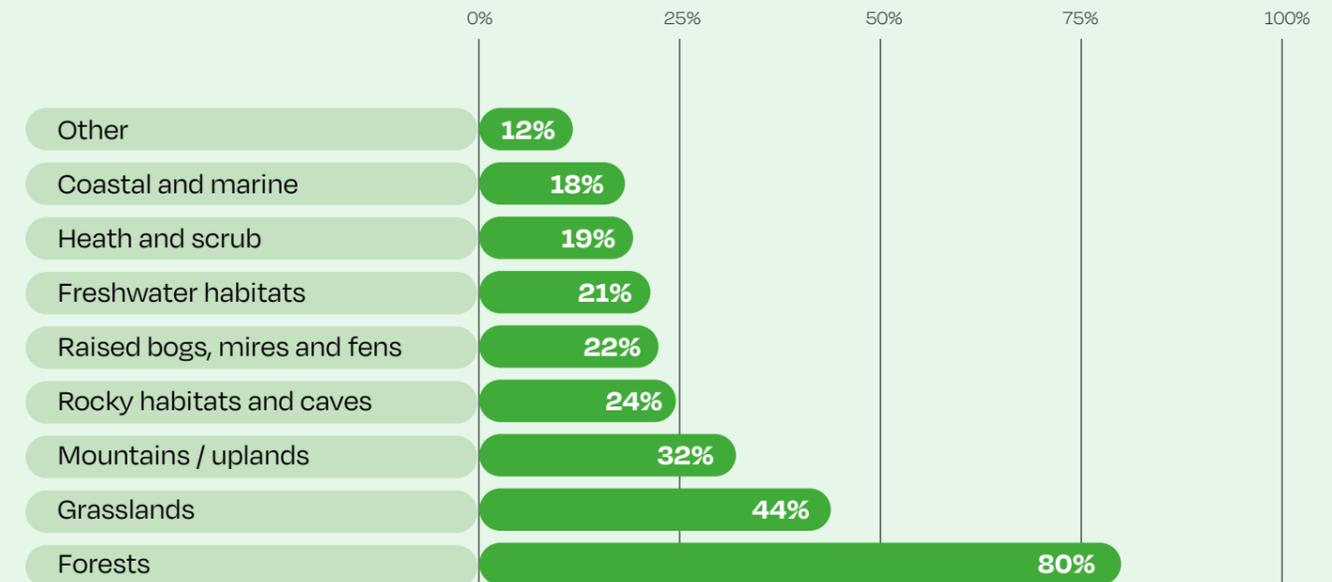
Figure 2: Designation of Protected Areas (%)



Respondents were also asked about the habitats in their protected area and they were able to identify more than 1 habitat as any single protected area can be comprised of more than one habitat type. Hence the percentages in Figure 3 add up to more than 100%. The majority of respondents (80%) indicated that they are covered by for-

ests. This was followed by those who indicated grasslands (44%), mountains and uplands (32%), rocky habitats and caves (24%), raised bogs, mires and fens (22%), freshwater habitats (21%), heath and scrub (19%) and coastal and marine (18%).

Figure 3: Designation of Habitats in Protected Areas (%)





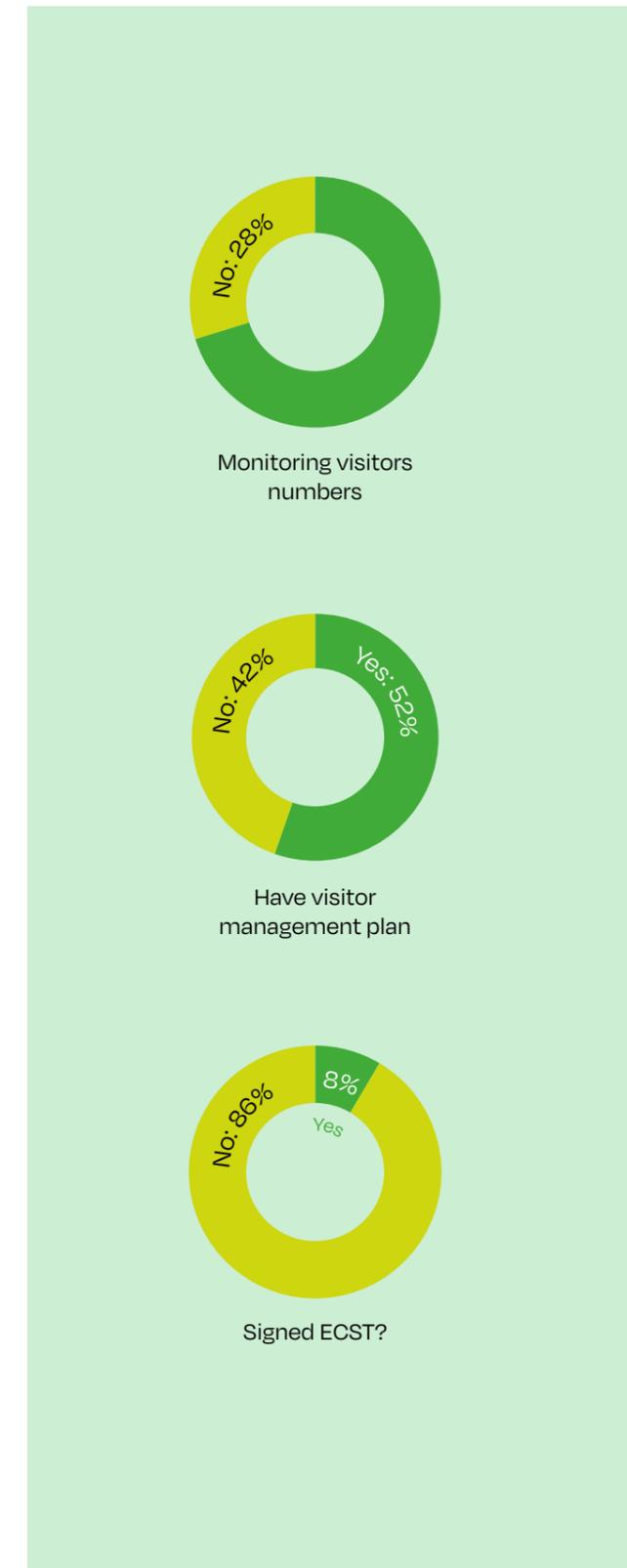
## 4. VISITOR MANAGEMENT

For visitor management in protected areas, the majority of respondents indicated they monitor or estimate visitors numbers (70%), and 55% follow a visitor management plan (n=93). On the other hand, only 9% responded that their protected area was awarded with the European Charter for Sustainable Tourism (ECST). This percentage is lower than the overall percentage of protected areas that have obtained the ECST award (25%). A factor in this could be that many respondents were from Germany which is a country that has not yet promoted the ECST.



ECTS logo

Figure 4: Visitor management



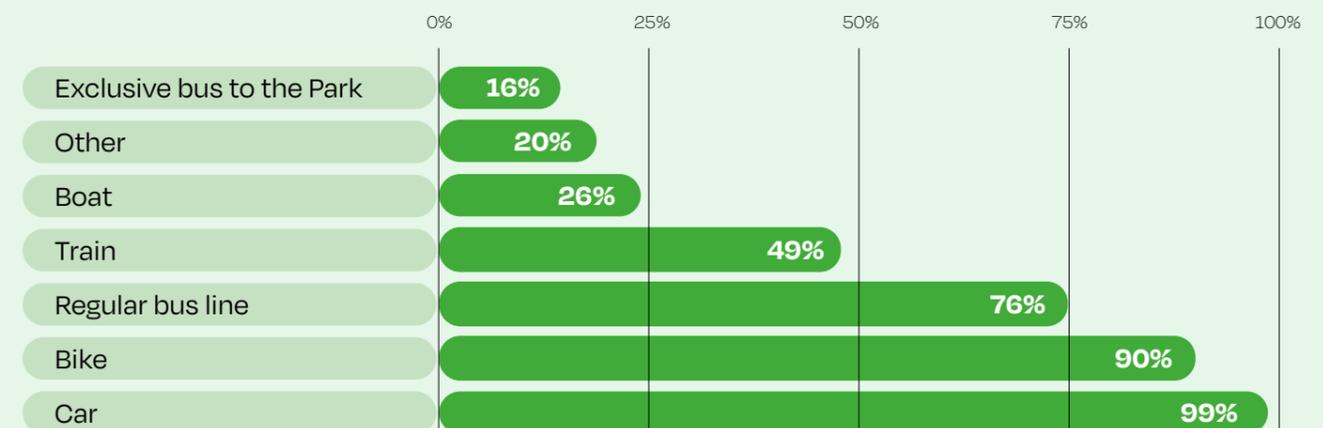


## 5. PUBLIC USE CHARACTERISTICS AND INFRASTRUCTURE

An important aspect of sustainability in outdoor sports and tourism in general is the means of transport used by visitors to reach the place of their visit. According to the answers, 99% of all protected areas that responded to the survey are reachable by car and 6 parks (6.25%) stated that they are **only** reachable by car (and by no other means) (see figure 5). Many of the protected areas are accessible by both bike (90%) and a regular bus service (76%), while less than half can be reached by train (49%), boat (26%) or an exclusive bus to the park (16%).

Figure 5: Means of transport to the Protected Area (%)

NB: In the response labelled as "Other", most frequent was "walking".





The majority of respondents have most of the basic general infrastructure to accommodate visitors (not specifically for outdoor sports, see Figure 6), such as trail signposting (95%), maps (91%), parking (89%), access furniture and

information or educational panels promoting responsible behaviour (87%) and recreational area or purpose built trails (81%). None of the respondents stated that they have no such general infrastructure.

Regarding specific infrastructure for outdoor sports, respondents indicated that they provide equipment rental (54%), sports centres including outdoor gyms, sailing centres etc. (33%), fixed hooks for rock climbing (27%), skiing infrastructure (26%) and mountain huts (23%).

Less than one fifth of all respondents indicated their protected area include jetties for sailing (17%), take off structures (i.e. for paragliding, 16%), other (such as horse riding facilities, bike parks, 20%) or none (18%).

Figure 6: General infrastructure (%)

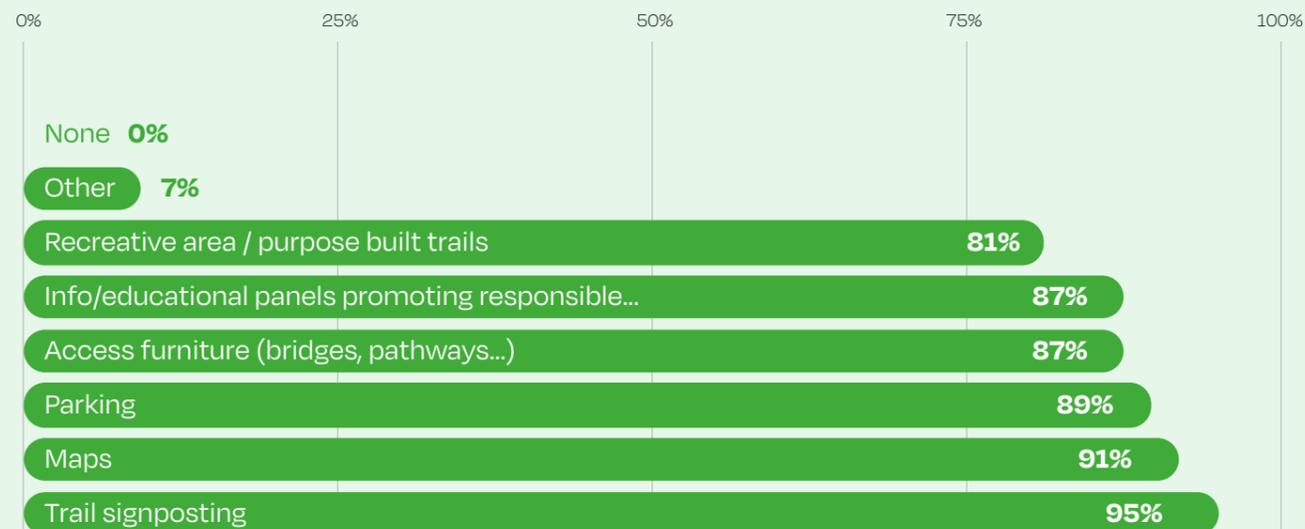
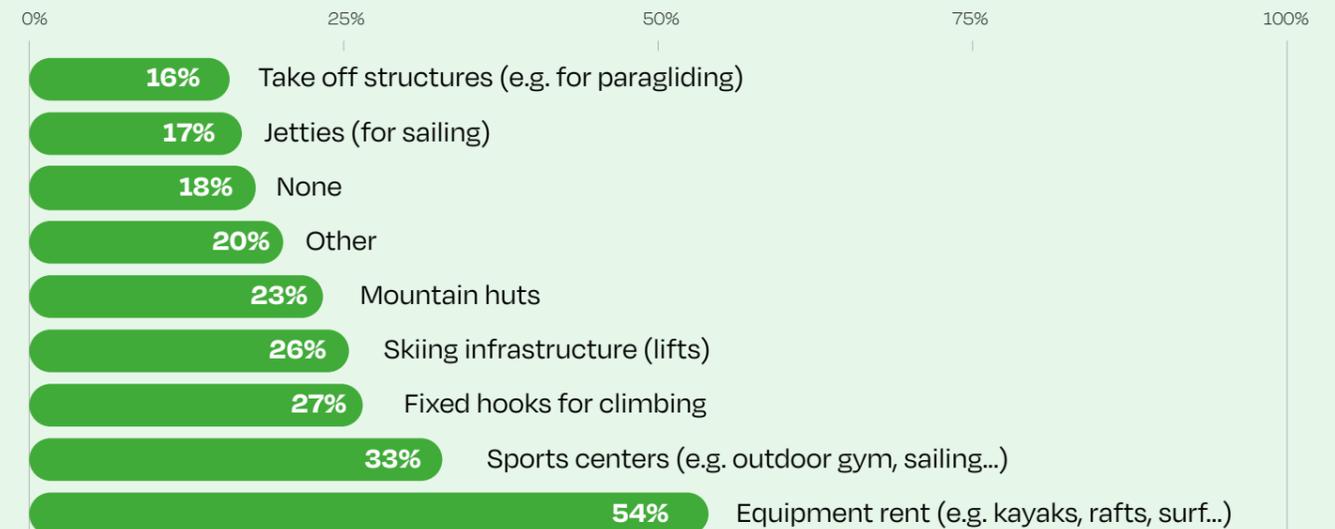


Figure 7: Outdoor sports infrastructure / services (%)



NB: In the response labelled as "Other", respondents mentioned for example horse riding facilities, bike trails/parks.

## 6. OUTDOOR SPORTS EVENTS

In order to get a better idea about how protected area managers perceive Outdoor Sports and what kind of activities are allowed, the survey also asked about hosting sports events. 71% replied they do host such events, of which 84% require authorisation.

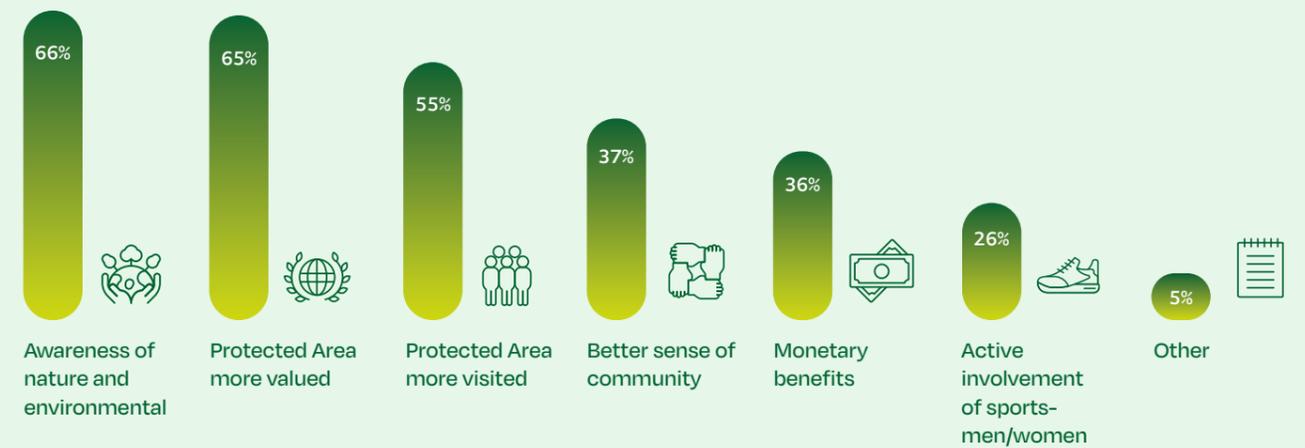


## 7. BENEFITS FOR PROTECTED AREAS FROM OUTDOOR SPORTS

There is no doubt outdoor sports bring numerous benefits to the practitioners, but are there benefits for the protected area?

The survey therefore asked a question on what perceived benefits for protected areas are gained from outdoor sports (See Figure 8). A significant number replied that they perceive outdoor sports practitioners to be more aware of nature and environmental issues (66%) and that outdoor sports practice leads to higher sense of value of protected areas (65%). 55% indicated that their protected area is more visited due to outdoor sports, but many of them commented that they don't perceive that as a benefit. A smaller sample responded that outdoor sports in their protected area create a better sense of community (37%), increased monetary benefits (36%), active involvement of sports people in nature conservation activities (26%) or other (5%). In a follow up open question, six protected areas (6.25%) indicated they perceive no benefits from outdoor sports practice.

Figure 8: Benefits for Protected Areas from Outdoor Sports (%)



66%

of respondents stated that outdoor sports in their Protected Area are linked to better awareness of nature and environmental issues.

## 8. OUTDOOR SPORTS PRACTICED AND RELATED CHALLENGES AND OPPORTUNITIES FOR PROTECTED AREAS

In the next section of the survey respondents were asked to select up to 5 outdoor sports that take place in their protected areas, with preference given to those that draw most people in the protected area and/or that generate most important impacts.

As such, most protected areas selected **hiking (88.3%), mountain biking (57.5%), cycling (53.2%), running or orienteering (50%)**. On the other side of the spectrum, the least represented were water sports such as sub-aqua/diving, kite and wind surfing (6.4%), dinghy sailing (5.3%), rafting (4.3%), rowing (4.3%) and surfing (2.1%) See Figure 9.

Popular Outdoor sports in protected areas

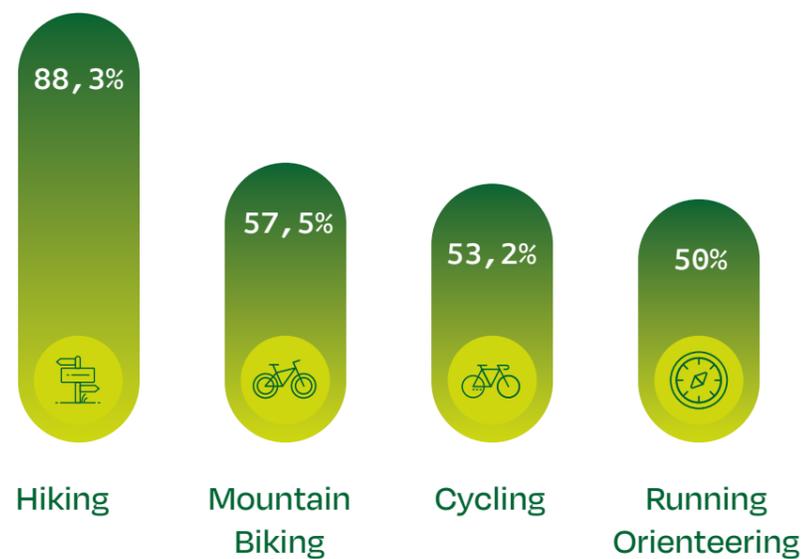
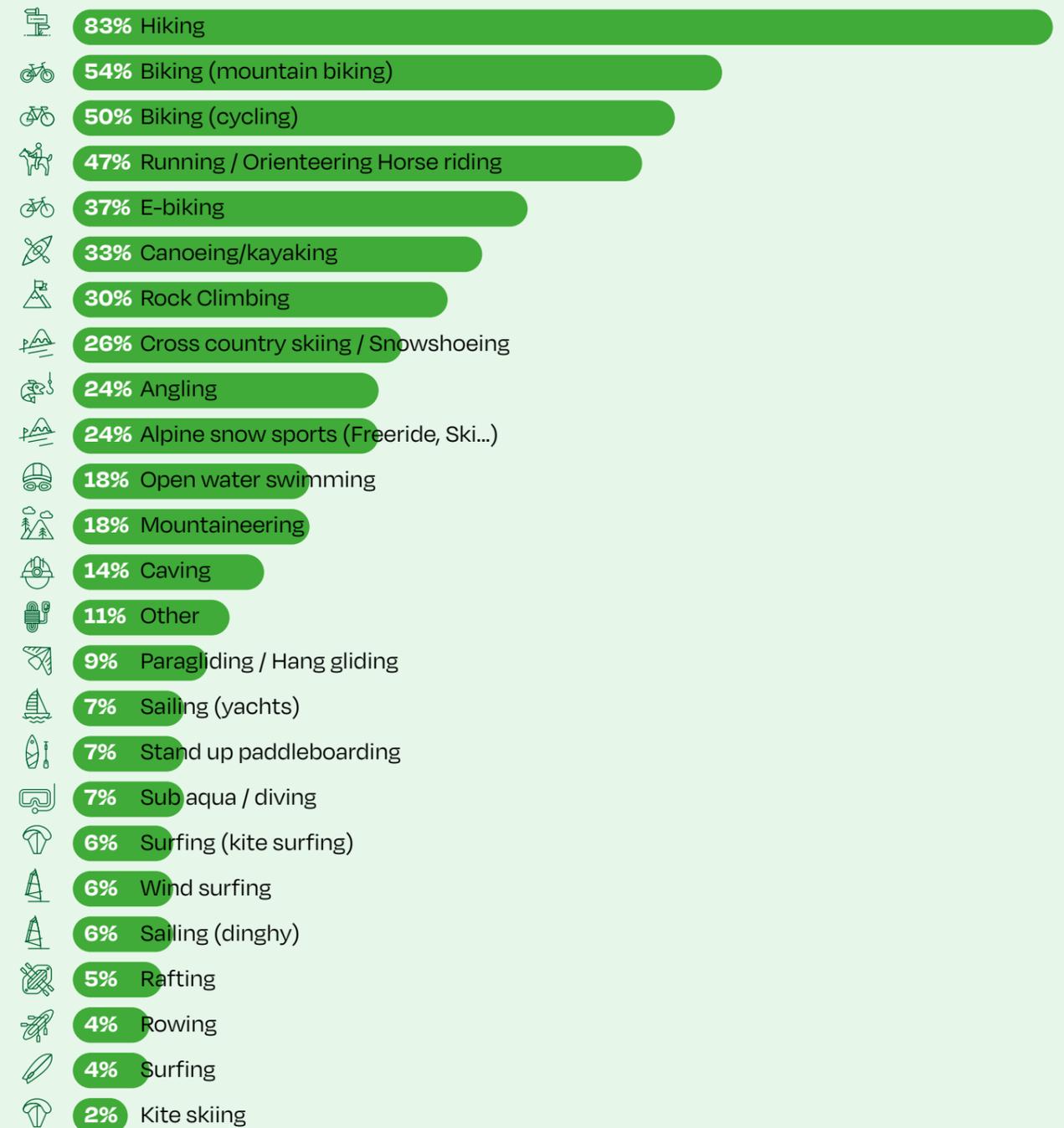


Figure 9: Number of protected areas and the outdoor sports practiced

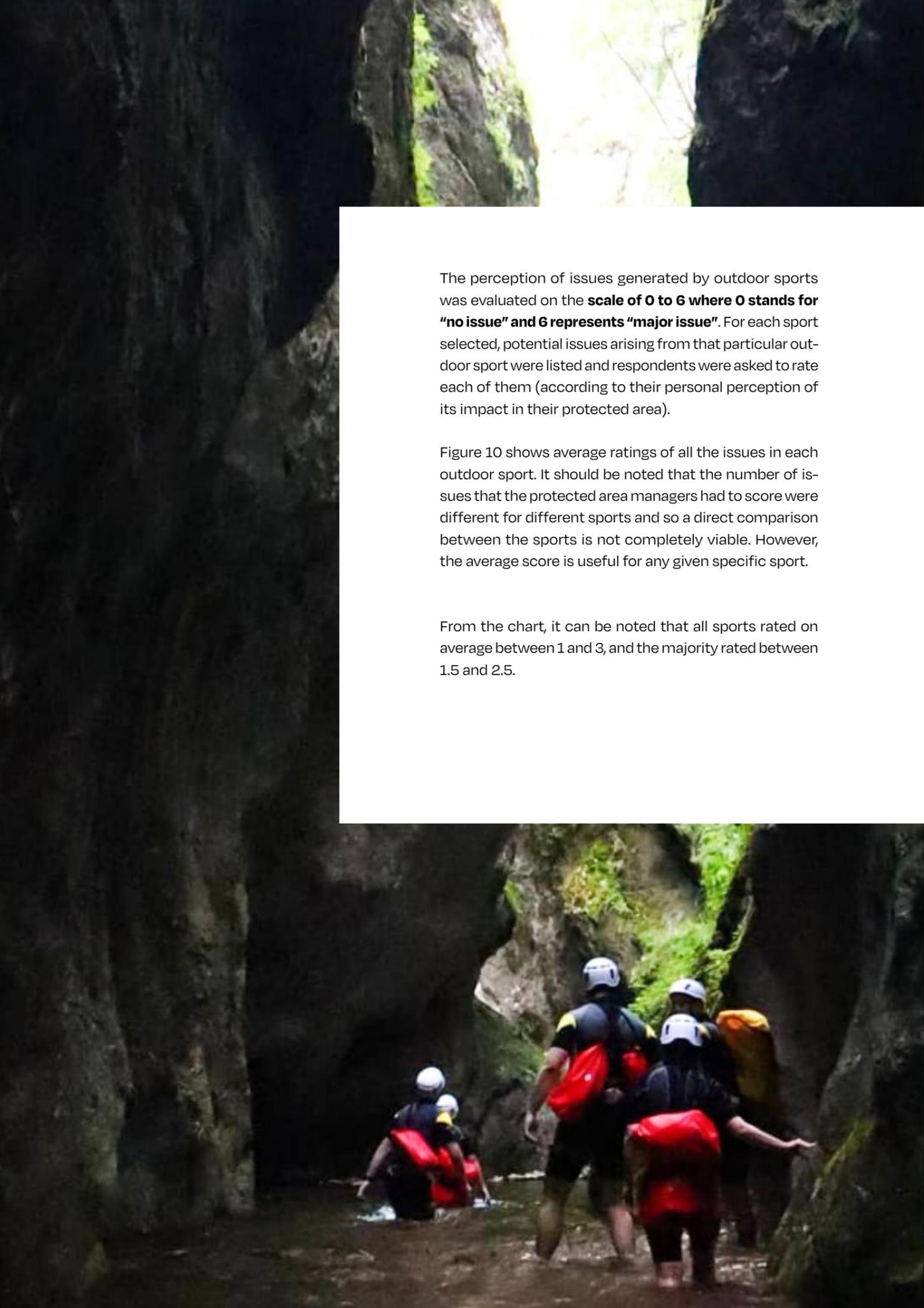
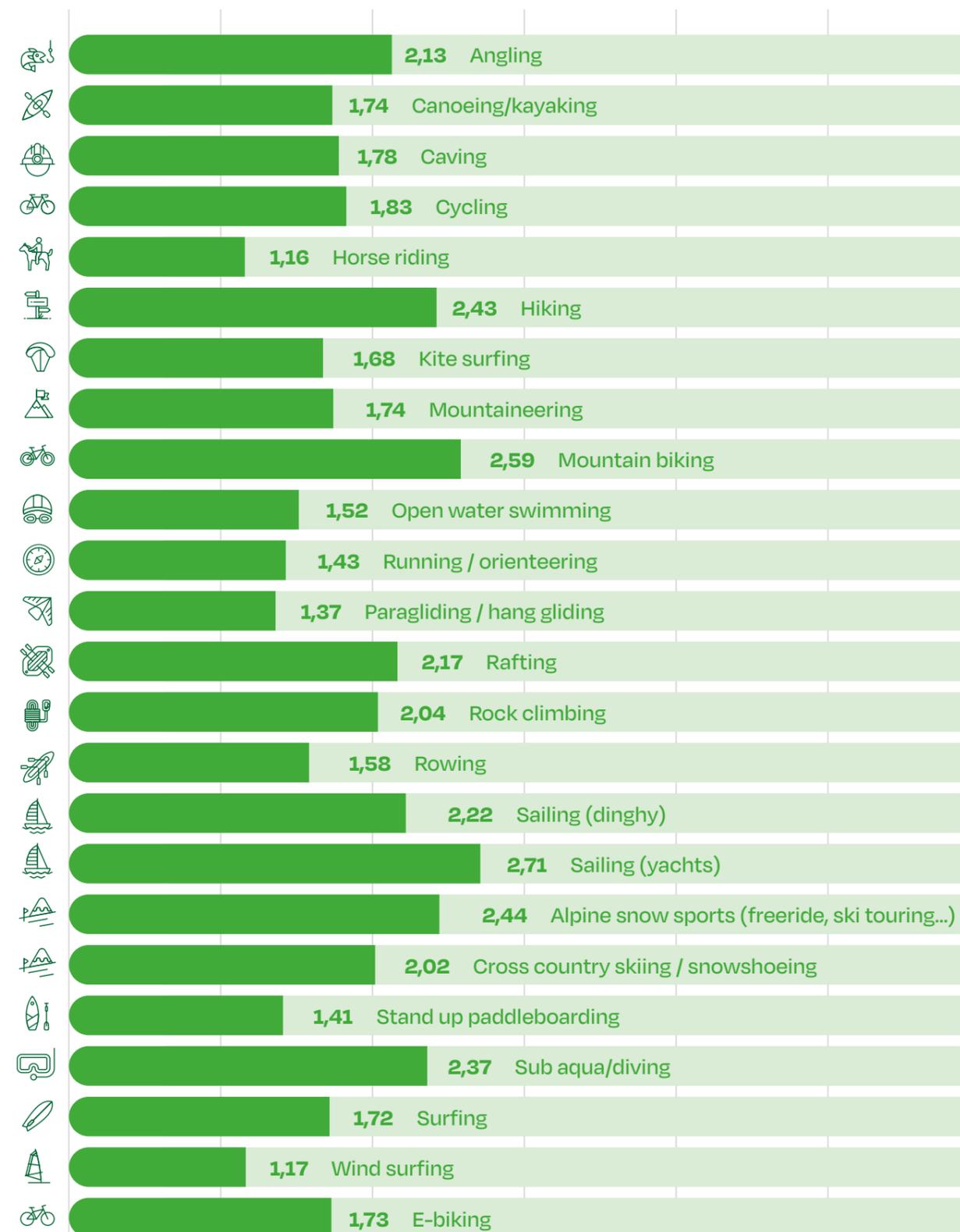


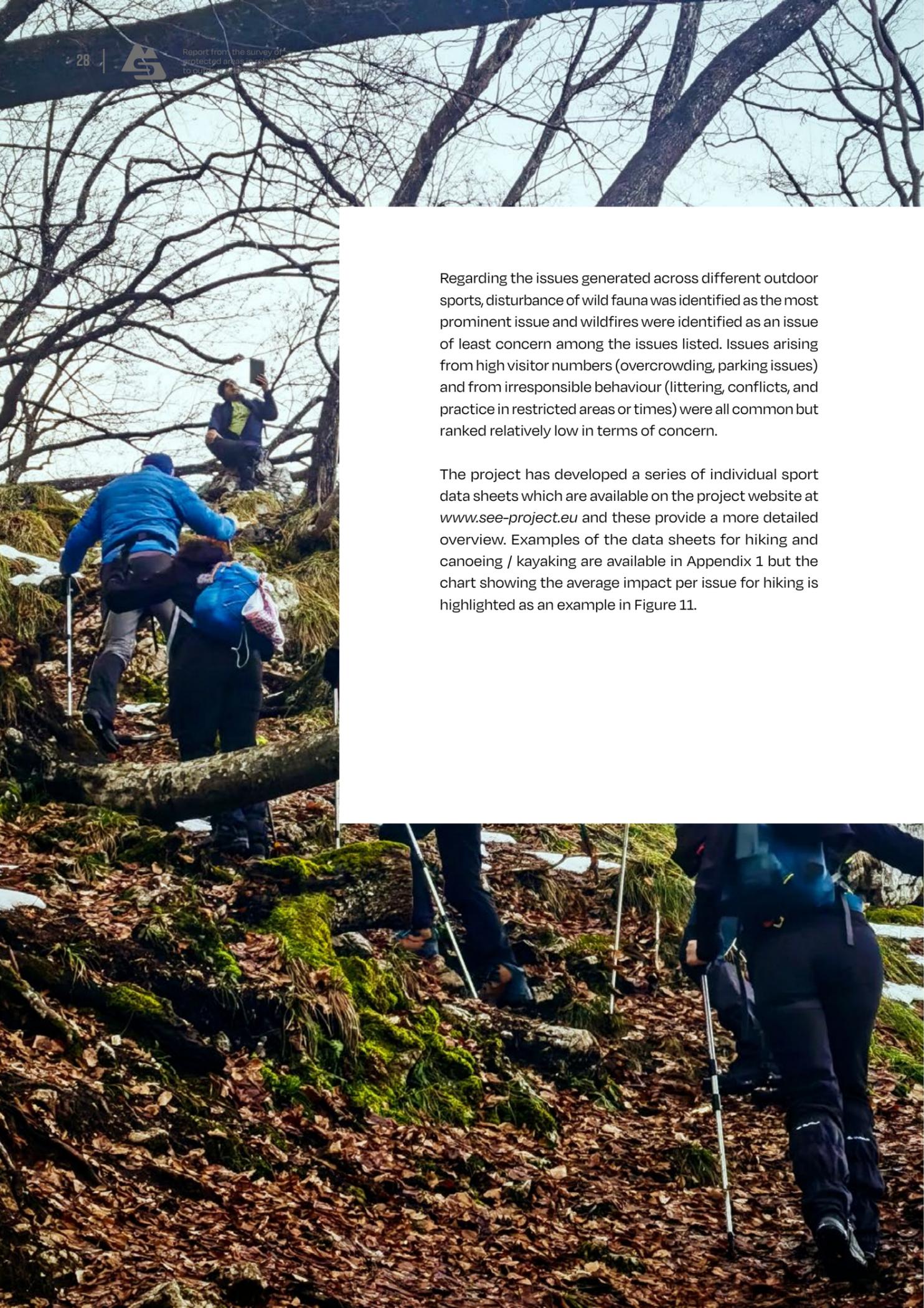
The perception of issues generated by outdoor sports was evaluated on the **scale of 0 to 6 where 0 stands for “no issue” and 6 represents “major issue”**. For each sport selected, potential issues arising from that particular outdoor sport were listed and respondents were asked to rate each of them (according to their personal perception of its impact in their protected area).

Figure 10 shows average ratings of all the issues in each outdoor sport. It should be noted that the number of issues that the protected area managers had to score were different for different sports and so a direct comparison between the sports is not completely viable. However, the average score is useful for any given specific sport.

From the chart, it can be noted that all sports rated on average between 1 and 3, and the majority rated between 1.5 and 2.5.

Figure 10: Average perceived score (0-6) caused by outdoor sports

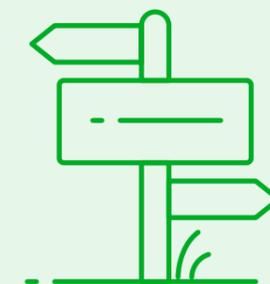
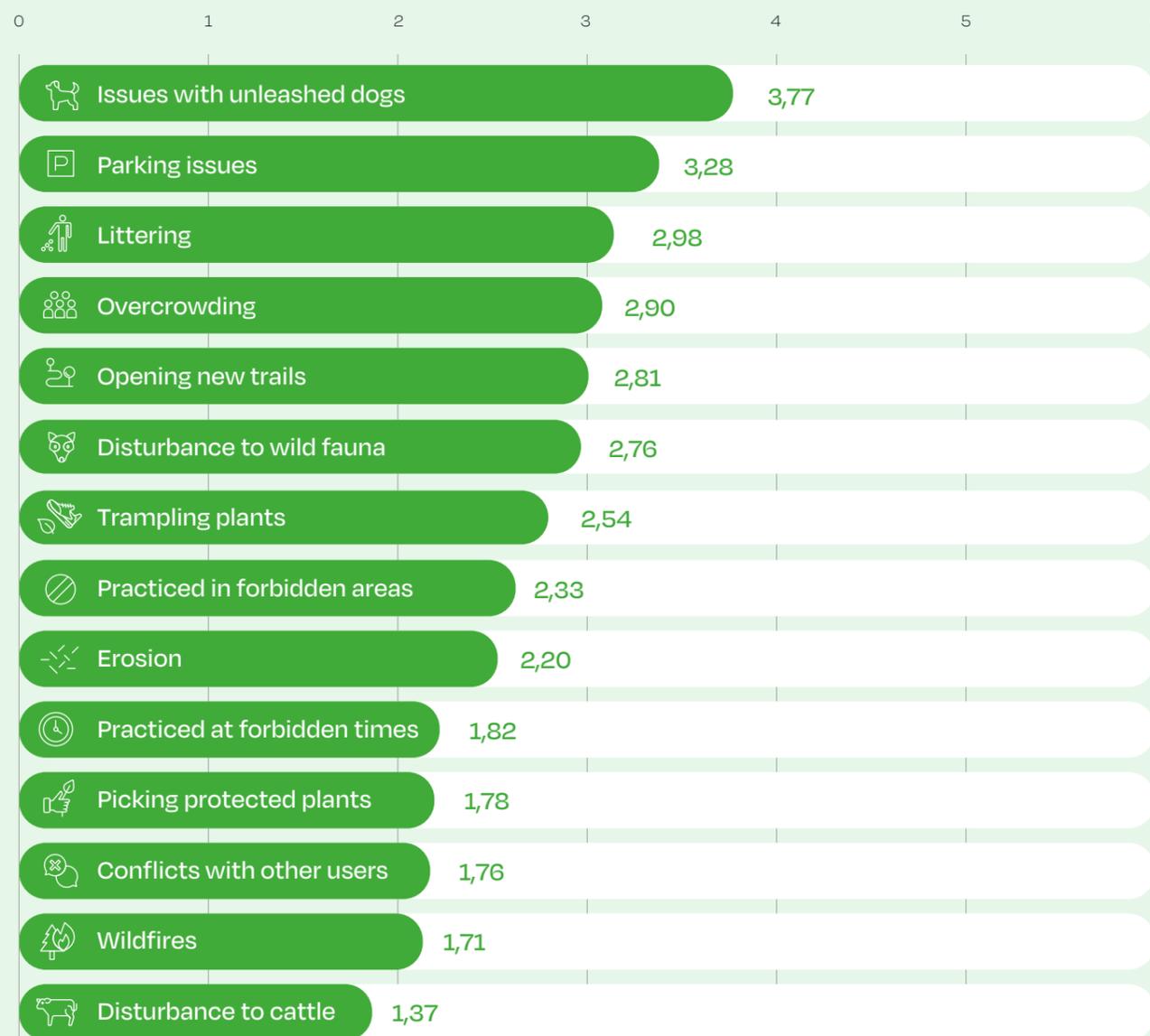




Regarding the issues generated across different outdoor sports, disturbance of wild fauna was identified as the most prominent issue and wildfires were identified as an issue of least concern among the issues listed. Issues arising from high visitor numbers (overcrowding, parking issues) and from irresponsible behaviour (littering, conflicts, and practice in restricted areas or times) were all common but ranked relatively low in terms of concern.

The project has developed a series of individual sport data sheets which are available on the project website at [www.see-project.eu](http://www.see-project.eu) and these provide a more detailed overview. Examples of the data sheets for hiking and canoeing / kayaking are available in Appendix 1 but the chart showing the average impact per issue for hiking is highlighted as an example in Figure 11.

Figure 11: Average perceived levels of impact in one example sport - Hiking





Common perceived issues caused by outdoor sports in protected areas

**Overcrowding**

**Practicing in restricted areas**

**Disturbing wild fauna**

**Erosion**

**Conflicts with other users**

**Unleashed dogs**

**Parking issues**

**Littering**



## 9. CHALLENGES FOR SPECIFIC HABITATS ARISING FROM OUTDOOR SPORTS

As this survey was designed to reveal potential and perceived concerns from the perspective of protected areas, there was some analysis carried out on the perceived impacts of outdoor sports in specific habitats. **It is important to note that the ratings reflect personal, subjective valuations of perceptions of issues. The purpose of this analysis is not to point at causality between the outdoor sports and mentioned issues, but should rather serve as an initial stepping stone for further research.**

The most consistent issues throughout the majority of habitats were perceived to be linked to **hiking** and were namely issues with **unleashed dogs**, and in **mountain biking** where **conflicts with other users** and **practice in restricted areas** were usually perceived as the most prominent issues.

In protected areas that have **mountains and upland habitats** respondents indicated that they have issues associated with **erosion** and **disturbance of wild fauna**.

For **rocky habitats and caves**, respondents identified **disturbance to wild fauna** generated by rock climbers and parking issues as areas of concern.

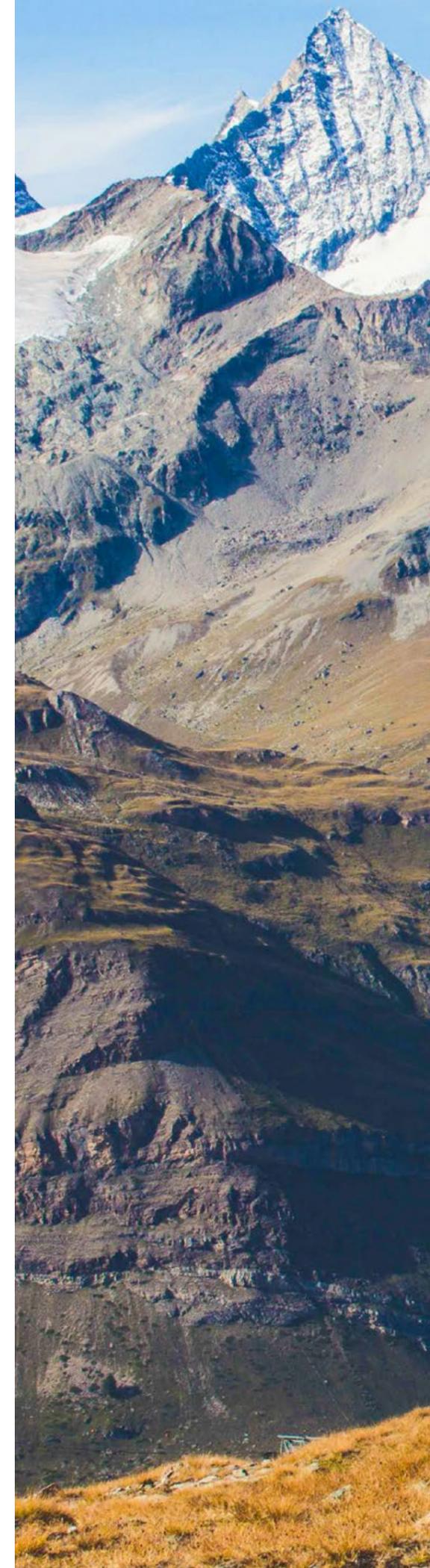
In **raised bogs, mires and fens** the **opening of new trails**, **erosion** and **practice in restricted areas** and **restricted times** were all identified as areas of perceived concern regarding outdoor sports.

In **freshwater** habitats a relatively high average rating was given to **littering**.

In **heath and scrub**, the analysis showed highest concern for **opening new trails**, **erosion**, and **disturbance to wild fauna**. Parking issues were also rated as a relatively strong cause for concern.

In **coastal and marine habitats** a high rating was given to issues connected to **disturbance to wild fauna**, **overcrowding** and **water pollution with oil or petrol**. However, this result comes from a low number of responses which suggests caution when drawing conclusions.

**Forest habitats** were represented in 80% of all respondents' protected areas and didn't show any significant outliers compared to protected areas comprising all habitats together.



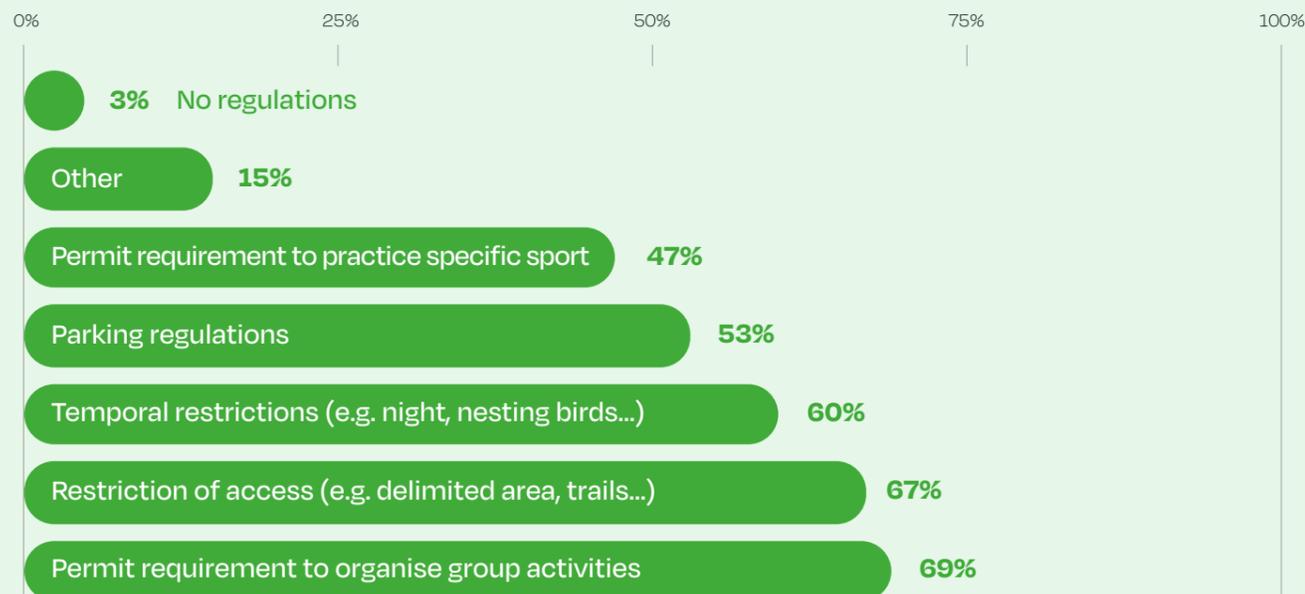
## 10. MAIN MANAGEMENT STRATEGIES

97% of all the respondents have implemented some kind of regulation to manage outdoor sports (see figure 12) – including permit requirements (69%), restriction of access (67%) and temporal restrictions (60%). About half of the respondents have implemented parking regulations (53%) or permit requirement to practice specific sports (47%).

Although only 2% would say that the regulations in their protected area are totally respected, two thirds of those who filled the survey believe that the **regulations are mostly respected (66%)**. The remaining 32% assume that protected area regulations are respected by practitioners of some sports only.

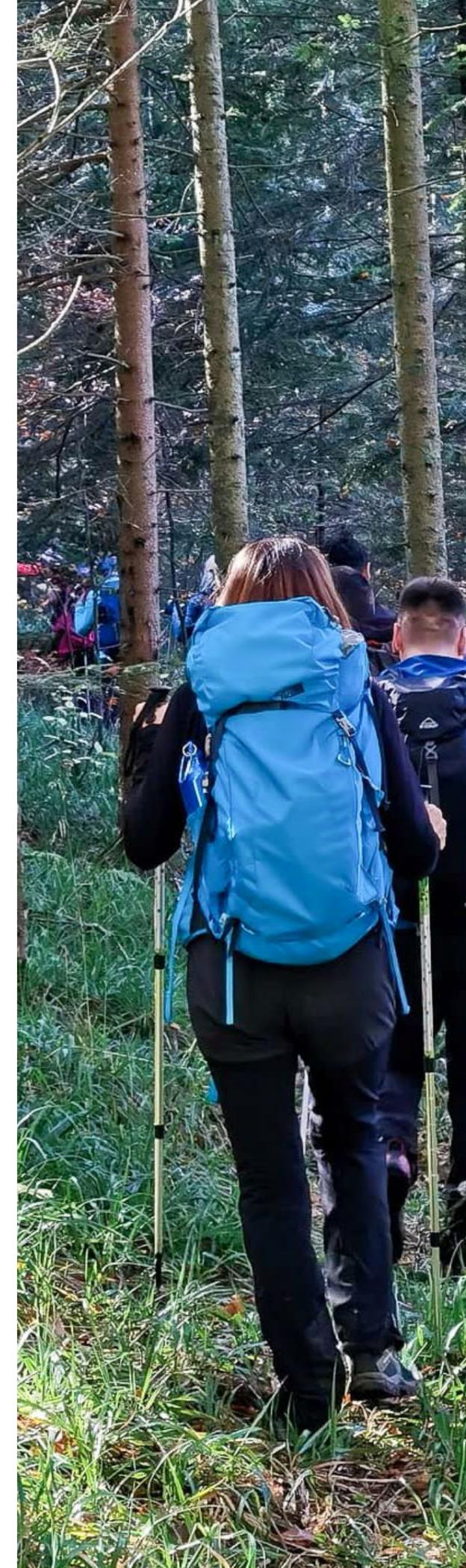


Figure 12: Regulations to manage outdoor sports (%)



In an open question respondents could state which outdoor sports (that took place in their area), in their opinion, are the least compliant with the regulations (N=63). The two most frequently mentioned sports included mountain biking (n=53) with 49.1% and rafting (n=4) with 50% of the protected areas stating that they were least compliant. However, as noted, only 4 protected areas indicated that rafting was one of the main activities that took place in their area. Other activities that ranked highly as least compliant by the protected areas in which they took place were as follows:

- E biking (n=53) with 21.2%
- Kite surfing (n=6) with 16.9%
- Sub aqua (n=6) with 16.9%
- Climbing (n=25) with 16%
- Paragliding (n=7) with 14.3%
- Snow sports (n=42) with 11.9%
- Hiking (n=83) with 10.8%
- Cycling (n=50) with 10%
- Canoeing / kayaking (n=30) with 10%
- Angling (n=24) with 8.3%
- Horse riding (n=37) with 5.4%

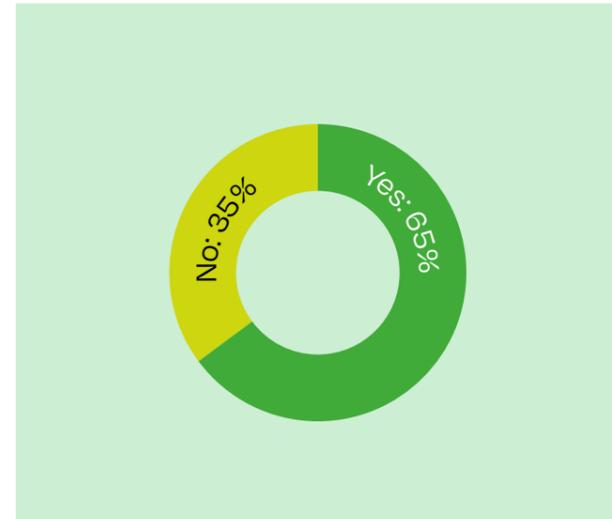


Although the survey did not examine sports that use motorised vehicles (according to the definition used in the survey to define outdoor sports), **11.1% of the areas that provided information on the least compliant sports highlighted that motorised practitioners (whether motocross or jet skiers) are the least compliant with outdoor sports regulations in their protected area.** Likewise hunting is not included in the definition but one protected area highlighted it as the least compliant and another noted that outdoor sports practitioners are not a problem but rather the least compliant are the casual users.

The majority of respondents (65%) also indicated that the authority of their **protected area engages with the outdoor sports sector in decision-making** on related regulations (See Figure 13). Of the protected areas that engage with the outdoor sports sector, the majority does so via local sports clubs (52%). About 1/3 of respondents consult national sport associations (31%) and only 1% engage with international sports federations. The remaining 16% engage with other entities.

When asked about the level of engagement with outdoor sports, about 40.7% of the respondents who engage with outdoor sports sector hold **periodic meetings with outdoor sports representatives but this is only 26% of the overall protected areas.** 30.5% (19% overall) stated they are in loose contact with the outdoor sports sector, while 28.8% (16% overall) said that their protected area has a sport representative as part of the park consulting or management board.

Figure 13: Does the PA authority engage with the OS sector in decision-making on regulations?



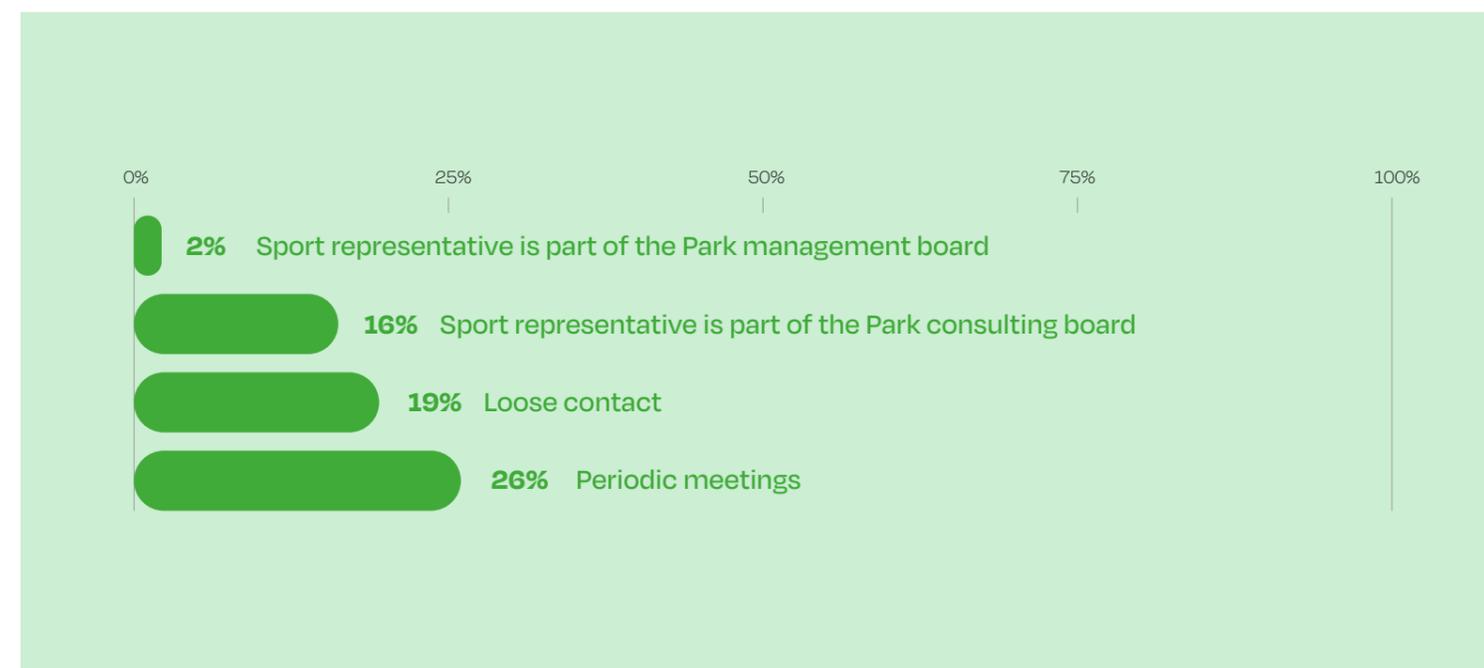
As for means of engagement with the outdoor sports sector, majority of respondents identified informal meetings (e.g. random encounters of rangers with outdoor sports practitioners) (66%) as a common way of communication. About half of the protected areas that took the survey identified **social media and other online platforms** (51%) **or events** (e.g. for networking, raising awareness on a cause etc.) (46%) as a means to engage with the outdoor sports community. 43% claim to hold formal meetings, 30% said they participate in or lead a project together with outdoor sports representatives, and 22% organise targeted campaigns or programmes.<sup>5</sup>

<sup>5</sup> In this question again, respondents could choose as many options as applicable to their case.

Figure 14: Who does the PA authority engage with?



Figure 15: Level of engagement with the outdoor sports sector (%)



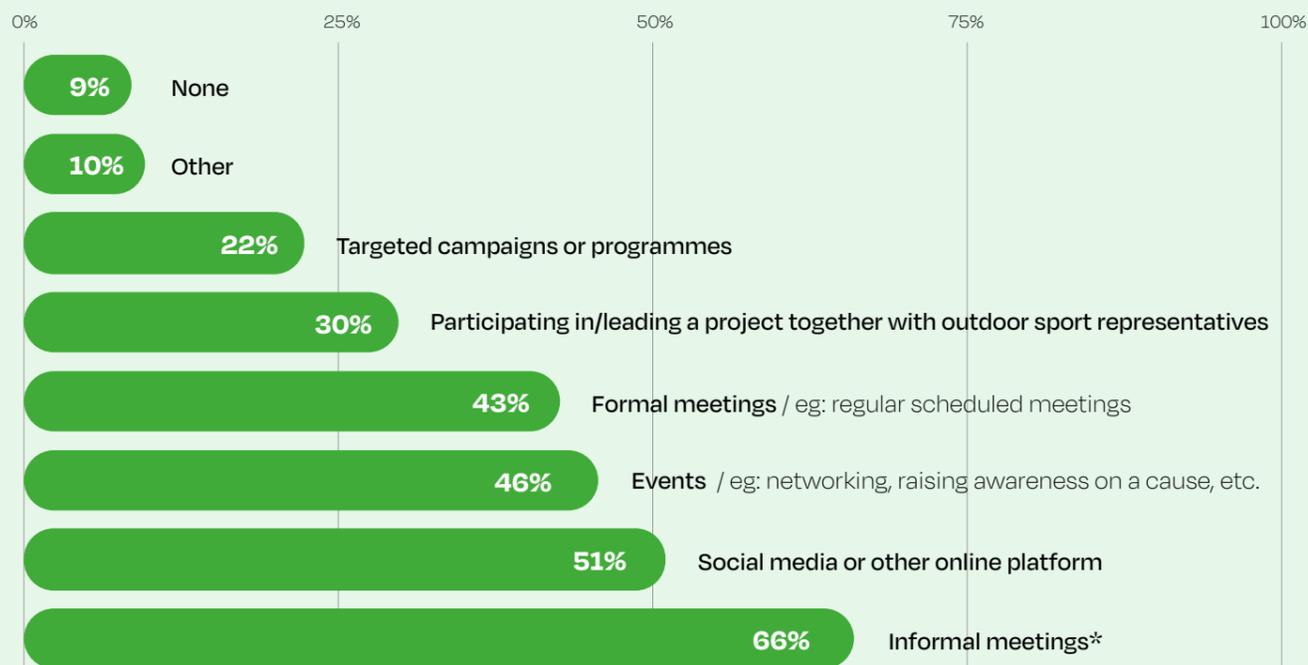
It was investigated if different levels of engagement with the outdoor sports sector correlate with different ratings of issues, different perception of outdoor sports or their benefits. The most significant outlier is observed with protected areas who participate in or lead projects together with outdoor sports stakeholders, and their perception of benefits from outdoor sports as compared to data from all respondents together.

The analysis showed that among the protected areas that are engaged in projects with the outdoor sports sector, **75% perceive that protected areas are more valued by**

**outdoor sports practitioners** (compared to 65% among all respondents), 71.5% notice better awareness of nature and environmental issues (compared to 65% overall), 53.5% responded that they perceive a better sense of community thanks to outdoor sports practice (compared to 37% compared to overall results) and 50% answered they see an active involvement of outdoor sports practitioners in nature conservation activities (compared to 26% in general). Also regarding protected areas involved in projects together with outdoor sports stakeholders, on average they perceive the majority of issues less prominent than when looking at the data of all respondents together.

## 75% perceive that protected areas are more valued by outdoor sports practitioners.

Figure 16: Means of engagement with the outdoor sports sector (%)



\* eg: random encounters between rangers and outdoor sports practitioners

## II. PROTECTED AREA'S SPECIFIC NEEDS

To help to understand a protected area's specific needs, one question in the survey asked about the support they would need to improve outdoor sports management and coordination.

Most protected areas indicated their interest in roundtables and dialogue events with the outdoor sports sector (68%) and in educational material such as case studies, toolkits, brochures and guidelines (59%). Half of the respondents stated they would appreciate communication support (50%) and 46% would be interested in capacity building events such as workshops and webinars, while 40% expressed that they would need

more or better regulations in place. 13% also specified other kinds of support they would find useful, which can be grouped into two additional categories, namely: more human and material resources (e.g. more staff, infrastructure and services to ensure outdoor sports are practiced in a responsible way) and policy support (ensure complex and coherent legislation, clear management structure and participation of all stakeholders).

Figure 17: Support needed to improve outdoor sports management and coordination (%)



## 12. OVERALL PERCEPTION OF OUTDOOR SPORTS

66% of respondents stated that outdoor sports in their protected area are linked to better awareness of nature and environmental issues, and 65% believe that their protected area is more valued by outdoor sports practitioners. Overall, most respondents perceive outdoor sports in their protected area as a positive (45%) or neutral (38%) phenomenon.

Some quotes from the park managers and professionals illustrated this:

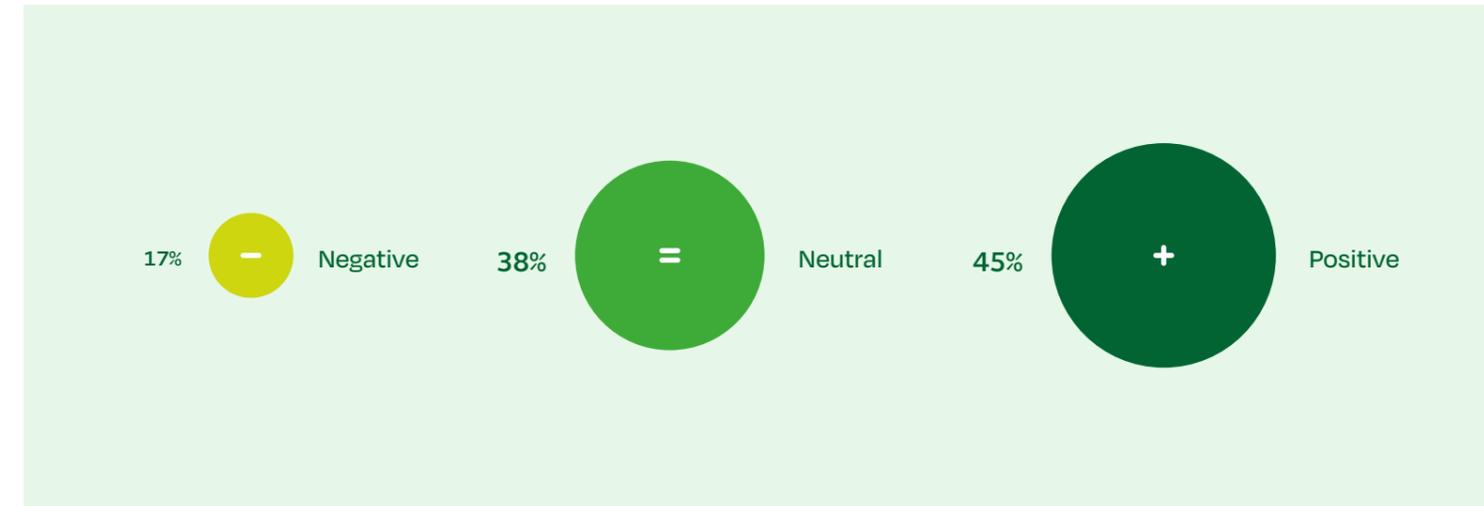
**“Outdoor recreation plays a key role in building awareness of the natural world - it’s much easier to foster an ethos of care for resources that people can experience at first hand.”**

—Mark Wrightham, Recreation & Access Manager, NatureScot, Scotland

**“Better informed, sportsmen and women often become actors of nature and landscape conservation.”**

—Rémi Laffitte, Project Manager, Fédération des réserves naturelles catalanes, France

Figure 18: Overall perception of Outdoor Sports (%)



**“Many outdoor sports enthusiasts are nature lovers and therefore enjoy coming to the national park. This is an opportunity to raise awareness of our goals among these groups.”**

—Urs Reif, Senior Ranger, Nationalpark Schwarzwald, Germany



However, 17% of respondents perceive outdoor sports as a negative phenomenon in their protected area. On top of that, the Covid-19 pandemic played a game changing role in the sphere of outdoor sports. Most respondents (80%) indicated that over the pandemic, outdoor sports became more popular and 55% said that overall there is a higher level of irresponsible usage by outdoor sports practitioners.



Figure 19: Popularity of outdoor sports during Covid



Figure 20: Change in behaviour of outdoor sports practitioners (%)



## 13. GOOD EXAMPLES: CASE STUDIES FROM PROTECTED AREAS

Some of the respondents shared their success stories. EUROPARC has collected them in the form of case studies published in the online Knowledge Hub, where other protected areas can find inspiration and possible solutions to their challenges.

<https://www.europarc.org/knowledge-hub/outdoor-sports/>

**Two examples from these case studies have been provided to highlight how outdoor sports can be both promoted and managed in ways that supports conservation outcomes and the health and well-being outcomes for the participants.**

### NEST&CLIMB: A PARTICIPATORY MONITORING OF BIRDS' NESTS IN CLIMBING AREAS

In the French region of Haute Savoie, the French Biodiversity Office has developed an innovative project that actively involves climbers in nature protection activities. How does that work? Climbers are asked to warn the protected area staff if they see or suspect a bird's nest in the cliff where they climb. The staff then identify the bird species and warn other users of the area about it by putting a sign explaining the nesting period and the routes that should not be climbed during that period of time.

Before the Nest&Climb project, there has been little awareness and only limited monitoring of vulnerable bird species in the Haute Savoie. As a result, the whole area has been closed and forbidden for climbers. The project has raised awareness on a variety of species and at the same time, restricted the sensitive areas only to places where birds actually nest and for short period of time, which made the rules more acceptable for the climbers.

Creating comprehensible, coherent and accessible educational materials online and on site was crucial for the success of the project. To disseminate the information, social media were used and the idea spread by a community of several hundred climbers interested in tackling that issue. The project is demanding as with every season it is crucial to strengthen the community and keep the climbers informed and updated. Although the project leaders were initially afraid that the climbers would welcome the project negatively because it could have been perceived as a threat to their freedom, it turned out to be received very positively.

The initiators of the project conclude that if there is a lesson learnt, it would be the following: Outdoor enthusiasts are eager to learn about the surrounding environment of their sport practices and would do the right thing if they know why it has to be done.

### DESIGNING SPECIFIC TRAILS TO REDUCE THE IMPACT OF MOUNTAIN BIKING ON HABITATS AND WILDLIFE IN THE MINETT REGION OF LUXEMBOURG

In the Minett Region of Luxembourg, several former open-cast mining sites that were abandoned in 1970's, offer an attractive landscape for mountain biking. This recreational activity developed rapidly in the 90's until little habitat remained un-impacted by trails. It had caused degradation of dry grasslands and plants as well as disturbance of wildlife – sometimes deadly to certain species. Clearly, there was a need for exclusion zones within those sites that were yet un-impacted by MTB. That is why the protected area developed a strategy to funnel mountain bike traffic away from sensitive areas onto trails that remain attractive to mountain bikers but pose little threat to vulnerable species and habitats.

After several unofficial trails were dismantled and marked as exclusion zones where mountain biking is forbidden, the MTB community first responded with strong backlash including vandalism of signposts designating the exclusion zones. As a solution, a network of new MTB trails was designed, which allows mountain bikers to fully appreciate the typical landscape, while avoiding the ecologically most sensitive areas. All in all 154 km of trails with different degrees of difficulty were designed and signposted.

Also in this case, communication and awareness raising was crucial in order to achieve positive results. That is why all the new trails were marked on the ground, published online on the public geoportal from the Luxembourgish government (<http://g-o.lu/3/UNun>) and advertised by the regional tourist office in order for people to get to know and use them.



## 14. CONCLUSIONS

The survey was sent out to all of the EUROPARC federation members who manage protected areas. The response rate was approximately 23% of the overall membership of and so is a reasonably representative sample.

There was data from 24 countries but a strong response was received from Germany with 17 respondents (18%) and the Czech Republic with 11 respondents (12%). This may skew the results to some degree.

It was interesting to note that in general outdoor sports were not seen as a major problem in the majority of protected areas but rather could bring benefits although clearly there are some a range of issues.

The main issues that have come out from the survey are to do with disturbance to fauna, congestion and usage levels with associated parking problems, pollution risks and erosion of fragile soil systems. Further the data has revealed a significant increase in usage as a result of Covid but aligned with that there have been greater levels of irresponsible behaviour.

Having outdoor sports enthusiasts understand the natural heritage of the protected areas and the sensitivities associated with vulnerable species within any habitat is clearly important but the capacity to communicate and liaise with the sports effectively may be an issue.

This information presents the SEE project partners with the opportunity to develop good educational material and methods that effectively address these issues and will provide outdoor sports leaders, coaches or instructors with appropriate methodologies to motivate and educate practitioners for responsible and sustainable behaviour.

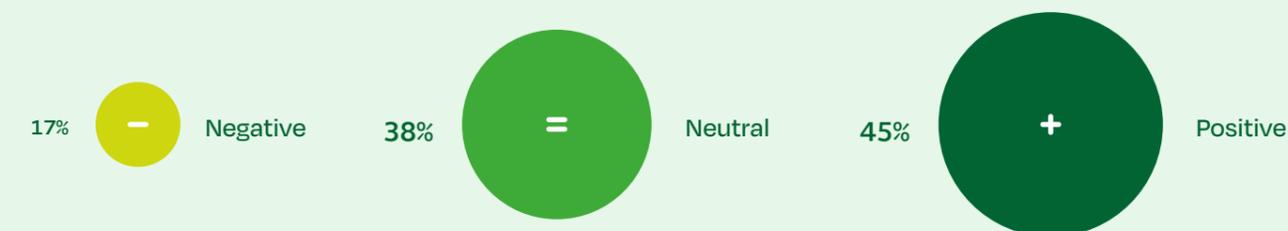
## Appendices



## APPENDIX I – HIKING DATA SUMMARY

At the end of April 2021, the SEE project partners created a survey to collect inputs from Protected Areas across Europe, to learn about the various impacts of outdoor sports (OS) in nature and to identify innovative practices to effectively manage them. The outcomes of the data analysis will contribute to the preparation of a toolkit for OS trainers and educators in order to ensure a more sustainable, respectful and enjoyable experience of being active in nature.

Chart 1: Overall perception of OS (%)



**The survey was addressed to Parks and Protected Area managers or other professionals who have management authority over a publicly accessible natural area** (including Periurban Parks, Marine Protected Areas, Biosphere reserves, National or Regional Parks etc.) where OS take place. In different sections of the survey, respondents were asked about the Protected Area characteristics, its public use, the opportunities and challenges linked to OS in nature and the management strategies they implemented.

By the end of June, the SEE project partners have received valuable data from **94 Protected Areas from 24 countries**. Out of them, 97% have implemented some kind of regulation to manage OS – most frequently permit requirements (69%) and restriction of access (67%). The majority of respondents (65%) also indicated that the authority of their Protected Area engages with the OS sector in decision-making on related regulations. **Overall, most respondents perceive OS in their Protected Area as a positive (45%) or neutral (38%) phenomenon, but each sport has unique impacts on habitats and ecosystems (see chart 1).**

To examine the issues a scale was used with a rating of 0 (no impact) to 6 (major impact). The respondents were asked to rate each sport's impacts under a series of issues that were relevant for that specific sport such as littering, disturbance to fauna, trampling of plants etc.

Within all OS, disturbance to wild fauna was identified as the most prominent issue (average rating 2.5) while issues related to wildfires were identified as an issue of least concern (average 0.8) among the issues listed. Issues arising from high visitor numbers (overcrowding, parking issues) and from irresponsible behaviour (littering, conflicts, practice in restricted areas or times) were all common but ranked relatively low in terms of concern.

Most respondents (80%) indicated that over the pandemic, OS became more popular and that overall there is a higher level of irresponsible usage by OS practitioners.



## ISSUES CONNECTED TO HIKING AND PERCEIVED LEVEL OF IMPACT

83 of the protected areas (88%) that responded to the survey indicated that hiking is one of the main activities within the area.

Protected Areas were asked the type of impacts that the sport had on the environment and 14 categories were created and ranked from 0 (no impact) – 6 (major impact).

Overall, hiking had an average score of 2.43 out of 6 in terms of the perceived impacts that it creates.

9 respondents (10.8% of those who had hiking in their protected area, n=83) identified it as one of the least compliant sport with rules, regulations or policies.

26 respondents indicated that they engage most with hiking while 4 indicated that they engage least with the sport.

There were a number of other issues and comments that were provided by the respondents and these included issues associated with large numbers of hikers, impact of photos on social media and “influencers” in making specific hotspots more popular, unauthorised camping and fires and hanging bags of dog excrement on trees (although this latter comment may be directed more to the casual “dog walking” users of an area rather than hikers).



Chart 2: Average score for issues  
Scale from 0 = no impact to 6 = major impact



83 of the protected areas (...) indicated that hiking is one of the main activities within the area.

Table 1: Average score and frequency of scores for each issue (scale from "0 = no impact" to "6 = major impact")

Issue	Average score	Frequency of scores						
		0	1	2	3	4	5	6
Littering	2.98	2	18	14	19	12	12	6
Parking issues	3.28	6	13	10	10	19	17	8
Conflicts with other users	1.76	18	23	14	19	7	2	0
Wildfires	1.71	25	23	10	9	11	2	3
Overcrowding	2.90	12	12	13	12	12	13	9
Trampling plants	2.54	6	19	20	12	16	8	2
Opening new trails	2.81	9	16	9	16	18	11	4
Disturbance to cattle	1.37	30	19	18	8	5	3	0
Disturbance to wild fauna	2.76	3	15	19	21	16	5	4
Issues with unleashed dogs	3.77	5	5	5	17	22	15	14
Erosion	2.20	18	17	13	11	15	7	2
Picking protected plants	1.78	10	30	21	13	8	1	0
Practiced in forbidden areas	2.33	15	14	23	8	11	7	5
Practiced at forbidden times	1.82	25	19	10	13	10	3	3

Chart 3: Issues related to hiking and associated impact / Number of scores per perceived issue Scale from "0 = no impact" to "6 = major impact"



### COMMON FEATURES AND QUOTES

66% of respondents find that OS in their Protected Area are linked to better awareness of nature and environmental issues, and 65% believe that their Protected Area is more valued by OS practitioners.

**“Better informed, sportsmen and women often become actors of nature and landscape conservation.”**

—Rémi Laffitte, Project Manager, Fédération des réserves naturelles catalanes, France

**“Outdoor recreation plays a key role in building awareness of the natural world - it's much easier to foster an ethos of care for resources that people can experience at first hand.”**

—Mark Wrightham, Recreation & Access Manager, NatureScot, Scotland

**“Many outdoor sports enthusiasts are nature lovers and therefore enjoy coming to the national park. This is an opportunity to raise awareness of our goals among these groups.”**

—Urs Reif, Senior Ranger, Nationalpark Schwarzwald, Germany

However, 8.5 % said that they don't see any significant benefit in OS for their Protected Area, and in total 17% of respondents perceive OS as a negative phenomenon in their Protected Area. The partners in the SEE project believe that this can be changed through environmental education and focus on sustainability in OS. In the survey, respondents were asked to share important features or messages they would like OS practitioners to know, which would inspire them to take better care of the Protected Area.

In general, respondents would emphasise features of natural heritage (such as characteristic habitats and vulnerable species), issues related to soil (e.g. erosion, vulnerability of sandstone or dead wood and associated soil processes) and demands related to responsible and respectful behaviour.

## EXAMINATION OF HIKING FEDERATIONS' WEBSITES

Following on from this work, partners to the project examined the websites of the International Federation (UIAA and European Ramblers Association) and the websites of the federations in 18 countries including the partner countries.

The international federation has excellent information on sustainability and the environment Mountain Protection – UIAA ([theuiaa.org](http://theuiaa.org)). The European Ramblers Association, however, has no information on the environment or sustainability.

Of the 18 countries examined, 25 federations' websites were found (in some countries there were more than 1 federation) and of these 15 (60%) had any form of environmental information. Of these 15 only 7 were of a standard that effectively met the statement on sustainability and environmental education that the SEE project partners had developed. (See Appendix)

Chart 4: Hiking federations' websites and environmental information

Number that meet statement

6

Number that have environmental info

15

Number that DO NOT have environmental information

10

**“Be responsible for your own actions, show consideration to other users and don't allow your activities to damage the area.”**



If you want to read the full report or find out more about the SEE project you can follow us on the project website:

[www.see-project.eu](http://www.see-project.eu)

or our social media account:

[SEE.Project.Europe](https://www.facebook.com/SEE.Project.Europe)

[@see\\_project\\_eu](https://www.instagram.com/see_project_eu)

## APPENDIX – DEFINITION AND STATEMENT

**As the SEE project has been developed through the European Network of Outdoor Sports (ENOS), the partners have adopted the ENOS definition for outdoor sports.**

### ENOS DEFINITION OF OUTDOOR SPORTS

**We have defined outdoor sports as activities:**

- that are normally carried out with a (strong) relation to nature and landscape and the core aim is dealing with natural elements rather than with an object ;
- it may include activities that have their roots in natural places but use artificial structures designed to replicate the natural environment;
- where the natural setting is perceived by users, as at most, only minimally modified by human beings\* ;
- that are perceived as (at least minimally) physically demanding;
- that are based on man or natural element power and are not motorized during the sport itself ;
- that may use some form of tool (for example a surf board, bicycle, skis etc) or just involve the human body .

\* does not have to be wild, just perceived as natural

### SEE PROJECT STATEMENT ON SUSTAINABILITY AND ENVIRONMENTAL EDUCATION

**This project focuses on how outdoor sports training organisations educate their leaders and instructors on issues of sustainability and the natural environment.**

This is not about teaching participants about how the natural environment affects us whereby the focus is safety (e.g. avalanche risk, floods in rivers etc.) Rather it is focused on how our activities affect the environment.

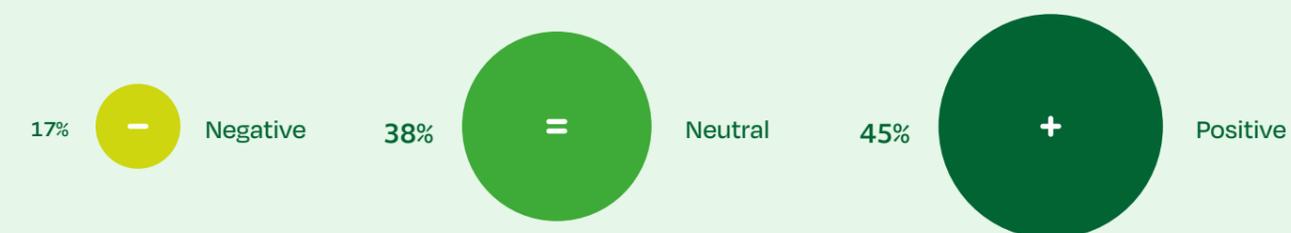
Sustainability for this project is the notion that the activity or consumption of resources in the present does not compromise the ability of future generations to also participate.

The term of “Environmental” relates to the local natural setting, protected areas that are highly used for activities and the global issues facing our natural environment and the planet as a whole.

## APPENDIX 2 – CANOEING / KAYAKING DATA SUMMARY SHEET

At the end of April 2021, the Sustainability and Environmental Education in outdoor sports (SEE) project partners created a survey to collect inputs from Protected Areas across Europe, to learn about the various impacts of outdoor sports (OS) in nature and to identify innovative practices to effectively manage them. The outcomes of the data analysis will contribute to the preparation of a toolkit for OS trainers and educators in order to ensure a more sustainable, respectful and enjoyable experience of being active in nature.

Chart 5: Overall perception of OS (%)



The survey was addressed to Parks and Protected Area managers or other professionals who have management authority over a publicly accessible natural area (including Periurban Parks, Marine Protected Areas, Biosphere reserves, National or Regional Parks etc.) where OS take place. In different sections of the survey, respondents were asked about the Protected Area characteristics, its public use, the opportunities and challenges linked to OS in nature and the management strategies they implemented.

By the end of June, the SEE project partners have received **valuable data from 94 Protected Areas from 24 countries**. Out of them, 97% have implemented some kind of regulation to manage OS – most frequently permit requirements (69%) and restriction of access (67%). The majority of respondents (65%) also indicated that the authority of their Protected Area engages with the OS sector in decision-making on related regulations.

**Overall, most respondents perceive OS in their Protected Area as a positive (45%) or neutral (38%) phenomenon, but indeed each sport has unique impacts on habitats and ecosystems.** (Chart 4).

With all OS disturbance to wild fauna was identified as the most prominent issue (average rating 2.5, on a scale from "0 = no impact" to "6 = major impact") while issues related to wildfires were identified as an issue of least concern (average 0.8) among the issues listed. Issues arising from high visitor numbers (overcrowding, parking issues) and from irresponsible behaviour (littering, conflicts, practice in restricted areas or times) were all common but ranked relatively low in terms of concern.

Most respondents (80%) indicated that over the pandemic, OS became more popular and that overall there is a higher level of irresponsible usage by OS practitioners.



## ISSUES CONNECTED TO CANOEING / KAYAKING AND PERCEIVED LEVEL OF IMPACT

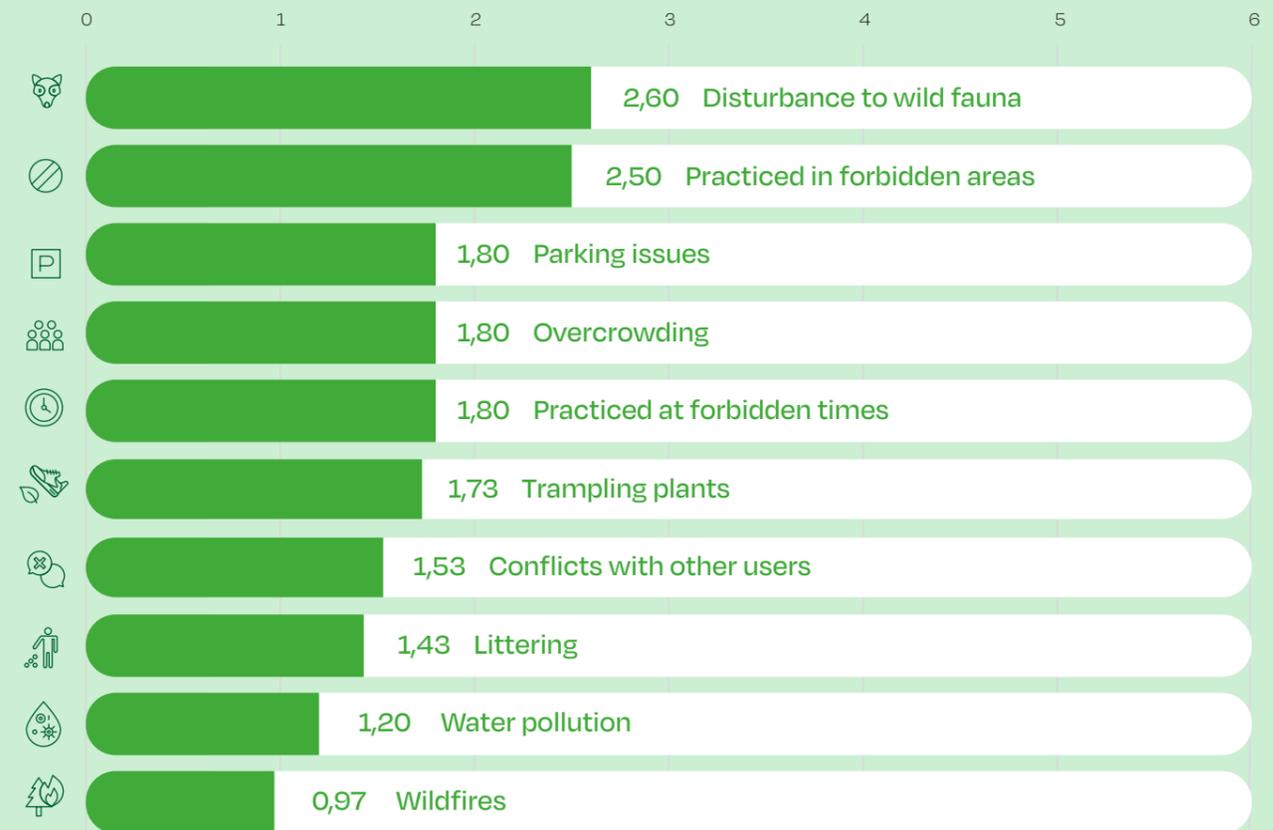
**Thirty of the protected areas (32%) that responded to the survey indicated that canoeing / kayaking is one of the main activities within the area.**

Protected Areas were asked the type of impacts that the sport had on the environment and ten categories were created and ranked from 0 (no impact) – 6 (major impact). Overall, the sport had an average score of 1.74 out of 6 in terms of the perceived impacts that it creates.

3 respondents (10% of those who had canoeing/kayaking in their protected area, n=30) identified it as one of the least compliant sport with rules, regulations or policies.

3 other sport specific comments were also provided (all from protected areas in Germany) and these related to issues of damage to species in lower water conditions and noise. 6 respondents indicated that they engage most with canoeing / kayaking (or watersports in general) and 5 indicated that they engage least with the sport.

Chart 6: Average scores for perceived issues (Scale from 0 = no impact to 6 = major impact)



This table and corresponding chart highlights the number of protected areas that provided a score in each category from 0 – 6. For example, 10 areas highlighted that there is no impact (score 0) in terms of littering while 2 areas highlighted that there is a major impact (score 6).

**Table 2: Average score and frequency of scores for each perceived issue**  
Scale from "0 = no impact" to "6 = major impact"

Perceived Issue	Average score	Frequency of scores						
		0	1	2	3	4	5	6
Littering	1.43	10	11	3	3	0	1	2
Parking issues	1.80	6	9	5	7	1	2	0
Conflicts with other users	1.53	6	10	9	3	1	1	0
Wildfires	0.97	15	6	7	1	0	0	1
Overcrowding	1.80	9	7	5	4	1	3	1
Water pollution	1.20	10	10	7	1	1	1	0
Trampling plants	1.73	8	6	10	1	2	3	0
Disturbance to wild fauna	2.60	2	4	10	7	4	1	2
Practiced in forbidden areas	2.50	2	8	6	6	5	1	2
Practiced at forbidden times	1.80	5	11	5	4	4	1	0

**Chart 7: Perceived Issues related to canoeing / kayaking and associated impact**  
Scale from "0 = no impact" to "6 = major impact"



## COMMON FEATURES AND QUOTES

66% of respondents find that OS in their Protected Area are linked to better awareness of nature and environmental issues, and 65% believe that their Protected Area is more valued by OS practitioners.

**“Better informed, sportsmen and women often become actors of nature and landscape conservation.”**

—Rémi Laffitte, Project Manager, Fédération des réserves naturelles catalanes, France

**“Many outdoor sports enthusiasts are nature lovers and therefore enjoy coming to the national park. This is an opportunity to raise awareness of our goals among these groups.”**

—Urs Reif, Senior Ranger, Nationalpark Schwarzwald, Germany

**“Outdoor recreation plays a key role in building awareness of the natural world - it’s much easier to foster an ethos of care for resources that people can experience at first hand.”**

—Mark Wrightham, Recreation & Access Manager, NatureScot, Scotland

However, 8.5 % said that they don't see any significant benefit in OS for their Protected Area, and in total 17% of respondents perceive OS as a negative phenomenon in their Protected Area. The partners in the SEE project believe that this can be changed through environmental education and focus on sustainability in OS. In the survey, respondents were asked to share important features or messages they would like OS practitioners to know, which would inspire them to take better care of the Protected Area.

In general, respondents would emphasise features of natural heritage (such as characteristic habitats and vulnerable species), issues related to soil (e.g. erosion, vulnerability of sandstone or dead wood and associated soil processes) and demands related to responsible and respectful behaviour.

## EXAMINATION OF CANOE FEDERATION'S WEBSITES

**Following on from this work, partners to the project examined the websites of the International Canoe Federation and the websites of the federations in 18 countries including the partner countries.**

The international federation has good information on sustainability and the environment and are planning to promote further via a toolkit to the national federations. Sustainability | ICF - Planet Canoe (canoeicf.com)

Of the 18 countries examined, 19 federations' websites were found (some countries have more than 1 federation) and of these 6 (32%) had any form of environmental information. Of these 6 only 3 were of a standard that effectively met the statement on sustainability and environmental education that the SEE project partners had developed. (See Appendix)

Chart 8: Canoe/kayak federations' websites and environmental information

Number that meet statement

3

Number that have environmental info

6

Number that DO NOT have environmental information

13

If you want to read the full report or find out more about the SEE project you can follow us on the project website:

[www.see-project.eu](http://www.see-project.eu)

or our social media account:

[SEE.Project.Europe](https://www.facebook.com/SEE.Project.Europe)

[@see\\_project\\_eu](https://www.instagram.com/see_project_eu)

## APPENDIX – DEFINITION AND STATEMENT

**As the SEE project has been developed through the European Network of Outdoor Sports (ENOS), the partners have adopted the ENOS definition for outdoor sports.**

### ENOS DEFINITION OF OUTDOOR SPORTS

**We have defined outdoor sports as activities:**

- *that are normally carried out with a (strong) relation to nature and landscape and the core aim is dealing with natural elements rather than with an object ;*
- *it may include activities that have their roots in natural places but use artificial structures designed to replicate the natural environment;*
- *where the natural setting is perceived by users, as at most, only minimally modified by human beings\* ;*
- *that are perceived as (at least minimally) physically demanding;*
- *that are based on man or natural element power and are not motorized during the sport itself ;*
- *that may use some form of tool (for example a surf board, bicycle, skis etc) or just involve the human body .*

*\* does not have to be wild, just perceived as natural*

### SEE PROJECT STATEMENT ON SUSTAINABILITY AND ENVIRONMENTAL EDUCATION

**This project focuses on how outdoor sports training organisations educate their leaders and instructors on issues of sustainability and the natural environment.**

This is not about teaching participants about how the natural environment affects us whereby the focus is safety (e.g. avalanche risk, floods in rivers etc.) Rather it is focused on how our activities affect the environment.

Sustainability for this project is the notion that the activity or consumption of resources in the present does not compromise the ability of future generations to also participate.

The term of "Environmental" relates to the local natural setting, protected areas that are highly used for activities and the global issues facing our natural environment and the planet as a whole.



# 10 Good Principles for Outdoor Sports in Protected Areas

## Plan your visit sustainably

When we enter a Protected Area, we all make an impact on the natural environment no matter how small this might be. It is important not just to care for ourselves but the nature around us. Nature is inviting you into her home, be a good guest!



Come on foot, bike or public transport as a priority.



When using private vehicles, try to share the ride.



Circulate with caution and park in the spaces reserved.

## How to make the most out of your visit and to take care of the Protected Area?

- 1 You are a privileged guest.**  
Stay in the trails, respect the natural environment and regulations to guarantee the beauty of the place.
- 2 Plan your activity carefully.**  
Gather the information you need to enjoy your activity and the place; you will appreciate it better.
- 3 If you come with a dog,**  
take extra care of it. Follow the regulations. Dogs can disturb other species.
- 4 Take care of yourself and others.**  
and be prepared to help others, regardless their sport.
- 5 Everyone wants to enjoy the place.**  
Give way to other users; anticipate that they often do not feel or see you coming, respect speed limits.
- 6 Help us to keep this place clean.**  
Leave no trace and take with you the waste you make.
- 7 Night is for species to be alone.**  
Avoid going in the night for your safety and let the animals live in peace.
- 8 Keep "secret places" secret!**  
Use social media and GPS tracks with responsibility and according to official regulations.
- 9 Avoid excessive noise.**  
Enjoy the quietness and calm, animals need quietness as we do.
- 10 See it, Say it, Sort it!**  
If you see something wrong, tell the park. Open your eyes, appreciate nature and enjoy!



SUSTAINABILITY AND ENVIRONMENTAL EDUCATION IN OUTDOOR SPORTS



## Get Out & Get Into Nature

[www.outdoor-sports-network.eu](http://www.outdoor-sports-network.eu)  
[www.europarc.org](http://www.europarc.org)





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