

**SCOTTISH  
NATURAL  
HERITAGE**



# COMMISSIONED REPORT

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Commissioned Report No. 183

**Scottish Recreation Survey:  
annual summary report 2004/05**

(ROAME No. F02AA614/3)

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## Scottish Recreation Survey: annual summary report 2004/05

Commissioned Report No. 183 (ROAME No. F02AA614/3)

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### Background

Scottish Natural Heritage (SNH) is required to measure levels of participation in walking in the countryside as well as a number of other open-air recreational activities. A set of questions, forming the Scottish Recreation Survey, was inserted into the Scottish Opinion Survey – a monthly Computer Aided Personal Interview (CAPI) omnibus – during the period July 2004 and June 2005. This 12 month period completes the second year of continuous surveying and builds on the baseline established by the 2003/04 survey. Most of the survey questions were inserted each month on the survey, with a number of questions used every third month. This methodology ensured that a representative sample of the Scottish adults population, aged 16 years and over, was interviewed each month. A total of 12,278 interviews were undertaken during this 12 month period.

### Main findings

- Areas investigated through the survey include general trends in the number, frequency and location of visits to the outdoors, participation in a range of activities (walking, cycling, horse riding, etc.), transport and distances travelled to visit, party composition (including those accompanied by dogs), expenditure on visit, awareness and understanding of the Scottish Outdoor Access Code and access to the countryside, including responsible behaviour and problems encountered.
- Key headline figures obtained for the July 2004–June 2005 period indicate that two-thirds of the Scottish adult population (64%) claimed that they had made at least one visit to the outdoors for leisure and recreation purposes, in Scotland, in the previous 12 months. This equates to around 214 million visits to the outdoors in Scotland between July 2004 and June 2005. With an average spend of £17 per trip, the total value of expenditure during these trips was an estimated £3.6 billion.
- In comparison to the previous 12 month period (July 2003–June 2004), while the proportion of Scottish adults participating in outdoor recreation has remained constant (64%), the total number of trips taken increased by some 7%. There were larger volumes of visits taken to urban locations such as local parks.
- Other variations between the 2003–2004 and 2004–2005 periods included an increased awareness of the SOAC, with 28% of adults living in Scotland being aware of the Code compared to 16% during the previous year.

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## **Executive summary**

### **Background and methodology**

Scottish Natural Heritage (SNH) is required to measure levels of participation in walking in the outdoors as well as a number of other open-air recreational activities. The Scottish Recreation Survey (ScRS), piloted in 2002 and which commenced in July 2003, is the established vehicle for gathering this information.

In the Scottish Recreation Survey 2004/05, a set of questions was inserted into the Scottish Opinion Survey, the monthly consumer omnibus survey operated by TNS, during the period July 2004–June 2005. Most of these questions were inserted each month on the survey, with a limited number of questions used every third month, on a rotating basis. This methodology ensured that a representative sample of around 1,000 members of the Scottish adult (16 years and over) population was interviewed each month.

This report covers the second full 12 months of surveying from July 2004–June 2005.

### **Visits to the outdoors for leisure and recreation**

Some 64% of the Scottish population claimed that they had made at least one visit to the outdoors for leisure and recreation purposes, in Scotland, in the previous 12-month period.

During the summer months, those who participated in these outdoor visits could be classified into four categories in terms of their frequency:

- several times a week – 35%;
- once a week – 24%;
- once or twice a month – 26%;
- less often – 15%.

During the winter months of October to March inclusive, the frequency of making outdoor visits decreased.

Therefore, across the 12-month period, a broad estimate of the total volume of visits to the outdoors would be around 214 million visits, with the following distribution by period:

- July–September 2004 – 52 million (9% decrease from 57<sup>1</sup> million in 2003);
- October–December 2004 – 49 million (14% increase from 42 million in 2003);
- January–March 2005 – 52 million (10% increase from 46 million in 2004);
- April–June 2005 – 62 million (13% increase from 54 million in 2004).

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<sup>1</sup> A scale factor has been applied to estimates for 2003/04 which changes the figures from those in the published report for that survey year. This is due to an undercount in grossed-up estimates for 2003/04.

In terms of the destination of visits to the outdoors, the distribution between the three main types of locations was as follows, for the 12-month period:

- town or city – 58 million (17% increase from 48<sup>2</sup> million estimated for 2003/4);
- countryside – 120 million (5% increase from 113 million in 2003/4);
- seaside – 36 million (4% decrease from 38 million in 2003/4).

Those who had not made any visits to the outdoors for leisure and recreation were asked their reasons. The main responses were as follows:

- too busy (46% of those aged under 55 years);
- old age (28% of those aged 55 years and over);
- poor health (40% of those aged 55 years and over);
- not interested at all (14% of all those who did not make an outdoors visit).

Seventy-three percent of those who had made a visit to the outdoors in the previous 12 months claimed to have made such a visit in the 4 weeks preceding their interview. On average, participants had made 9 visits in the previous 4 weeks.

### **Activities undertaken**

Walking is by far the dominant activity, mentioned by 55% of participants as being their main activity on outdoor visits. The other major activity was going on a family outing (19%), especially for those parties with children.

### **Location of visit (four-week recall period)**

Some 56% of visits were made to countryside areas, with a further 27% to urban areas and 17% to a seaside location.

When asked a more detailed question on the main destination of their visit to the outdoors, the following locations received the most mentions:

- Water-related – 28%
- Local park or open space – 27%
- Woodland/forest – 16%
- Village – 9%
- Mountain, hill or moorland – 8%
- Farmland – 5%
- Wildlife area – 2%.

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<sup>2</sup> These estimates have been calculated using a revised approach to that used to obtain the results included in the 2003–04 report. This change has been made to avoid a potential inflation of the estimated number of visits taken to urban locations. See technical report for further details.

The majority of respondents who had visited the outdoors (58%) claimed that they had not visited a designated area, while a further 8% were unsure whether their destination was in a designated area or not. Fourteen percent had been to a Country Park, 5% to a National Park, 4% to a Forest Park and 4% to a Regional Park.

### **Details of visit**

The vast majority of outdoor visits were made from home on a day out (89%) rather than when staying away from home on holiday, with 59% of all participants using a car as the main means of transport for their visit. The mean (average) distance travelled, excluding those who did not know, on the visit to the outdoors was 46km, while the mean (average) duration of the visit was 3 hours 37 minutes.

The majority of participants were with other members of their family on the outdoors visit (59%), a further 21% were with friends and 20% were on their own. In total, some 22% of participants were accompanied by a dog(s) on their outdoor visits.

### **Expenditure on visit**

47% of participants did not spend anything on their visits to the outdoors. The main categories of expenditure were food and drink, and fuel. An average of £20 was spent on the former during an outdoor visit, with an average of £17 spent on the latter. Amongst those who made purchases, the average expenditure was £32.

### **Access to the countryside**

Part of the aim of the ScRS is to measure awareness and understanding of the new access legislation and Scottish Outdoor Access Code (SOAC). Accompanying the launch of statutory access rights (on 9 February 2005), a significant amount of publicity was undertaken through television, radio and press advertising, a web site ([www.outdooraccess-scotland.com](http://www.outdooraccess-scotland.com)) and other media such as posters and leaflets.

During the first half of 2005, around the time of the commencement of access rights, 26% of respondents stated that they had definitely heard of the new access legislation while a further 17% thought that they had heard of it (43% overall). Over the whole 12 months of the survey a smaller proportion of all respondents (28%) had either definitely or thought they had heard of the SOAC.

Some 79% of respondents claimed that they had not encountered any problems with access on their last visit to the outdoors, while 90% stated that they did not have to alter their route to any significant extent. Correspondingly, the majority of participants (87%) stated that they had not come across any other user of the outdoors who was behaving inappropriately.

## **Summary of trends**

The survey period from July 2004–June 2005 represented the second 12 months of the Scottish Recreation Survey. As such, it has been possible to identify initial trends in the volume and characteristics of recreation visits and attitudes towards informal outdoor recreation and the Scottish Outdoor Access Code over the two year period. The following points summarise some of main variations between years 1 and 2:

### **Recreation visits – volume, value and profile**

- The proportion of respondents taking any visits during the 12 month period remained at the same level (64%) but the frequency of visits taken by participants increased slightly in both summer and winter.
- As a result, the total number of visits taken in Scotland is estimated to have increased by around 7% to 214 million visits.
- This increase is most apparent during the winter months, with 14% more visits taken between October and December 2004 than between October and December 2003, but fewer visits taken between July and September 2004 than in the previous year (–9%).
- In terms of general visit destinations, the number of visits to urban destinations has increased most substantially (+17%) while visits to the countryside have increased in volume by 5% and visits to the seaside have decreased (–4%).
- More specifically, a larger number of visits were recorded to local parks and open spaces and to Country Parks.
- The proportion of day visits taken on foot increased from 28% to 33% and, correspondingly, more visits involved shorter distances being travelled (41% under 8km, compared with 37%). This change also reflects the increased volume of visits to urban destinations.
- On average visits taken in year two of the survey were shorter, with 55% lasting less than 3 hours, an increase from 46% in year one.
- The types of activities undertaken on visits remained fairly consistent, as did the proportion of visits taken with a dog.
- During the second year of the survey, the proportion of visits involving any expenditure decreased slightly (from 57% to 53%) and, on average, the total amount spent by those who made any expenditure was less. This change reflects the above variations in visit characteristics with increasing proportions of shorter, local trips which typically involve lower expenditure.
- As such, the estimated value of recreation visits has decreased by 19% to an estimated £3.6 billion.

### **Scottish Outdoor Access Code**

- During the most recent survey period, prior to the commencement of statutory access rights, visitors were slightly more likely to feel free to visit farm and estate roads and fields with paths but felt less freedom to visit fields without paths than during 2003/04.
- Awareness of the Scottish Outdoor Access Code increased from 7% of respondents being definitely aware of it in year one, to 17% during year two. Awareness was particularly high during the first period in 2005 (28% definitely aware) when media promotion of the code was highest.
- When asked about problems with access and other difficulties encountered during visits, responses received during the July 2004–June 2005 period were very similar to those obtained during the previous 12 months.

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## **1 BACKGROUND**

Scottish Natural Heritage (SNH) is required by the Scottish Executive to measure levels of participation in walking in the countryside as well as a number of other open-air recreational activities. The Scottish Recreation Survey (ScRS), piloted in 2002 and which commenced in July 2003, is the established vehicle for gathering this information.

As a key to informing the development of policies to ensure that people can access the outdoors, SNH must carry out regular monitoring of the way in which people take part in informal outdoor recreation, such as walking, cycling, horse riding and other such activities. Additionally, SNH has a duty under the Land Reform (Scotland) Act 2003 to monitor awareness of the SOAC, including levels of responsible behaviour.

SNH and their survey partners Forestry Commission (FCS) have received much of this information through the Scottish Recreation Survey (ScRS) which has been undertaken on a monthly basis since July 2003.

Throughout this report, the term 'outdoors' is used to include mountains, moorland, farmland (enclosed and unenclosed), forests, woods, rivers, lochs and reservoirs, beaches and the coast, and open spaces in towns and cities. 'Informal recreation' is taken to be any non-motorised activity carried out for pleasure or sport, and includes activities granted a statutory right of access under part 1 of the Land Reform (Scotland) Act 2003 (eg walking, cycling, picnicking, etc.).

This report covers the Scottish Recreation Survey period from July 2004–June 2005, during which time statutory access rights established under the Land Reform (Scotland) Act 2003 commenced (on 9 February 2005).

### **1.1 Objectives**

The overall aim of the Scottish Recreation Survey is to provide continuous monitoring of participation in informal outdoor recreation in Scotland. The specific objectives of the ScRS include the following:

- to measure and collect details about the Scottish adult (16 years and over) population's participation in informal outdoor recreation;
- to provide a picture of the types of location that recreational users visit – including countryside, inland water and coastal locations as well as urban sites, eg woodlands in towns and cities;
- to report on other issues, such as social and economic links with recreational use of the outdoors, eg expenditure, transport, party composition and social classification of users;
- to act as one of the monitors of Scottish Outdoor Access Code awareness, including levels of responsible behaviour.

This second annual report covers the 12-month of the study from July 2004–June 2005 inclusive<sup>3</sup>. Results from the previous 12-months of surveying, July 2003–June 2004, are included for comparison, where appropriate.

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<sup>3</sup> **TNS (2005).** *Scottish Recreation Survey: annual summary report 2003/04.* Scottish Natural Heritage Commissioned Report No.105 (ROAME No. F02AA614/2).

## **2 METHODOLOGY**

On a monthly basis, TNS Travel and Tourism operate a consumer omnibus survey in Scotland – the Scottish Opinion Survey. Interviews are conducted in-home using CAPI (Computer Assisted Personal Interviewing) technology with a representative sample of Scotland's adult (16 years and over) population. These interviews are undertaken in 50 sampling points throughout the country with quota targets set on the basis of gender, age-group, social grade and working status. At the analysis stage, the survey data is weighted to ensure that the sample profile matches that of the Scottish adult population. Around 1,000 adults are interviewed each month as part of this survey. As a result, across the twelve months from July 2004–June 2005, a total of 12,278 respondents were interviewed.

A set of questions was agreed with SNH and FCS staff and these were classified into different categories. A core set of questions was asked every month, while other questions were included on either every second month or every third month. See Appendix 2 for information on the scheduling of each question and Appendix 3 for a copy of all the questions used in the survey.

On a monthly basis, data has been presented to the clients in an Excel Viewer format. This format provides an overview of the results for a cumulative 12 month period and allows the user to undertake a fairly detailed analysis of the results. Data tabulations are also produced for each monthly survey and these are available from SNH in 'pdf' format. The Nominated Officer (named on the front of this report) should be contacted for further information, or visit the Commissioned Report area on [www.snh.org.uk](http://www.snh.org.uk).

When comparing the results obtained in the first year of surveying, from July 2003–June 2004, with those of the second 12 months it should be noted that the timings of a number of the questions has varied. The questions affected by this change relate to reasons for not making visits to the outdoors (Q1C), visits to designated areas (Q5), transport used (Q7), distance travelled (Q8), frequency of trips to the destination (Q11) and expenditure (Q13)<sup>4</sup>. As such, year on year comparisons of the results of these questions have been made on the basis of comparable results only, thereby ensuring that the trends which are reported are the result of actual changes in participation and behaviour rather than the changes in survey timings.

In addition, it should also be noted that the method used to 'gross-up' estimates of participation in outdoor recreation has changed from that described in the 2003/04 annual report<sup>5</sup>. As the omnibus survey is asked over the last weekend of each month, each question asked relates to the previous 4-week period. In nearly every month, this covers the period between each wave of fieldwork. The 2003/04 report, as published, used this period as the basis for grossed up annual estimates. However, the average month lasts 4.3 weeks not 4 weeks, and this has now been taken into account in the production of grossed up estimates.

The 2004/05 report is presented taking this amendment into account and uses the latest population data to ensure representativeness of the Scottish adult population. Where trend comparisons with 2003/04 figures are used (in most tables), to ensure consistency the same factor has been applied in this report and therefore new figures have been calculated on this basis, using the relevant population data.

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<sup>4</sup> See appended questionnaire.

<sup>5</sup> **TNS (2005)**. *Scottish Recreation Survey: annual summary report 2003/04*. Scottish Natural Heritage Commissioned Report No.105 (ROAME No. F02AA614/2).

### **3 SUMMARY OF MAIN FINDINGS**

In this section of the report, the main findings to emerge from the analysis of the survey data are presented under a series of headings. Copies of the full data tabulations have been presented separately and are available for more detailed consideration<sup>6</sup>.

Both in this report and the full data tabulations, the survey findings are usually presented as a percentage figure. These are subject to some degree of error due to the fact that they are based on a sample of the Scottish adult population. The level of accuracy will be primarily dependent on the size of the sample and so the following guidance needs to be considered when examining the survey findings:

- where the sample size is in excess of 10,000 respondents, the data will generally be accurate to around  $\pm 1\%$  at the 95% confidence interval;
- when comparing two samples in excess of 10,000 respondents, differences of  $\pm 2\%$  or more are statistically significant at the 95% confidence interval;
- where the sample size is in excess of 2,000 respondents, the data will generally be accurate to around  $\pm 3\%$  at the 95% confidence interval;
- where the sample size is around 1,000, the data will generally be accurate to around  $\pm 5\%$  at the 95% confidence interval;
- where the sample size is around 500, the data will generally be accurate to around  $\pm 7\%$  at the 95% confidence interval;
- where the sample size is around 250, the data will generally be accurate to around  $\pm 10\%$  at the 95% confidence interval.

Note: where tables or bulleted lists are presented with figures reflecting quarterly periods, the data presented relate to responses to the named survey waves, and does not directly correspond to information about each calendar month (eg the July 04 survey wave would, with a 4-week recall period, report on information for the last week of June and first three weeks of July 04).

#### **3.1 Visits to the outdoors for leisure and recreation in the last 12 months**

Sixty four percent of the Scottish adult population stated that they had made at least one visit to the outdoors for leisure and recreation purposes, within Scotland, in the previous 12 months. This proportion ranged from a maximum of 69% recorded between April and June 2005 to a minimum of 61% between July and September 2004. As illustrated in Table 1, the proportion recorded over the full 12-month period is the same as that recorded during the previous 12 months of surveying from July 2003–June 2004. On a monthly basis, the lowest level of participation was in December (55%) and the highest was in June (73%).

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<sup>6</sup> Data tables are available on the Commissioned Report area of the SNH website:  
<http://www.snh.org.uk/publications/on-line/comm-reports/srs.asp>

**Table 1** 'Have you made any leisure visits to the outdoors in Scotland in the last 12 months?' (%)

Base: All respondents (12,278 respondents)

	<b>Total</b>	<b>July–September 04 survey wave</b>	<b>October–December 04 survey wave</b>	<b>January–March 05 survey wave</b>	<b>April–June 05 survey wave</b>	<b>Total July 03 – June 04</b>
Yes	<b>64</b>	61	62	62	69	<b>64</b>
No	<b>36</b>	39	38	38	29	<b>35</b>
Base	<b>12,278</b>	3,090	3,077	2,908	3,203	<b>11,796</b>

**Note:** in all cases where columns reflect three month periods, this reports on fieldwork carried out (using a 4-week recall period) during this period, and not the calendar months referred to.

Table 2 highlights the variation in levels of participation in outdoor recreation between the various social groups<sup>7</sup>.

**Table 2** Proportion of each social grade who have taken at least one trip to the outdoors in the last 12 months (expressed as a percentage of the Scottish population) (%)

Base: All respondents (12,278 respondents)

	<b>Total July 04–June 05</b>	<b>Total July 03–June 04</b>
AB	<b>79</b>	<b>79</b>
C1	<b>67</b>	<b>70</b>
C2	<b>63</b>	<b>64</b>
DE	<b>50</b>	<b>49</b>
Base	<b>12,278</b>	<b>11,796</b>

It is evident that a respondent's social grade is a significant factor in determining their likelihood of participating in outdoor recreation and leisure activities. Some 79% of those in the AB social grades, the professional and managerial occupations, regularly make visits to the outdoors compared with only 50% of those in the DE social grades, those in unskilled manual occupations or unemployed.

A comparison of levels of participation in the July 2004–June 2005 period with the previous 12 months suggests a slight decrease in activity amongst members of the C1 social grade (junior, non-manual occupations) from 70% to 67%.

There are also some variations in participation on the basis of age, as illustrated in Table 3.

<sup>7</sup> See definitions of socio-economic groups in Appendix 1.

**Table 3** Proportion of each age group who have taken at least one trip to the outdoors in the last 12 months (expressed as a percentage of the Scottish population) (%).  
Base: All respondents (12,278 respondents)

	<b>Total July 04–June 05</b>	<b>Total July 03–June 04</b>
16–35 years	<b>70</b>	<b>70</b>
35–54 years	<b>69</b>	<b>69</b>
55+ years	<b>52</b>	<b>53</b>
<i>Base</i>	<b>12,278</b>	<b>11,796</b>

Respondents aged 54 or under were significantly more likely to make an outdoor visit for leisure and recreation than those over the age of 55, a difference of 18%. There was no significant difference between the other two age groups in terms of the levels of participation in outdoor leisure and recreation.

In comparison to the previous 12 months, levels of participation in the July 2004–June 2005 period did not vary significantly amongst any of these age groups.

### 3.2 Frequency of outdoor visits

Those respondents who had made visits to the outdoors in the previous 12 months were asked to indicate their frequency of doing so. This was divided between two time periods; April–September, representing the summer period and October–March, representing the winter period.

**Table 4** Frequency of visits to the outdoors during April–September (reported throughout year using 12-month recall period) (%)  
Base: All respondents who visited outdoors (7,713 respondents)

	<b>Total</b>	<b>July– September 04 survey wave</b>	<b>October– December 04 survey wave</b>	<b>January– March 05 survey wave</b>	<b>April– June 05 survey wave</b>	<b>Total July 03– June 04</b>
At least once per day	<b>13</b>	11	14	17	13	<b>10</b>
Several times per week	<b>22</b>	20	25	22	20	<b>19</b>
Once a week	<b>24</b>	22	22	26	24	<b>23</b>
1–2 visits per month	<b>26</b>	28	23	24	27	<b>27</b>
Less often	<b>15</b>	18	15	12	15	<b>20</b>
Not sure/ don't know	<b>1</b>	1	1	*	1	<b>1</b>
<i>Base</i>	<b>7,713</b>	<i>1,889</i>	<i>1,885</i>	<i>1,749</i>	<i>2,190</i>	<b>7,573</b>

**Note:** \* Less than 0.5% but not zero.

As is evident from the Table 4, participants visiting the outdoors during the summer months can be classified into four categories:

- those doing so on a number of occasions each week – 35%;
- those doing so once a week – 24%;
- those doing so once or twice a month – 26%;
- those doing so less often – 15%.

Further analysis indicates that respondents most likely to take several visits to the outdoors per week during the summer months included those whose most recent recreation trips had been of a duration of less than 3 hours, and those whose most recent recreation trips had been to an urban location. Conversely, members of the DE social grades and residents of the West of Scotland took outdoor visits less frequently during the summer months than other social grades.

Compared with those interviewed during the 2003/04 survey, participants in the 2004/05 survey were more likely to take recreation visits more than once a week (29% in 2003/04 compared with 35% in 2004/05), while a higher proportion of those interviewed in the earlier survey took part in outdoor recreation visits less often than once a month (20% in 2003/04 and 15% in 2004/05).

**Table 5** Frequency of visits to the outdoors during October–March (reported throughout the year using 12-month recall period) (%)  
Base: All respondents who visited outdoors (7,713 respondents)

	<b>Total</b>	<b>July– September 04 survey wave</b>	<b>October– December 04 survey wave</b>	<b>January– March 05 survey wave</b>	<b>April– June 05 survey wave</b>	<b>Total July 03– June 04</b>
At least once per day	<b>8</b>	7	9	10	9	<b>6</b>
Several times per week	<b>12</b>	10	13	13	11	<b>10</b>
Once a week	<b>16</b>	15	18	17	15	<b>15</b>
1–2 visits per month	<b>22</b>	23	22	21	23	<b>22</b>
Less often	<b>34</b>	35	28	34	36	<b>36</b>
Not sure/ don't know	<b>7</b>	9	9	4	7	<b>11</b>
<i>Base</i>	<b>7,713</b>	1,889	1,885	1,749	2,190	<b>7,573</b>

As illustrated in Table 5, visits made to the outdoors for leisure and recreation purposes in the winter months were considerably less frequent:

- 20% do so several times a week compared with 35% in the summer months;
- 16% do so on a weekly basis compared with 24% in the summer months;
- 22% do so once or twice a month compared with 26% in the summer months;
- 34% do so less often than monthly compared with 15% in the summer months.

This latter figure would be as high as 41% if the 7% of participants who stated that they were unsure how many visits they had made in the winter months were also classified as 'occasional participants', participating less often than monthly.

During the 2004/05 survey, 36% of respondents indicated that they took visits to the outdoors at least once a week during the winter months, a higher proportion than recorded during the 2003/04 survey (31%).

### **3.3 Reasons for not visiting the outdoors**

Respondents who claimed that they had not made any visits to the outdoors in Scotland for leisure and recreation purposes in the previous 12 months were asked to state their reasons. The most frequently cited reason related to time, with 49% of those under the age of 55 mentioning that they were 'too busy' compared with 19% of those aged 55 and over. Some 60% of those in full-time employment and 48% of part-time workers cited this reason for not making any visits to the outdoors in the previous 12 months. Respondents aged 55 years and over were most likely not to make outdoor leisure or recreation visits due to 'old age' and 'poor health' – mentioned by 28% and 40% respectively.

Another reason cited fairly frequently for not making any visits to the outdoors for leisure and recreation was lack of interest in doing so, mentioned by 14% of all those who had not made any visits to the outdoors. Respondents under the age of 35 were particularly likely to cite this as a reason not to visit the outdoors (24%).

It is interesting to note some of the variations in reasons mentioned for not taking part in outdoor recreation which were highlighted in the 2003/04 and 2004/05 surveys:

- too busy – 33% – a decrease from 40%;
- poor health – 24% – an increase from 20%;
- not interested – 14% – a decrease from 17%;
- old age – 13% – no change from 2003/04.

### **3.4 Volume of visits to the outdoors**

Respondents were asked whether they had made any visits to the outdoors for leisure and recreation in the last 4 weeks, prior to the interview. Some 47% of all respondents had done so and this represented 73% of those who had visited the outdoors for leisure and recreation in the previous 12 months. A similar overall profile was recorded in the 2003/04 survey.

Across the four periods, the proportion of respondents who had made visits to the outdoors during the previous 4 weeks was as follows. (Figures for the same periods during the previous year are shown in brackets.)

- July–September 2004 – 48% (compared with 51% in 2003);
- October–December 2004 – 42% (40% in 2003);
- January–March 2005 – 44% (40% in 2004);
- April–June 2005 – 53% (53% in 2004).

These comparisons suggest slightly higher levels of participation during the winter months but decreased or similar levels of participation during the summer months. This change is largely the effect of the increased numbers of trips taken to urban destinations, such as parks, during winter months.

Those participants taking a trip in the last 4 weeks were then asked to indicate how many visits they had made to the outdoors in that period. Table 6 presents this information:

**Table 6** Number of visits to the outdoors in last four weeks (%)  
 Base: All respondents who had made visits to the outdoors in the last 4 weeks  
 (5,661 respondents)

	<b>Total</b>	<b>July– September 04 survey wave</b>	<b>October– December 04 survey wave</b>	<b>January– March 05 survey wave</b>	<b>April– June 05 survey wave</b>	<b>Total July 03– June 04</b>
1 visit	<b>21</b>	23	21	20	20	<b>23</b>
2–3 visits	<b>25</b>	25	24	26	25	<b>26</b>
4–5 visits	<b>16</b>	16	16	15	16	<b>17</b>
6–9 visits	<b>11</b>	10	11	10	11	<b>9</b>
10+ visits	<b>27</b>	25	27	29	28	<b>24</b>
<b>Mean</b>	<b>8.62</b>	<b>8.08</b>	<b>8.72</b>	<b>9.03</b>	<b>8.72</b>	<b>8.13</b>
<i>Base</i>	<b>5,661</b>	1,489	1,264	1,238	1,670	<b>5,429</b>

For the majority of months, the average number of visits was fairly similar to the average for the whole survey period. However, the average number of outdoor visits taken in September 2004 (6.38) was somewhat lower than the average (perhaps due to it being a very wet month), while a high of 10.37 visits was recorded in February 2005. Overall, 46% of participants made 1–3 visits in the four weeks' period, while 27% made more than 10 visits in that time.

Interestingly, although social grade was an important factor in determining whether or not a person made any visits to the outdoors, it does not appear to influence the volume of visits made, with no significant variations in the number of visits made in the previous 4 weeks on the basis of social grade. In contrast, age-group appears to be a more important influence on frequency with the following average number of visits for the three main age categories:

- 16–35 years – 7.7 visits;
- 35–54 years – 8.5 visits;
- 55+ years – 10.0 visits.

Other factors which influenced the number of visits made to the outdoors were as follows:

- the presence of a child(ren) on the visit – an average of 6.1 visits for those with children compared with 12.0 for those without children;
- duration of last visit – an average of 11.2 visits for those whose most recent trip lasted less than 3 hours compared with 5.5 visits for those on trips of more than 3 hours' duration;

- area of residence – an average of 10.7 visits amongst residents of the North of Scotland compared with 7.0 amongst those who live in the West;
- location of last visit – an average of 9.7 visits made by those whose most recent trip was to an urban area compared with 8.6 for those whose last trip was to the countryside and 6.9 for those whose last trip was to the seaside.

Using this data, it is possible to produce estimates of the overall volume of visits to the outdoors in Scotland for the purposes of leisure and recreation. Based on an adult population of 4.1 million, 47% had made a visit in the previous 4 weeks – a total of 1.91 million adults. This estimate will be accurate to  $\pm 3\%$  at the 95% confidence interval. On average, each adult had made 9 visits per month – resulting in a total of around 18 million visits per month. Once again, this estimate will be accurate to  $\pm 3\%$  at the 95% confidence interval. Therefore, between July 2004 and June 2005, a broad estimate of the total volume of visits to the outdoors would be around 214 million visits<sup>8</sup>, a 7% increase on the 199 million visits estimated to have taken place during the previous 12 months.

The distribution of these visits across the four periods is estimated to have been as follows:

- July – September 2004 – 52 million (9% decrease from 57<sup>9</sup> million in 2003);
- October – December 2004 – 49 million (14% decrease from 42 million in 2003);
- January – March 2005 – 52 million (10% increase from 46 million in 2004);
- April – June 2005 – 62 million (13% increase from 54 million in 2004).

The weather may account for some of these trends. August 2004 was the third wettest August recorded in Scotland since 1961, while November 2004 was the driest since 1993<sup>10</sup>.

In terms of the destination of visits to the outdoors, the distribution between the three main types of locations was as follows, for a 12-month period:

- town or city – 58 million (17% increase from 48<sup>11</sup> million in 2003/4);
- countryside – 120 million (5% increase from 113 million in 2003/4);
- seaside – 36 million (4% decrease from 38 million in 2003/4).

Again, these variations may relate to the generally wetter than normal weather which occurred throughout the survey period (7 of the 12 months were wetter than the averages recorded since 1961) with an increasing proportion of trips taken to urban destinations.

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8 Taking account of margins of error, estimated total visits range from 208 million to 221 million.

9 A scale factor has been applied to estimates for 2003/04 which changes the figures from those in the published report for that survey year. This is due to an undercount in grossed-up estimates for 2003/04.

10 Source: BBC Weather Centre ([www.bbc.co.uk/weather](http://www.bbc.co.uk/weather))

11 These estimates have been calculated using a revised approach to that used to obtain the results included in the 2003–04 report. This change has been made to avoid a potential inflation of the estimated number of visits taken to urban locations. See technical report for further details.

Most of the remaining analysis of the visits made to the outdoors for leisure and recreation purposes is based on those respondents who had made visits in the previous 4 weeks – a total of 5,661 respondents. However, it should be noted that not all of the questions are included in the survey every month. Consequently, the sample of respondents can alter depending on the frequency with which a particular question is asked within the survey programme.

### 3.5 Activities undertaken on most recent visit to the outdoors

Respondents were asked to indicate both the main activities which they participated in during their most recent visit to the outdoors and any other activities which formed part of the visit. Table 7 features the main activities that were mentioned by a minimum of 2% of respondents.

**Table 7** Main activity undertaken during visit (%)  
Base: All respondents who had made visits to the outdoors in the last 4 weeks (5,661 respondents)

	<b>Total</b>	<b>July– September 04 survey wave</b>	<b>October– December 04 survey wave</b>	<b>January– March 05 survey wave</b>	<b>April– June 05 survey wave</b>	<b>Total July 03– June 04</b>
All walking	<b>55</b>	53	61	60	49	<b>54</b>
– Walking <2 miles	<b>22</b>	18	27	25	18	<b>20</b>
– Walking 2–8 miles	<b>29</b>	29	30	31	26	<b>29</b>
– Hillwalking/ mountaineering	<b>3</b>	3	2	3	2	<b>3</b>
– Walking more than 8 miles	<b>2</b>	2	2	2	3	<b>2</b>
Family outing	<b>19</b>	17	14	18	24	<b>16</b>
Sightseeing/ visiting attractions	<b>6</b>	8	5	5	7	<b>7</b>
Cycling/ mountain biking	<b>5</b>	6	5	5	5	<b>5</b>
Base	<b>5,661</b>	1,489	1,264	1,238	1,670	<b>5,429</b>

As Table 7 shows, walking was the most popular activity, mentioned by 55% of participants as being their main activity on outdoor visits. More specifically, 29% of respondents took part in a walk of between 2 and 8 miles, while 22% went on a walk of less than 2 miles.

There was a significant difference in the proportion of participants who went walking across the various age groups, with older people more likely to participate, as follows:

- 47% of those aged under 35 years;
- 56% of those aged 35-54 years;
- 66% of those aged 55 years and over.

Those who were not accompanied by a child(ren) on their visit were also more likely to select walking as their main activity – 66% compared with 42% of those accompanied by a child(ren). Some 65% of those on a visit of less than 3 hours in duration stated that walking was their main activity compared with 43% of those on longer trips. Walking was also more likely to be the main activity during trips taken in the winter months, amongst respondents interviewed between October and December 2004 (61%) and those interviewed during the first three months of 2005 (60%).

The other major activity across the survey period was going on a family outing, an activity which was undertaken by 19% of those who visited in the last 4 weeks. Those under the age of 55 were more likely to take part in a family outing than those over the age of 55 (21% compared with 12%), with 38% of those accompanied by children taking part in this activity. Respondents whose most recent trips had been to the seaside were more likely than those who visited the countryside to have described their main activity as a family outing (24% and 15% respectively).

Table 7 also compares the 2004/05 results with those obtained in the previous 12-month period. This comparison suggests small increases in the proportion of trips involving short walks of under 2 miles as a main activity and trips described as family outings, but a slight decrease in sightseeing as a main activity.

Table 8 outlines the level of participation in **all activities** undertaken on the last visit, not only the **main activity**.

**Table 8** All activities undertaken during visit (%)  
 Base: All respondents who had made visits to the outdoors in the last 4 weeks  
 (2,501 respondents)

	<b>Total</b>	<b>July– September 04 survey wave</b>	<b>October– December 04 survey wave</b>	<b>January– March 05 survey wave</b>	<b>April– June 05 survey wave</b>	<b>Total July 03– June 04</b>
All walking	<b>71</b>	67	72	76	69	<b>71</b>
– Walking <2 miles	<b>31</b>	29	33	34	30	<b>31</b>
– Walking 2–8 miles	<b>37</b>	35	38	41	36	<b>38</b>
– Walking >8 miles	<b>5</b>	5	5	3	5	<b>5</b>
– Hillwalking	<b>4</b>	5	4	3	3	<b>5</b>
Family outing	<b>32</b>	34	30	25	34	<b>31</b>
Sightseeing/ visiting attractions	<b>19</b>	21	21	13	19	<b>19</b>
Picnicking	<b>9</b>	17	5	1	11	<b>11</b>
Cycling/ mountain biking	<b>8</b>	8	10	6	8	<b>8</b>
Other wildlife/ nature watching	<b>7</b>	7	8	8	7	<b>8</b>
Bird watching	<b>6</b>	5	9	7	4	<b>6</b>
Fishing	<b>4</b>	6	5	3	4	<b>2</b>
Running/ jogging	<b>3</b>	3	3	4	4	<b>2</b>
Swimming in sea, rivers, lochs	<b>2</b>	4	1	*	1	<b>2</b>
Horse riding	<b>1</b>	1	1	1	1	<b>1</b>
Water sports	<b>1</b>	2	1	1	1	<b>1</b>
Wild camping	<b>1</b>	2	1	1	1	<b>1</b>
Base	<b>2,501</b>	511	534	398	1,025	<b>4,851</b>

**Note:** "All walking" is not the sum of individual categories of walking due to rounding-up.

'\*' denotes a sample of less than 50, representing an unreliable figure.

Walking was the most frequently undertaken activity overall. Other frequently mentioned activities included family outings, sightseeing, picnicking and specific interests such as bird watching and other wildlife watching were also mentioned. Unsurprisingly, seasonal differences in the levels of participation for going on picnics can be seen, with this activity particularly popular during the July–September period.

Other activities undertaken by fewer than 5% of respondents but at least 1% included fishing, running/jogging, swimming in the sea, rivers or lochs, horse riding, water sports and wild camping. Swimming outdoors was most frequently undertaken between July and September.

A comparison of the activities undertaken between July 2004 and June 2005 with the previous 12-month period suggests few significant variations in the types of activities undertaken during visits.

### 3.6 Location of visit

Those who had made a visit to the outdoors in the last 4 weeks were then asked to specify the location of their last visit from one of three options:

- a town or city;
- the countryside, including inland villages;
- the seaside, a resort or the coast.

**Table 9** Location of last visit (%)  
Base: All respondents who had made visits to the outdoors in the last 4 weeks (5,661 respondents)

	Total	July–September 04 survey wave	October–December 04 survey wave	January–March 05 survey wave	April–June 05 survey wave	Total July 03–June 04
Town/city	27	27	30	26	25	24
Countryside	56	53	55	59	58	57
Seaside	17	20	15	15	16	19
Base	5,661	1,489	1,264	1,238	1,670	5,429

As Table 9 illustrates, visits to the countryside were the most frequently undertaken, with 56% of respondents having taken their last outdoor visit to this type of location. 27% of outdoor visits were taken in urban areas, with visits to this type of location slightly more likely to be taken by those interviewed between October and December. Some 17% of visits were to seaside locations, with this location most likely to be mentioned during the July–September survey period (20%).

Visits which lasted less than 3 hours were more likely than trips of longer duration to be taken in urban locations (36%), while trips of over 3 hours were more likely to be taken in the countryside (63%). Visits to the seaside were also more likely to be over three hours in duration, with 21% of all visits over three hours taken to this type of location, compared with 13% of all shorter visits.

Comparing the results obtained in 2004/05 with those obtained in the previous 12 months suggests a slight increase in the proportion of trips to urban destinations, but a decrease in the proportion taken to the seaside. There was no statistically significant change in the proportion of trips taken to countryside destinations.

Of the visits taken to the countryside in the 2004/05 period, 36% included time spent at a woodland area, 24% included a local park or open space and 19% were to mountain or moorland areas. A significant majority of visits to urban areas were also to a local park or open space (65%), with a smaller proportion indicating that a village was their main destination (11%). A large proportion of those visiting the seaside described their main destination as the beach (69%), with visits to the sea or a sea loch also mentioned frequently amongst visitors to this type of location (42%).

Respondents were asked to indicate in more detail the single, main destination type of their last visit to the outdoors – details of which are presented in Table 10. The main categories of destinations were as follows:

- Local park or open space – 28%;
- Water-related – 28%;
- Woodland/forest – 16%;
- Village – 9%;
- Mountain, hill or moorland – 8%;
- Farmland – 5%;
- Wildlife area – 2%.

**Table 10** Type of location visited – main destination (%)  
 Base: All respondents who had made visits to the outdoors in the last 4 weeks  
 (5,661 respondents)

	<b>Total</b>	<b>July– September 04 survey wave</b>	<b>October– December 04 survey wave</b>	<b>January– March 05 survey wave</b>	<b>April– June 05 survey wave</b>	<b>Total July 03– June 04</b>
Park/open space	<b>28</b>	23	28	33	30	<b>22</b>
Beach/cliff	<b>11</b>	14	12	8	10	<b>11</b>
Village	<b>8</b>	10	11	7	6	<b>9</b>
Mountain/hill/ moorland	<b>8</b>	8	8	8	6	<b>8</b>
Woodland/ forest – other/ don't know owner	<b>8</b>	10	10	6	5	<b>10</b>
Woodland/ forest – managed by Forestry Commission/ Forest Enterprise	<b>8</b>	10	10	6	6	<b>8</b>
Sea/Sea Loch	<b>6</b>	8	6	6	3	<b>9</b>
Loch	<b>5</b>	6	4	4	5	<b>7</b>
River/canal	<b>4</b>	4	3	3	5	<b>4</b>
Farmland	<b>5</b>	5	7	3	2	<b>4</b>
Wildlife area	<b>2</b>	2	1	2	2	<b>2</b>
Base	<b>5,661</b>	1,489	1,264	1,238	1,670	<b>5,429</b>

**Note:** totals do not add up to 100% due to other location types mentioned by fewer than 1% of respondents

The duration of the visit was the most important factor differentiating between the various destinations:

- a larger proportion of visits which lasted more than 3 hours were to mountain/hill destinations (10%);
- 34% of all visits of more than 3 hours in duration were to water-related destinations compared with 20% of all visits of less than three hours;
- 72% of visits taken to a local park or open space were less than three hours in duration.

Another important factor was whether the visiting party contained children. Participants whose main destination was a local park or open space were more likely to be accompanied by children (44%), as were those visiting the beach (47%).

A comparison of the main destinations during the July 2004–June 2005 period with those recorded during the previous 12 months suggests that an increased proportion of visits were taken to local parks and open spaces while reduced proportions were taken to woodland areas, the sea or lochs.

While Table 10 presents the single **main** destination of day visits (ie the place most time was spent at), it is recognised that some trips include time spent at more than one type of location. Table 11 presents **all** of the locations included in trips.

**Table 11** Type of location visited – all destinations (%)

Base: All respondents who had made visits to the outdoors in the last 4 weeks (5,661 respondents)

	<b>Total</b>	<b>July– September 04 survey wave</b>	<b>October– December 04 survey wave</b>	<b>January– March 05 survey wave</b>	<b>April– June 05 survey wave</b>	<b>Total July 03– June 04</b>
Park/open space	<b>33</b>	28	29	36	38	<b>27</b>
Beach/cliff	<b>17</b>	20	16	13	17	<b>17</b>
Village	<b>13</b>	15	15	12	10	<b>14</b>
Mountain/hill/ moorland	<b>13</b>	12	11	14	13	<b>13</b>
Woodland/ forest – other/ don't know owner	<b>12</b>	13	15	10	11	<b>15</b>
Sea/Sea Loch	<b>11</b>	13	12	9	9	<b>14</b>
Woodland/ forest – managed by Forestry Commission/ Forest Enterprise	<b>11</b>	12	12	11	10	<b>11</b>
Loch	<b>9</b>	9	7	9	10	<b>11</b>
River/canal	<b>9</b>	8	7	8	10	<b>9</b>
Farmland	<b>9</b>	9	11	8	9	<b>8</b>
Wildlife area	<b>5</b>	5	3	6	7	<b>5</b>
Other	<b>5</b>	6	3	6	4	<b>6</b>
Base	<b>5,661</b>	1,489	1,264	1,238	1,670	<b>5,429</b>

In comparison to the 2003/04 survey, a larger proportion of respondents indicated that they visited a park or similar open space during their trip, suggesting that such urban spaces are an increasingly important recreational asset for outdoor recreation. The particular appeal of beaches, cliffs and the sea during the summer months is also evident. As in the previous survey, it is also worth noting the importance of Scotland's woods, forests and lochs as recreational resources throughout the year.

Once again, it is possible to produce estimates of the actual volume of visits to these various types of destinations. These estimates are presented in Table 12 on the basis of the number of visits in each period and are based on *all* visits to the various types of destination not only those regarded as the main destination. The estimates have been calculated on the basis of the proportion of all outdoor visits made by Scottish adults in each of the four survey periods to the various categories of location.

As these volumes are derived from the survey estimates of the proportion of the adult population who have made visits to the various types of destination in the previous 4 weeks, they are subject to some variation. For example, referring to Table 11, 33% of those who had made visits to the outdoors had done so to parks and open spaces. As this figure is accurate to  $\pm 1.2\%$ , the 'real' figure will lie between 31% and 35%. Applying these proportions to the estimates of total visits taken (ranging between 208 million and 221 million) suggests that the volume of visits per annum to parks and open spaces was between 64 million and 77 million.

**Table 12** Volume of visits to various types of destination (millions of visits)  
Base: All respondents who had made visits to the outdoors in the last 4 weeks  
(5,661 respondents)

	<b>Total</b>	<b>July– September 04 survey wave</b>	<b>October– December 04 survey wave</b>	<b>January– March 05 survey wave</b>	<b>April– June 05 survey wave</b>	<b>Total July 03– June 04</b>	<b>Percentage change 2003/04– 2004/05</b>
Park/open space	<b>70.8</b>	14.6	14.1	18.7	23.4	<b>53.8</b>	<b>+24%</b>
Beach/cliff	<b>35.4</b>	10.4	7.8	6.8	10.5	<b>33.2</b>	<b>+6%</b>
Village	<b>27.5</b>	7.8	7.3	6.2	6.2	<b>27.3</b>	<b>+1%</b>
Mountain/hill/ moorland	<b>26.9</b>	6.2	5.3	7.3	8.0	<b>26.0</b>	<b>+3%</b>
Woodland/ forest – other/ don't know owner	<b>26.0</b>	6.8	7.3	5.2	6.8	<b>30.6</b>	<b>-17%</b>
Sea/Sea Loch	<b>22.8</b>	6.8	5.8	4.7	5.5	<b>28.1</b>	<b>-23%</b>
Woodland/ forest – managed by Forestry Commission/ Forest Enterprise	<b>24.0</b>	6.2	5.8	5.7	6.2	<b>22.0</b>	<b>+8%</b>
Loch	<b>18.9</b>	4.7	3.4	4.7	6.2	<b>21.6</b>	<b>-14%</b>
River/canal	<b>17.9</b>	4.2	3.4	4.2	6.2	<b>17.2</b>	<b>+4%</b>
Farmland	<b>19.7</b>	4.7	5.3	4.2	5.5	<b>15.4</b>	<b>+22%</b>
Wildlife area	<b>11.5</b>	2.6	1.4	3.1	4.3	<b>10.5</b>	<b>+9%</b>
Other	<b>10.2</b>	3.1	1.5	3.1	2.5	<b>14.1</b>	<b>-39%</b>
Base	<b>5,661</b>	1,489	1,264	1,238	1,670	<b>5,429</b>	

It is useful to compare the estimates of total visits to each of the types of location during the 2004/05 period and over the previous 12 months. Between each of the periods, the number of trips involving visits to parks and similar open spaces increased while the number of all visits taken to the sea, sea loch or loch destinations appears to have decreased.

Further details of the location of visits to the outdoors were obtained by asking participants if their last visit had been to one of a series of designated areas. The main findings of this analysis are presented in Table 13.

**Table 13** Visits to designated areas (%)  
 Base: All respondents who had made visits to the outdoors in the last 4 weeks  
 (2,096 respondents)

	<b>Total</b>	<b>July– September 04 survey wave</b>	<b>October– December 04 survey wave</b>	<b>April–June 05 survey wave</b>	<b>Total July 03– June 04</b>
Country Park	<b>14</b>	14	9	15	<b>12</b>
National Park	<b>5</b>	5	3	6	<b>6</b>
Forest Park	<b>4</b>	4	4	5	<b>6</b>
Regional Park	<b>4</b>	6	1	5	<b>4</b>
Local Nature Reserve	<b>3</b>	4	1	3	<b>4</b>
National Nature Reserve	<b>2</b>	1	1	2	<b>2</b>
Long Distance Route	<b>2</b>	1	1	2	<b>1</b>
Not designated area	<b>58</b>	64	70	51	<b>58</b>
Don't know if designated area	<b>8</b>	2	10	11	<b>7</b>
<i>Base</i>	<b>2,096</b>	533	403	1,160	<b>2,566</b>

Fifty-eight percent of those interviewed stated that their visit was not to one of the listed designated areas, while 14% visited Country Parks, 5% visited National Parks and equal proportions had been to a Forest or Regional Park (4% each). As found in the previous 12 months of the survey, those in a party made up of both adults and children were twice as likely as those visiting without children to visit a Country Park (18% and 9% respectively) or National Park (6% and 3%).

Significantly, respondents who made a visit to a countryside location were more likely than those visiting urban or seaside areas to visit a designated area, 51% compared with 37% and 23% respectively.

A comparison of responses provided during the 2003/04 and 2004/05 surveys suggests that the proportion of day visits involving visits to a designated area remained at a similar level. In terms of specific types of designated areas, a slightly higher proportion of visits involved a Country Park (increased from 12% to 14%) while slightly fewer included a Forest Park (decrease from 6% to 4%)<sup>12</sup>.

<sup>12</sup> Year on year comparisons of this question are based on an analysis of comparable survey months. As a result these figures vary slightly from these published in the 2002/03 survey report. See page 3.

### 3.7 Path use and waymarking

During the July 2004–June 2005 survey, respondents were also asked whether they had used a path or network of paths during their most recent visit. Overall, 67% of respondents had used a path or network of paths and 48% had used paths with signposting or waymarkings.

### 3.8 Details of visit

As in the previous 12-month period, the majority of respondents indicated that their most recent recreation visit had been taken as a day out (89%) rather than when staying away from home (11%). The proportion of participants on a visit to the outdoors whilst staying away from home was higher in the summer months, with 63% of all visits made by those staying away from home made during the April–September period compared with 37% between the months of October and March.

As illustrated in Table 14, the car was the dominant means of transport used to get to the main destination of outdoor visits, with 59% of respondents using this as their main mode of transport. A significant proportion of those interviewed indicated that they had mainly walked during their visit (33%).

The duration of the visit was an important influence on the means of transport used to get to the main destination of the visit. For visits of less than 3 hours' duration, 55% travelled on foot compared with 11% of those on visits exceeding 3 hours in length. In contrast, the car was the main mode of transport for 79% of visits which were over three hours in duration. Also, visits within urban areas were more likely to involve walking – 51% compared with 28% of visits to the seaside and 20% of countryside visits.

**Table 14** Main transport used (%)

Base: All respondents who had made visits to the outdoors in the last 4 weeks (2,096 respondents)

	Total	July–September 04 survey wave	October–December 04 survey wave	April–June 05 survey wave	Total July 03–June 04
Car/van/minibus	59	64	51	59	61
On foot	33	25	42	33	28
Bicycle	4	5	2	4	4
Public bus	2	2	2	1	3
Train	1	1	1	1	2
Private Coach	1	1	1	1	1
Base	2,096	533	403	1,160	2,027

A comparison of the results obtained during 2003/04 and 2004/05 survey periods suggest a slight increase in the proportion of day visits taken on foot (from 28% to 33%) but a slight decrease in the proportion of visits involving either public buses or train travel (from 5% to 3%)<sup>13</sup>.

<sup>13</sup> Year on year comparisons of this question are based on an analysis of comparable survey months. As a result these figures vary slightly from those published in the 2002/03 survey report. See page 3.

In terms of the distances travelled, 41% of visits involved journeys of 8km (5 miles) or less and 53% were 16.1km (10 miles) or less. In contrast, 16% of visits involved distances of more than 96.5km (60 miles). As Table 15 illustrates, on average, visits involved longer distances in the summer months of July–September, but were shortest during the October–December period.

**Table 15** Distance travelled (%)  
Base: All respondents who had made visits to the outdoors in the last 4 weeks (2,096 respondents)

	Total	July–September 04 survey wave	October–December 04 survey wave	April–June 05 survey wave	Total July 03–June 04
<3.2km (<2 miles)	20	15	25	20	17
3.2–8km (<2–5 miles)	21	19	25	21	20
8.1–16.1km (6–10 miles)	12	12	10	12	13
16.2–32.2km (11–20 miles)	10	8	11	10	10
32.3–64.4km (21–50 miles)	12	15	13	11	12
64.5–96.5km (5–80 miles)	9	9	11	8	9
96.6–128.7km (81–100 miles)	5	8	1	5	6
>128.7km (>100 miles)	11	11	3	12	12
Don't know	1	2	1	1	1
Mean distance	46km	54km	29km	48km	50km
Base	2,096	533	403	1160	2,027

As Table 16 illustrates, 66% of visits to urban areas involved less than 8 km of travel, compared with 29% of seaside visits and 33% of countryside visits. Visits to urban areas had the shortest average distance (27km), while the longest distance was travelled, on average, to seaside destinations (61km). Visits to the countryside had an average distance of 51km.

**Table 16** Distance travelled by destination (%)  
Base: All respondents who had made visits to the outdoors in the last 4 weeks (2,096 respondents)

	Total	Town or city	Seaside	Countryside
<3.2km (<2 miles)	20	40	12	13
3.2–8km (<2–5 miles)	21	26	17	20
8.1–16.1km (6–10 miles)	12	10	8	14
16.2–32.2km (11–20 miles)	10	5	13	11
32.3–64.4km (21–50 miles)	12	6	12	15
64.5–96.5km (51–80 miles)	9	6	13	10
96.6–128.7km (81–100 miles)	5	3	10	4
>128.7km (>100 miles)	11	6	14	12
Don't know	1	1	2	1
Mean distance	46km	27km	61km	51km
Base	2,096	550	367	1,177

A comparison of the results obtained during the 2003/04 and 2004/05 surveys suggests a slight increase in the proportion of visits which involved travel of 8km or less (from 37% to 41%), resulting in a slightly shorter average distance travelled overall (from 50–46km).

Related to the distance involved in travelling to and from the main destination(s) of the outdoors visit is the time spent on the visit. As is evident from Table 17, 12% of visits were under 1 hour long, 27% were 1–2 hours in duration, whilst 28% were between 2–4 hours and 33% were longer than 4 hours. Overall, the average length of visits was around 3½ hours (3hrs 37 mins). However, as the table illustrates, the average duration varied from around 3 hours in the January–March period (3hrs 4 mins) to over 4 hours between July–September (4hrs 11 mins).

**Table 17** Length of visit (%)  
 Base: All respondents who had made visits to the outdoors in the last 4 weeks  
 (5,661 respondents)

	<b>Total</b>	<b>July– September 04 survey wave</b>	<b>October– December 04 survey wave</b>	<b>January– March 05 survey wave</b>	<b>April– June 05 survey wave</b>	<b>Total July 03– June 04</b>
Less than 1 hour	<b>12</b>	9	14	15	12	<b>10</b>
1 – up to 2 hours	<b>27</b>	23	31	32	24	<b>21</b>
2 – up to 3 hours	<b>16</b>	15	16	17	15	<b>15</b>
3 – up to 4 hours	<b>12</b>	12	10	12	14	<b>12</b>
4 – up to 5 hours	<b>9</b>	10	9	7	11	<b>11</b>
5 – up to 8 hours	<b>11</b>	13	10	9	11	<b>14</b>
8 hours or more	<b>13</b>	18	11	8	13	<b>17</b>
<i>Mean duration (hours)</i>	<b>3hrs 37 mins</b>	<i>4hrs 11 mins</i>	<i>3hrs 19mins</i>	<i>3hrs 4 mins</i>	<i>3hrs 43 mins</i>	<b>4hrs 7 mins</b>
<i>Base</i>	<b>5,661</b>	<i>1,489</i>	<i>1,264</i>	<i>1,238</i>	<i>1,670</i>	<b>5,429</b>

A comparison of the 2004/2005 results with those obtained during the previous 12 month survey period suggests that the average duration of visits decreased somewhat, reflecting the increased proportion of visits of under 3 hours' duration (from 46% of visits to 55%).

As Table 18 illustrates, 23% of respondents could be regarded as frequent visitors to the place visited on their most recent trip as they made more than one visit to that destination per week (8% daily, 15% several times a week), with a further 12% being regular visitors in that they went there on a weekly basis. Another 19% claimed to visit that destination once or twice each month. Therefore, a total of 54% of participants visited their main destination on at least a monthly basis.

In contrast, 35% of respondents were infrequent visitors to the place they had visited most recently, while a further 9% of participants stated that this was their first ever visit to that destination. Once again, there was some variation in this pattern between the summer and winter months, as shown in Table 18, with participants interviewed during the July–September period more likely to be on their first ever visit than those interviewed between the months of October and December (12% and 3% respectively).

**Table 18** Frequency of visits to main destination in last 4 weeks (%)  
 Base: All respondents who had made visits to the outdoors in the last 4 weeks  
 (2,096 respondents)

	<b>Total</b>	<b>July– September 04 survey wave</b>	<b>October– December 04 survey wave</b>	<b>April–June 05 survey wave</b>	<b>Total July 03– June 04</b>
First visit ever	<b>9</b>	12	3	10	<b>9</b>
At least once a day	<b>8</b>	9	10	8	<b>8</b>
Several times a week	<b>15</b>	12	18	14	<b>14</b>
Once a week	<b>12</b>	11	18	11	<b>11</b>
Once or twice a month	<b>19</b>	17	24	19	<b>21</b>
Once every 2–3 months	<b>16</b>	17	12	17	<b>17</b>
Less often	<b>17</b>	19	15	18	<b>18</b>
Not in last 12 months	<b>2</b>	1	–	3	<b>1</b>
<i>Base</i>	<b>2,096</b>	403	403	1,160	<b>2,027</b>

**Note:** ‘–’ = No responses

Other variations in the frequency of visits taken to the same location included the following:

- **Location of trip destination** – some 35% of respondents who had visited an urban destination on their most recent trip went there at least once a week. By comparison, respondents who had visited a seaside destination were more likely to visit this location once every 2–3 months or less frequently (49%). Similarly, countryside destinations were likely to be visited less frequently than urban locations with 11% of those who visited a place in the countryside stating that it was their first ever visit to that place.
- **Activity** – trips taken which involved dog walking, running/jogging or walks of under 2 miles as a main activity were more likely than other trips to take place in locations which were visited more than once a week (67%, 48% and 38% respectively) while trips which involved hill walking, mountain biking or sightseeing were more likely than others to be taken to places which had never visited before (14%, 13% and 17% respectively).

A comparison of the results obtained during the 2004/05 survey and the previous 12-month survey period suggests a slight increase in the proportion of visits with a main destination which was visited on a weekly, but not daily, basis (from 24% to 27%). Correspondingly, a slightly smaller proportion of less frequently visited destinations were recorded as main destinations (from 58% to 54%)<sup>14</sup>.

### 3.9 Areas visited

Some analysis has been undertaken on the basis of local authority areas to determine the destination of visits to the outdoors. Table 19 provides a ranking of the local authorities as destinations of outdoor trips, from Argyll & Bute and Perth & Kinross which were the most visited areas (8% each) to those which were destinations for only 1% of trips.

<sup>14</sup> Year on year comparisons of this question are based on an analysis of comparable survey months. As a result these figures vary slightly from those published in the 2002/03 survey report. See page 3.

**Table 19** Main destination of visits to the outdoors (%)  
 Base: All respondents who had made visits to the outdoors in the last 4 weeks  
 (2,603 respondents)

	% of Scottish day visits		Average annual volume of visits taken in each area July 03–June 05 (million visits)	% of Scottish population	% of outdoor visits taken within 'home' area
	July 04–June 05	July 03–June 04			
Argyll & Bute	8	5	13.6	2	86
Perth & Kinross	8	5	13.6	3	90
Aberdeenshire	7	7	14.5	4	74
Highland	7	8	15.5	4	93
Fife	6	7	13.4	7	69
Dumfries and Galloway	5	6	11.3	3	90
Aberdeen	4	3	7.3	4	52
Angus	4	4	8.3	2	65
Glasgow	4	3	7.3	12	<b>25</b>
Stirling	4	5	9.3	2	87
City of Edinburgh	3	4	7.2	9	<b>22</b>
East Lothian	3	5	8.2	2	72
North Ayrshire	3	2	5.2	3	81
Scottish Borders	3	4	7.2	2	72
South Ayrshire	3	4	7.2	2	<b>46</b>
South Lanarkshire	3	2	5.2	6	<b>48</b>
West Lothian	3	2	5.2	3	<b>45</b>
Dundee*	2	2	4.1	3	61
East Ayrshire*	2	1	3.1	2	<b>43</b>
East Dunbartonshire	2	2	4.1	2	<b>32</b>
Midlothian	2	2	4.1	2	<b>45</b>
Moray*	2	3	5.1	2	71
North Lanarkshire	2	3	5.1	6	<b>48</b>
Orkney & Shetland	2	1	3.1	1	93
Renfrewshire*	2	1	3.1	3	<b>30</b>
West Dunbartonshire	2	1	3.1	2	<b>46</b>
Clackmannan*	1	1	2.1	1	<b>27</b>
East Renfrewshire*	1	1	2.1	2	52
Falkirk*	1	1	2.1	3	<b>16</b>
Inverclyde*	1	1	2.1	2	<b>19</b>
Western Isles*	#	1	1.0	1	–

**Notes:** '\*\*' sample size less than 50: '–' means that the calculation is not possible due to small sample sizes; and '#' means a figure less than 1% but not zero.  
 Orkney & Shetland are reported together due to small sample sizes.  
 Areas where most trips taken by residents are to destinations in other local authorities are highlighted in bold.  
 Average annual volume of visits taken in each area estimates are presented as the average of a two-year rolling period, designed to decrease standard error.

A comparison of the visit destinations recorded in the 2004/05 survey with those recorded in the previous 12 months suggests increases in the total proportion of visits taken to Argyll & Bute, Perth and Kinross, Glasgow and Aberdeen but slight decreases in the proportion to Stirling, Edinburgh and East Lothian.

Table 19 also illustrates the percentage of the Scottish population resident in each local authority area. This comparison highlights the fact that some areas obtain a higher proportion of visits than their population share, for example Argyll & Bute (8% of visits, 2% of population), Perth & Kinross (8% and 3%), the Highlands (7% and 4%), Aberdeenshire (7% and 4%) and Dumfries & Galloway (5% and 3%). In contrast, some local authority areas have a higher proportion of the Scottish population than their share of outdoor trips. This is most notably evident in the case of the City of Glasgow which has 12% of the population yet only receives 4% of the outdoor trips.

The table includes an estimate of the total number of trips taken in each local authority area. This estimate is an annual average based upon the numbers of trips reported to each area during the full 2 years of surveying from July 2003–June 2005. These figures are more precise than using a single year estimate because of the larger samples of respondents reporting visits to each area, providing results with a smaller statistical margin or error.

The final column in Table 19 features the proportion of outdoor visits which are contained within the same local authority area in which the participant lives. The figures in bold highlight the local authorities where a majority of outdoor visits are made outside of their own local authority area. This pattern is particularly likely to be the case in predominantly urban areas where trips are often taken to neighboring, more rural areas. Table 20 illustrates the main ‘external’ destinations of outdoor visits from ‘exporting’ Local Authorities.

**Table 20** Main destinations from ‘exporting’ local authorities (%)

<b>Local authority of residence</b>	<b>Local authorities most likely to visit – % of outdoor trips made from area of residence</b>
City of Edinburgh	Midlothian (18%), East Lothian (13%), Borders (11%)
Clackmannanshire	Perth & Kinross (18%), Fife (14%), Stirling (12%)
East Ayrshire	South Ayrshire (27%), North Ayrshire (8%)
East Dunbartonshire	Stirling (15%), Glasgow (11%)
Falkirk	Fife (18%), Stirling (9%).
Glasgow	Argyll & Bute, Stirling, West Dunbartonshire (10% each)
Inverclyde	Argyll & Bute (42%), Stirling (21%)
Midlothian	Scottish Borders (19%), East Lothian (14%)
North Lanarkshire	East Dunbartonshire (7%), North Ayrshire (6%)
Renfrewshire	Argyll & Bute (16%), North Ayrshire (11%)
West Lothian	Perth & Kinross (7%), Edinburgh City, East Lothian, Fife (6% each)

### **3.10 Party composition**

As can be seen from Table 21, a high proportion of respondents were on a visit to the outdoors with members of their family (59%), while similar sized proportions came either with friends (21%), or on their own (20%). During the fourth quarter of 2004, a larger proportion of trips were taken alone (23%), while the greatest proportion of family trips was taken between July–September (60%).

**Table 21** Party composition (%)  
 Base: All respondents who had made visits to the outdoors in the last 4 weeks  
 (5,661 respondents)

	<b>Total</b>	<b>July– September 04 survey wave</b>	<b>October– December 04 survey wave</b>	<b>January– March 05 survey wave</b>	<b>April– June 05 survey wave</b>	<b>Total July 03– June 04</b>
Alone	<b>20</b>	19	23	21	18	<b>17</b>
With family members	<b>59</b>	60	58	58	59	<b>61</b>
With friends	<b>21</b>	22	19	20	22	<b>23</b>
With an organised group	<b>4</b>	4	3	3	4	<b>3</b>
<i>Base</i>	<b>5,661</b>	<i>1,489</i>	<i>1,264</i>	<i>1,238</i>	<i>1,670</i>	<b>5,429</b>

**Note:** respondents could indicate multiple answers (hence the total column represents 103%). However, it is impossible to represent a category for those visiting with family and friends.

In comparison to the previous 12-month period, visits taken between July 2004 and June 2005 were slightly more likely to be taken alone (17% and 20% respectively).

The average party size was 4.1 people. 43% of all visits had a child(ren) within the party. The distribution of adults was as follows:

- 1 adult – 20%;
- 2 adults – 51%;
- 3 adults – 10%;
- more than 3 adults – 20%.

The overall party size was largest amongst participants who were accompanied by a child(ren) (5.6) and those on trips of more than 3 hours' duration (5.4), while party size was smaller amongst people aged over 55 (3.6) and those in a party with no children (2.5).

By contrast, between July 2003 and June 2004, the average number of adults and children per party were both slightly lower resulting in a slightly smaller average party size (4.0 people).

As illustrated in Table 22, some 22% of participants were accompanied by a dog(s) on their most recent outdoor visit, a similar proportion to that recorded during the previous 12-month period. Participants most likely to be accompanied by a dog included those walking less than 2 miles (35%), those visiting a countryside location (25%), those without any children in their party (29%), those on visits of under 3 hours' duration (29%) and females (24%).

Compared with the winter months, a higher percentage of trips taken in spring and summer were made without a dog, reflecting the greater overall number of trips taken in the milder weather for pursuits such as picnics and hill walking which were not accompanied by a dog.

**Table 22** Accompanied by a dog (%)  
 Base: All respondents who had made visits to the outdoors in the last 4 weeks  
 (5,661 respondents)

	<b>Total</b>	<b>July– September 04 survey wave</b>	<b>October– December 04 survey wave</b>	<b>January– March 05 survey wave</b>	<b>April– June 05 survey wave</b>	<b>Total July 03– June 04</b>
Yes	<b>22</b>	19	24	25	20	<b>21</b>
No	<b>78</b>	81	76	75	80	<b>79</b>
Base	<b>5,661</b>	1,489	1,264	1,238	1,670	<b>5,429</b>

### 3.11 Expenditure on visit

Survey participants were presented with a list of items and asked if they had spent anything on each of these items during their most recent visit to the outdoors. Table 23 outlines the proportion of participants who spent **anything** on each of the expenditure categories, with food and drink, and fuel the two main categories of expenditure. The proportion purchasing food and drink ranged from 32% amongst those who took trips between October and December, to 52% amongst those who took trips between July and September. Between July and September 33% of trip takers purchased fuel during their trip, double the proportion recorded amongst those who took trips between April and June (16%). A smaller proportion spent money on gifts and souvenirs during their visit, ranging from 9% during trips in the April–September period to around 6% on trips taken in the October–December period.

**Table 23** Expenditure on visit (%)  
 Base: All respondents who had made visits to the outdoors in the last 4 weeks  
 (2,096 respondents)

	<b>Total</b>	<b>July– September 04 survey wave</b>	<b>October– December 04 survey wave</b>	<b>April–June 05 survey wave</b>	<b>Total July 03– June 04</b>
Food & drink	<b>44</b>	52	32	45	<b>51</b>
Fuel	<b>21</b>	33	17	16	<b>29</b>
Gifts/souvenirs	<b>9</b>	9	6	9	<b>11</b>
Public transport fares	<b>3</b>	5	3	3	<b>5</b>
Car parking	<b>5</b>	5	4	5	<b>5</b>
Hire of equipment	<b>2</b>	1	1	2	<b>2</b>
Maps/leaflets	<b>2</b>	2	1	1	<b>2</b>
Purchase of equipment	<b>1</b>	2	1	1	<b>2</b>
Others	<b>2</b>	2	–	3	<b>1</b>
Any money spent	<b>53</b>	63	43	51	<b>62</b>
No money spent at all	<b>47</b>	37	57	49	<b>38</b>
Base	<b>2,096</b>	533	403	1,160	<b>2,382</b>

**Note:** ‘–’ = No responses

A comparison of results obtained during the 2003/04 and 2004/05 surveys indicates that the proportion of visits involving any expenditure decreased from 62% to 53%<sup>15</sup>.

For the main categories of expenditure – food and drink, fuel, gifts and souvenirs, car parking, public transport fares, maps and leaflets – the samples are adequate to enable presentation of the average amounts spent on each of these items and these are outlined in Table 24. The same data is also presented for the other categories but the small sample sizes mean that these estimates, marked with an asterisk, will have a greater degree of sampling error and should therefore be treated with a great deal of caution.

**Table 24 Expenditure on visit – mean amongst those who spent anything (£)**  
**Base: All respondents who spent money on various categories**

	<b>Total</b>	<b>July– September 04 survey wave</b>	<b>October– December 04 survey wave</b>	<b>April–June 05 survey wave</b>	<b>Bases</b>
Food & drink	<b>20</b>	21	18	20	923
Fuel	<b>17</b>	18	14	18	440
Gifts & souvenirs	<b>22</b>	23	39*	19	179
Car parking	<b>4</b>	3*	2*	5	102
Public transport fares	<b>15</b>	16	10	17	68
Maps/guidebooks/ leaflets*	<b>9</b>	10	7	9	32
Hire of equipment*	<b>20</b>	7	7	26	32
Purchase of equipment*	<b>33</b>	49	9	27	22
<b>TOTAL</b>	<b>£32</b>	£35	£27	£32	<b>1,102</b>

**Note:** '\*' = small sample size, giving large sampling error.

The average of around £20 per visit spent on food and drink remained generally consistent across the various periods. However, expenditure on fuel was lower between October and December, possibly a reflection of the lower proportion of car borne trips during that period (see Table 14).

There appeared to be greater variation in the amount spent on gifts and souvenirs during different times of the year, but these estimates are derived from relatively small samples and so should be treated with some caution. While the average was around £22, this ranged from around £19 between April and June to £39 in the October–December period, possibly due to proximity of the Christmas holidays. Spending on both public transport fares and equipment hire and purchase decreased between the months of October and December, though small sample sizes mean that these results should again be treated with a degree of caution.

Overall, the average spent by those who made purchases was around £32. On trips lasting more than 3 hours, the average spend was almost £37 compared with £18 by those on shorter trips.

<sup>15</sup> Year on year comparisons of this question are based on an analysis of comparable survey months. As a result these figures vary slightly from those published in the 2002/03 survey report. See page 3.

Compared with the previous 12 months, overall expenditure levels per visit between July 2004 and June 2005 were lower, decreasing from around £36 per visit to £32<sup>16</sup>.

Table 25 illustrates average levels of expenditure per visit on each category when those respondents who spent nothing are **included**. As such, taking those who spent nothing into account, the average total spend per trip was £17.

**Table 25** Expenditure on visit – mean amongst all respondents including those who spent nothing (£)  
Base: All respondents who had made visits to the outdoors in the last 4 weeks (2,096 respondents)

	<b>Total £</b>	<b>July– September 04 survey wave</b>	<b>October– December 04 survey wave</b>	<b>April–June 05 survey wave</b>
Food & drink	<b>9</b>	11	6	9
Fuel	<b>4</b>	6	2	3
Gifts & souvenirs	<b>2</b>	2	2	2
Car parking	<b>&lt;1</b>	<1	<1	<1
Public transport fares	<b>&lt;1</b>	1	<1	<1
Maps/guidebooks/leaflets	<b>&lt;1</b>	<1	<1	<1
Hire of equipment	<b>&lt;1</b>	<1	<1	1
Purchase of equipment	<b>&lt;1</b>	1	<1	<1
<b>TOTAL</b>	<b>£17</b>	£22	£12	£16

This information on average spend per trip, including those with no expenditure, can be used to produce an overall estimate of the value of visits to the outdoors in Scotland. As highlighted previously in this report, some 214 million visits were taken in Scotland in the 2004/05 survey period. If the average spend on each of these trips was £17, the total value of all trips for this period can be estimated at around **£3.6 billion**<sup>17</sup>. This represents a decrease of approximately 19% on the estimated total for the 12 months from July 2003–June 2004<sup>18</sup>.

### 3.12 Access to the countryside

As outlined previously, the Land Reform (Scotland) Act 2003 and the Scottish Outdoor Access Code (SOAC) came into effect in Scotland on 9 February 2005. The new legislation established a statutory right of responsible access to most land and inland water for outdoor recreation, crossing land, and some educational and commercial purposes.

<sup>16</sup> Year on year comparisons of this question are based on an analysis of comparable survey months. As a result these figures vary slightly from those published in the 2002/03 survey report. See page 3.

<sup>17</sup> Taking account of statistical margins of error, estimated total spend ranges from £3.3 billion to £3.9 billion.

<sup>18</sup> Year on year comparisons of this question are based on an analysis of comparable survey months. As a result these figures vary slightly from those published in the 2002/03 survey report. See page 3.

SNH has a duty under the Act to prepare, issue and to publicise and promote understanding of the SOAC, which is supported by a wider education programme. Coincidental with the commencement of statutory access rights and the launch of the SOAC, there was a media campaign using adverts run in national press, on radio and on television.

Over time, SNH is required to review the effectiveness of the SOAC and the associated access education programme in delivering responsible behaviour by those taking and managing access.

Prior to the launch of SOAC, a series of questions were included in the Scottish Recreation Survey to measure attitudes towards visiting different types of land and awareness of the forthcoming changes in legislation.

Following the launch, questions continued to be included, periodically, to track awareness of the legislation and its impact on behaviour in the countryside. This section of the report presents the results of the questions included between July 2004 and June 2005.

During the second half of 2004, before the SOAC launch, respondents were presented with a series of locations and asked to indicate how free they felt using each type of land for outdoor recreation<sup>19</sup>. A four point scale was used as follows:

- always feel free to use (+4);
- sometimes feel free to use (+3);
- never feel free to use (+2);
- never go to that type of location (+1).

The mean scores are presented in Table 26 and the nearer the score is to the maximum of 4, the greater is the perception of freedom to use that type of land for outdoor recreation. The breakdown of responses is also featured to highlight the variation in 'levels of freedom' perceived by visitors to the outdoors in different types of location.

It is evident from this analysis that there is a clear pattern, with the greatest freedom being felt on seashores and loch shores, Forestry Commission managed woodland and the shores of lochs and river banks. However, no mean scores in excess of 3 were obtained for farmland, fields or mountain or moorland areas (without paths), with the lowest score of 1.91 given for fields with crops or animals while not on a path.

Compared with the previous 12-month survey period, broadly similar results were obtained during the July–December 2004 period.

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<sup>19</sup> Questions were asked until December 2004.

**Table 26** Freedom to use certain types of land  
Base: All respondents who had made visits to the outdoors in the last 4 weeks (722)

	<b>Mean scores July 04– December 04</b>	<b>% always feel free to use</b>	<b>% sometimes feel free to use</b>	<b>% never feel free to use</b>	<b>% never go to that type of location</b>	<b>Mean scores July 03– June 04</b>
Seashores	<b>3.80</b>	87	7	1	4	<b>3.77</b>
Forestry Commission woodland	<b>3.48</b>	68	17	2	10	<b>3.44</b>
Loch shores and riverbanks	<b>3.46</b>	65	23	2	9	<b>3.47</b>
Rivers	<b>3.27</b>	55	27	2	14	<b>3.25</b>
Inland lochs	<b>3.23</b>	57	21	3	16	<b>3.26</b>
Other woodlands	<b>3.18</b>	46	35	6	11	<b>3.17</b>
Mountain/ moorland paths	<b>3.16</b>	61	13	1	22	<b>3.12</b>
Farm/estate roads	<b>2.83</b>	32	35	14	17	<b>2.86</b>
Field with no crops/animals – on path	<b>2.71</b>	33	28	15	23	<b>2.65</b>
Mountains/ moorland – not paths	<b>2.63</b>	34	22	11	30	<b>2.61</b>
Field with no crops/animals – not on path	<b>2.38</b>	19	25	28	26	<b>2.32</b>
Field with crops/ animals – on path	<b>2.33</b>	17	25	30	27	<b>2.29</b>
Field with crops/ animals – not on path	<b>1.91</b>	6	11	48	33	<b>1.91</b>

Table 27 presents the same analysis as the previous table but **excludes** those respondents who never go to that type of location. While the relative importance of water and woodlands is maintained, the main difference is evident in the higher levels of freedom noted for mountain/moorland paths. With a mean score of 3.80, this type of location becomes the second highest in terms of how free respondents felt to use it for outdoor leisure and recreation.

**Table 27 Freedom to use certain types of land (excluding those who never visit location)  
Base: All respondents who had made visits to the outdoors in the last 4 weeks  
(excluding those who never visit location)**

	Mean scores July 04– December 04	% always feel free to use	% sometimes feel free to use	% never feel free to use	% Unsure/ Don't Know	Base	Mean scores July 03– June 04
Seashores	3.91	90	8	1	1	740	3.88
Mountain/ moorland paths	3.80	79	17	1	2	581	3.76
Forestry Commission Woodland	3.76	76	19	2	2	686	3.72
Loch shores and riverbanks	3.71	71	25	2	2	696	3.68
Inland lochs	3.66	68	25	4	2	642	3.63
Rivers	3.64	64	32	2	2	657	3.58
Other woodlands	3.47	52	39	6	3	677	3.47
Mountain/ moorland – not paths	3.35	49	32	15	2	519	3.34
Field with no crops/animals – on path	3.24	42	36	19	2	580	3.18
Farm/estate roads	3.23	38	42	16	3	630	3.17
Field with no crops/animals – not on path	2.88	26	34	38	2	555	2.85
Field with crops/animals – on path	2.83	23	33	40	2	549	2.83
Field with crops/animals – not on path	2.37	10	16	71	2	498	2.43

**Note:** due to exclusion of those who never visit each location, bases vary to a maximum of 722 depending on location. This question ceased to be asked from January 2005 due to difficulties with errors for the analysis.

A comparison of these results with those obtained during the 2003/04 survey suggests that visitors to a number of the different types of land feel that they have more freedom to visit during the most recent period. Most notably, the mean scores have increased for farm and estate roads and fields with crops and animals and a path. Conversely, the score for fields with crops and animals but no path has decreased.

### 3.13 Awareness of access legislation and Scottish Outdoor Access Code

During the first half of 2005, respondents were asked to indicate whether they were aware of new legislation which would 'affect rights of access to the outdoors for informal recreation'. Overall, as shown in Table 28, 26% of respondents stated that they had definitely heard of the legislation, while a further 17% thought that they had heard of it. The remaining 54% were sure that they had not heard of it.

The proportion of respondents stating that they were definitely aware of the legislation was highest in the January–March period (30%), a period which coincided with much of the publicity associated with commencement of the statutory right of access and the launch of the SOAC.

Notably, awareness of the legislation was highest amongst those in the AB social grades (38%), people aged 35 or over (31%), residents of the North of Scotland (32%), men (30%) and people whose most recent outdoor recreation visit was to the countryside (35%).

**Table 28** Awareness of new legislation (%)  
Base: All respondents (4,054)

	<b>Total January–June 05</b>	<b>January–March 05 survey wave</b>	<b>April–June 05 survey wave</b>
Yes (definitely)	<b>26</b>	30	23
Yes (think so)	<b>17</b>	18	17
Definitely not	<b>54</b>	50	57
Don't know	<b>3</b>	2	3
Base	<b>4,054</b>	1,892	2,162

As shown in Table 29, awareness of the code has increased significantly since the 2003/04 survey, from 16% to 28% of the population claiming to be either definitely or possibly aware.

During the 2004/05 survey, awareness levels were highest between January and March 2005, during the initial launch publicity, when 28% of respondents had 'definitely' heard of the code and 16% though that they had.

**Table 29** Heard of Scottish Outdoor Access Code (%)  
Base: All respondents (7,149)

	<b>Total</b>	<b>July– September 04 survey wave</b>	<b>October– December 04 survey wave</b>	<b>January– March 05 survey wave</b>	<b>April– June 05 survey wave</b>	<b>Total July 03– June 04</b>
Yes (definitely)	<b>17</b>	5	10	28	21	<b>8</b>
Yes (think so)	<b>11</b>	4	8	16	14	<b>8</b>
Definitely not	<b>63</b>	67	78	54	62	<b>82</b>
Don't know	<b>9</b>	24	3	2	4	<b>3</b>
Base	<b>7,149</b>	2,048	1,047	1,892	2,162	<b>7,779</b>

Awareness of the code was higher amongst those without children on their most recent trip to the countryside (58% definitely or think so), members of the AB social grades (60%), people whose most recent visits lasted more than 3 hours (53%) and those whose most recent visits were to the countryside (56%).

Those respondents who had heard of the Scottish Outdoor Access Code were asked how they had heard of it. Overall the most frequently mentioned sources were the television advert (53%), a news item on TV or the radio (14%), advertising in a newspaper or magazine (10%), a news article in a newspaper or magazine (10%) and the radio advert (7%).

Respondents who were aware of the Scottish Outdoor Access Code were also asked, without any prompting, at whom they thought the code was targeted. As Table 30 illustrates, 83% stated that they thought that the 'general public who use the countryside' were the target group for the code while smaller proportions selected the other options. 7% of those who were aware of the code did not know at whom it was targeted.

**Table 30** Who is the Scottish Outdoor Access Code aimed at? (%)  
Base: Those who have heard of the Scottish Outdoor Access Code (1,571)

	<b>Total January–June 05</b>	<b>January–March 05 survey wave</b>	<b>April–June 05 survey wave</b>
General public who use the countryside	<b>83</b>	83	84
Active recreational participants	<b>16</b>	16	16
Farmers/landowners/land managers	<b>16</b>	18	15
Public bodies (eg local authorities)	<b>5</b>	5	5
Don't know	<b>7</b>	7	6
Base	<b>1,571</b>	830	741

Those who claimed to have heard of the Scottish Outdoor Access Code were next asked (unprompted) to indicate what they thought it asked people accessing the outdoors for recreation to do and what responsibilities it placed on landowners and managers. This question was only asked in this format from January 2005–June 2005.

**Table 31** What Scottish Outdoor Access Code asks people to do (%)  
Base: Those who had heard of Scottish Outdoor Access Code (1,571)

	<b>Total January–June 05</b>	<b>January–March 05 survey wave</b>	<b>April–June 05 survey wave</b>
Care for the environment	<b>50</b>	46	54
Respect the interests of other people	<b>49</b>	46	51
Take responsibility for your own actions	<b>49</b>	50	47
Keep your dog under proper control	<b>21</b>	20	23
Respect people's privacy & peace of mind	<b>18</b>	17	19
Help land managers and others to work safely and effectively	<b>10</b>	10	11
Take extra care when organising an event or running a business	<b>7</b>	5	8
Don't know	<b>10</b>	11	9
Base	<b>1,571</b>	830	741

As Table 31 illustrates, 50% of those aware of the code thought that it asked people to ‘care for the environment’, with similar proportions mentioning the requirement to ‘respect the interests of other people’ and to ‘take responsibility for your own actions’ (49% each). Smaller proportions thought that the code required people to keep dogs under control, respect others, work with others safely and effectively and to take care when organising an event or running a business.

**Table 32** What Scottish Outdoor Access Code asks farmers and land managers to do (%)  
Base: Those who had heard of Scottish Outdoor Access Code (1,571)

	<b>Total January–June 05</b>	<b>January–March 05 survey wave</b>	<b>April–June 05 survey wave</b>
Respect access rights in managing land or water	<b>36</b>	34	38
Respect the interests of other people	<b>28</b>	27	31
Take account of access rights when managing contiguous land or water	<b>16</b>	13	19
Care for your environment	<b>13</b>	14	13
Ask reasonably when asking people to avoid land management operations	<b>12</b>	12	11
Take responsibility for your own actions	<b>9</b>	9	9
Work with your Local Authority and other bodies to help integrate access and land management	<b>7</b>	6	7
Don't know	<b>29</b>	33	25
<i>Base</i>	<b>1,571</b>	830	741

In terms of what the code asks farmers and land managers to do, as shown in Table 32, the most frequently provided responses were that it encourages them to ‘respect access rights when managing land or water’ (36%) and to respect the interests of others (28%). Again, this question was only asked in this format from January 2005–June 2005.

### **3.14 Problems with access**

Those who had made a visit to the outdoors in the previous 4 weeks were asked if they had encountered any problems with access. Some 79% claimed that they had not had any problems with access, a similar proportion to that recorded during the previous 12 months (77%). Amongst the minority who had experienced some problems, the most common ones were as follows:

- A restrictive sign such as ‘Private’, ‘Keep Out’ – 7%;
- Overgrown path – 6%;
- A locked gate across a path/route – 4%;
- A temporary restrictive sign such as ‘Warning – Forest Operations’ – 3%;
- Blocked or restricted car parking – 3%;

- Blocked path – 2%;
- An aggressive or intimidating animal such as a dog – 3%;
- Barbed wire or an electric fence across path – 2%;
- Lack of advice/information on alternative if route was blocked or closed – 2%.

The majority of respondents who had made visits to the outdoors also stated that they had no need to alter their route significantly because of any barriers or problems (90%). A similar result was obtained during the previous 12 months from July 2003–June 2004 (91%).

Finally, very few participants stated that they had encountered any other users of the outdoors behaving inappropriately. 87% stated that they did not encounter anyone doing so on their visit to the outdoors and amongst those who did, the main issues were as follows:

- Dropping litter – 3%;
- Dog not under control – 2%;
- Disturbing other people's enjoyment of the countryside and open spaces – 2%.

When this question was asked in the 2003/04 survey the same proportion of respondents stated that they did not encounter anyone behaving inappropriately (87%) and similar issues were mentioned.

## **4 CONCLUSION AND SUMMARY OF KEY TRENDS**

The survey period from July 2004–June 2005 represented the second 12 months of continuous surveying to fulfil the requirements of the Scottish Recreation Survey. As such, it has been possible to identify indications of possible trends in the volume and characteristics of recreation visits and attitudes towards informal outdoor recreation and outdoor access legislation over the two year period. Note that these trends will be subject to fairly high degrees of error due to small sample sizes, as they are based only on 2 years' comparisons.

The following points summarise some of main indicative trends between 2003/04 and 2004/05.

### **4.1 Recreation visits – volume, value and profile**

The proportion of the Scottish adult population taking any visits during the 12 month period from July 2004–June 2005 remained at the same level (64%) found during 2003/04, but the frequency of visits taken by participants increased slightly in both summer and winter. As a result, the total number of visits taken in Scotland is estimated to have increased by around 7% to 214 million visits.

The increase in visits is most apparent during the winter months, with 14% more visits taken between October and December 2004 than between October and December 2003. Fewer visits were taken between July and September 2004 than in the previous year, a decline of 9%. This may be due in part at least to the generally poorer summer weather experienced during the 2004/05 survey period.

In terms of general visit destinations, the number of visits to urban destinations has increased most substantially at 17%, while visits to the countryside have increased in volume by 5%, and visits to the seaside have decreased by 4%. More specifically, a larger number of visits were recorded to local parks and open spaces and to Country Parks. The proportion of day visits taken on foot increased from 28% to 33% and, correspondingly, more visits involved shorter distances being travelled (41% under 8km, compared with 37%). This change also reflects the increased volume of visits to urban destinations.

On average, visits taken during 2004/05 were shorter, with 55% lasting less than 3 hours, an increase from 46% in 2003/04. The types of activities undertaken on visits remained fairly consistent between each 12 month period, as did the proportion of visits taken with a dog.

During 2004/05, indications are that the proportion of visits involving any expenditure decreased slightly to 53% (from 57% in 2003/04). On average, the total amount spent by those who made any expenditure was less, although this range is subject to considerable error owing to small sample sizes (+/-3%). This change may reflect the above variations in visit characteristics, with increasing proportions of shorter, local trips which typically involve lower expenditure. Therefore, the estimated value of all recreation visits during the period July 2004–June 2005 has decreased by 19% from the previous 12 months, to an estimated £3.6 billion.

### **4.2 Awareness and understanding of access legislation**

Awareness of the Scottish Outdoor Access Code increased from 7% of respondents being definitely aware of it in 2003/04 to 17% during 2004/05. Awareness was particularly high during the first period in 2005 (28% definitely aware), during the time when media promotion of the code was highest.

When asked about problems with access and other difficulties encountered during visits, responses received during the July 2004–June 2005 period were very similar to those obtained during the previous 12 months, with very few visitors experiencing any problems obtaining access to land and inland water for the purposes of outdoor recreation.

## **Appendix 1 Social grade definitions**

- A** – Scotland: 6% of the population;
- These are professional people, or are very senior in business or commerce, or are top civil servants;
  - Retired people, previously grade A, and their widows.
- B** – Scotland: 18% of the population;
- Middle management executives in large organisations, with appropriate qualifications;
  - Principle officers in local government and civil service;
  - Top management or owners of small business concerns, educational and service establishments;
  - Retired people, previously grade B, and their widows.
- C1** – Scotland: 21% of the population;
- Junior management; owners of small establishments; and all others in non-manual positions;
  - Jobs in this group have very varied responsibilities and educational needs;
  - Retired people, previously grade C1 and their widows.
- C2** – Scotland: 24% of the population;
- All skilled manual workers, and those manual workers with responsibility for other people;
  - Retired people previously grade C2, with a pension from their job;
  - Widows, if receiving pensions from their late husband's job.
- D** – Scotland: 16% of the population;
- All semi skilled and unskilled manual workers, and apprentices and trainees to skilled workers;
  - Retired people, previously grade D, with a pension from their job;
  - Widows, if receiving a pension from their late husband's job.
- E** – Scotland: 13% of the population;
- All those entirely dependent on the state long term, through sickness, unemployment, old age or other reasons. Those unemployed for a period exceeding 6 months (otherwise classified on previous occupation);
  - Casual workers and those without a regular income;
  - Only households without a chief wage earner are coded in this group.

## **Appendix 2 Questionnaire timetable**

It should be highlighted that, while a core of questions was asked in every month of the survey from July 2004–June 2005, others were asked less frequently, during every third month or less often. The questionnaire was split into 4 parts, with each part as follows:

### **SET A**

- 1(a) Any visits to the outdoors in Scotland in the last 12 months.
- 1(b) Average frequency of visiting the outdoors in the summer months/winter months.
- 2 Number of visits in the last 4 weeks.
- 3(a) Main activity on last visit.
- 4(a) Type of place visited on last trip – town/city, countryside etc.
- 4(b) Detailed type of place visited on last trip – woodland/forest etc.
- 4(c) If more than one detailed place at 4(b), the one visited for the longest time.
- 9 Duration of visit.
- 12(a–c) Party composition information, whether accompanied by a dog.

### **SET B**

- 3(b) Participation in other activities, in addition to main activity.
- 6 Whether last visit was from home or whilst on holiday away from home.
- 10 Local Authority area visited.
- 4(d) Use of paths/networks of paths & waymarking.

### **SET C**

- 1(c) Reasons for not making any visits to the outdoors.
- 5 Visits to designated areas, such as National Parks.
- 7 Means of transport.
- 8 Distance travelled on visit.
- 11 Frequency of visits to destination.
- 13 Expenditure.

**SET D**

- 14 Level of freedom to use certain types of land and water (not asked from 2005 onwards).
- 15(a) Awareness of new legislation.
- 15(b) Awareness of Scottish Outdoors Access Code (SOAC).
- 15(c) Source of information on SOAC.
- 15(d) Source of obtaining a copy of SOAC.
- 15(e) Whether seen a copy of SOAC/summary leaflet.
- 15(f) Who SOAC is aimed at.
- 16(a) What the SOAC asks of visitors to the outdoors.
- 16(b) What the SOAC asks of land managers and farmers.
- 17 Problems encountered on outdoor visits.
- 18 Need, if any, to change route and reasons.
- 19 Experience of other people behaving irresponsibly in the countryside.

The following timetable demonstrates the frequency with which each question set was asked during the period of the survey (shaded boxes represent the inclusion of each set in a survey wave).

SET	July 2004	August 2004	September 2004	October 2004	November 2004	December 2004	January 2005	February 2005	March 2005	April 2005	May 2005	June 2005
A												
B												
C												
D												

### **Appendix 3 Scottish Recreation Survey full questionnaire 2004/05**

#### **Question 1(a)**

Have you made any visits to the outdoors for leisure and recreation in Scotland in the last 12 months? This leisure trip could either have been from home or while you were away from home on holiday, provided the holiday was in Scotland.

By outdoors, we mean to open spaces in the countryside as well as in towns and cities such as woodland, parks, farmland, paths, beaches etc.

- 1  Yes
- 2  No

#### **Question 1(b)(i)**

Still thinking about the last 12 months how often, on average, have you made a visit to the outdoors for leisure and recreation in the last 12 months in the summer months of April–September?

- 1  More than once per day
- 2  Every day
- 3  Several times a week
- 4  Once a week
- 5  Once or twice a month
- 6  Once every 2–3 months
- 7  Once or twice

#### **Question 1(b)(ii)**

Still thinking about the last 12 months how often, on average, have you made a visit to the outdoors for leisure and recreation in the last 12 months in the winter months of October–March?

- 1  More than once per day
- 2  Every day
- 3  Several times a week
- 4  Once a week
- 5  Once or twice a month
- 6  Once every 2–3 months
- 7  Once or twice

**Question 1(c)**

If no visits made, why have you not made any visits to the outdoors in Scotland for the purpose of outdoor recreation in the last 12 months?

- 1  Too busy
- 2  Bad/poor weather
- 3  Old age
- 4  Poor health
- 5  Pregnant
- 6  Have young children
- 7  Not interested at all
- 8  No access to a car
- 9  Worried about safety
- 10  Lack of suitable paths
- 11  Lack of suitable places to go
- 12  Don't know where to go
- 13  Don't like going on my own
- 14  No local clubs/associations to join and go with
- 15  Other
- 16  No particular reason

**Question 2**

How many visits to the outdoors for leisure and recreation in Scotland have you made in the last 4 weeks? (You may have made more than one visit to the outdoors for leisure and recreation each day.)

**Question 3(a)**

Thinking about your last visit to the outdoors for leisure and recreation, which of the activities listed on the screen would you consider to have been your MAIN activity during that visit?

- 1  Walking – less than 2 miles
- 2  Walking 2–8 miles
- 3  Walking – more than 8 miles
- 4  Hillwalking/mountaineering
- 5  Cycling – on public roads
- 6  Cycling – on paths and tracks
- 7  Cycling – not on paths and tracks or roads
- 8  Mountainbiking
- 9  Horse riding
- 10  Fishing

- 11  Watersports, including canoeing, windsurfing, rowing & sailing
- 12  Ski-ing – on piste
- 13  Ski-ing – off piste
- 14  Swimming in the sea, rivers, lochs
- 15  Birdwatching
- 16  Other wildlife/nature watching
- 17  Running/jogging
- 18  Wildcamping
- 19  Sightseeing/visiting attractions
- 20  Picnicking
- 21  Family outing
- 22  Other

**Question 3(b)**

During this visit did you participate in any OTHER activities listed on the screen?

- 1  Walking – less than 2 miles
- 2  Walking 2–8 miles
- 3  Walking – more than 8 miles
- 4  Hillwalking/mountaineering
- 5  Cycling – on public roads
- 6  Cycling – on paths and tracks
- 7  Cycling – not on paths and tracks or roads
- 8  Mountainbiking
- 9  Horse riding
- 10  Fishing
- 11  Watersports, including canoeing, windsurfing, rowing & sailing
- 12  Ski-ing – on piste
- 13  Ski-ing – off piste
- 14  Swimming in the sea, rivers, lochs
- 15  Birdwatching
- 16  Other wildlife/nature watching
- 17  Running/jogging
- 18  Wildcamping
- 19  Sightseeing/visiting attractions
- 20  Picnicking
- 21  Family outing
- 22  Other
- 23  No/none

**Question 4(a)**

Thinking about your last visit to the outdoors for leisure and recreation, which of the places on the screen best describes where you went?

- 1  A town or city
- 2  The countryside (including inland villages)
- 3  The seaside (a resort or the coast)

**Question 4(b)**

On this last visit to the outdoors for leisure and recreation, what types of location or destination did you go to?

- 1  Woodland/forest – managed by Forestry Commission/Forest Enterprise
- 2  Woodland/forest – other type of owner
- 3  Woodland/forest – don't know owner
- 4  Farmland – fields with crops
- 5  Farmland – fields with livestock
- 6  Farmland – mixed crops and livestock
- 7  Mountain/hill
- 8  Moorland
- 9  Village
- 10  Loch
- 11  Sea/Sea loch
- 12  River
- 13  Canal
- 14  Beach
- 15  Cliff
- 16  Local Park or open space
- 17  Wildlife area
- 18  Other

**Question 4(c)**

Which of these was the main destination or location you visited (ie the one visited for the longest time)?

- 1  Woodland/forest – managed by Forestry Commission/Forest Enterprise
- 2  Woodland/forest – other type of owner
- 3  Woodland/forest – don't know owner
- 4  Farmland – fields with crops
- 5  Farmland – fields with livestock
- 6  Farmland – mixed crops and livestock
- 7  Mountain/hill
- 8  Moorland
- 9  Village
- 10  Loch
- 11  Sea/Sea loch
- 12  River
- 13  Canal
- 14  Beach
- 15  Cliff
- 16  Local Park or open space
- 17  Wildlife area
- 18  Other

**Question 4(d)(i)**

On this last visit to the outdoors for leisure and recreation, did you use a path or network of paths?

- 1  Yes
- 2  No

**Question 4(d)(ii)**

Did this path or network of paths have signposts or waymarking or not?

- 1  Yes
- 2  No

**Question 5**

On this visit, was your main destination one of these types of designated areas, listed on the screen?  
IF YES: Which of these designated areas was your main destination?

- 1  Country Park
- 2  Regional Park
- 3  National Park (Loch Lomond and the Trossachs or Cairngorms)
- 4  National Nature Reserve
- 5  Local Nature Reserve or wildlife sanctuary
- 6  Long Distance Route (Great Glen Way, West Highland Way, Southern Upland Way, Speyside Way)
- 7  Forest Park
- 8  No – was not a designated area
- 9  Don't know if it was a designated area

**Question 6**

Was this last visit while you were staying away from home or did you start and finish the trip at your home?

- 1  At Home
- 2  Staying away from home

**Question 7**

What was the main means of transport used on this last visit? That is, the one used to get to the main destination of the visit.

- 1  On foot
- 2  Car/van/minibus
- 3  Motorcycle/scooter
- 4  Public bus
- 5  Private coach
- 6  Train
- 7  Horseback
- 8  Bicycle
- 9  Boat
- 10  Other

**Question 8**

In total, how far did you travel to get to and from the main destination of this visit?

- 1  Less than 2 miles
- 2  2–5 miles
- 3  6–10 miles
- 4  11–20 miles
- 5  21–30 miles
- 6  31–40 miles
- 7  41–50 miles
- 8  51–60 miles
- 9  61–80 miles
- 10  81–100 miles
- 11  More than 100 miles

**Question 9**

In total, how long was the visit, in terms of time – that is the total time spent including travelling time to and from the destination?

- 1  Less than 1 hour
- 2  1 – up to 2 hours
- 3  2 – up to 3 hours
- 4  3 – up to 4 hours
- 5  4 – up to 5 hours
- 6  5 – up to 8 hours
- 7  8 hours or more

**Question 10**

Looking at the map shown, in which of the areas marked on this map was the main destination or location of your last visit to the outdoors for leisure and recreation.

**Question 11**

Was this your first visit to this destination or location?

IF NO: How many times have you visited this destination or location in the last 12 months?

- 1  First visit ever
- 2  More than once per day
- 3  Every day
- 4  Several times a week
- 5  Once a week
- 6  Once or twice a month
- 7  Once every 2–3 months
- 8  Once or twice
- 9  Not sure/don't know
- 10  Not been in last 12 months

**Question 12(a)**

On this last visit, were you ...

- 1  On your own/alone
- 2  With other members of your family
- 3  With friends
- 4  With an organised group
- 5  Other

**Question 12(b)**

How many adults aged 16 or over, including yourself, were on this visit? How many children aged under 16 were on this visit?

**Question 12(c)**

Were you accompanied by a dog on this visit?

- 1  Yes
- 2  No

**Question 13(a)**

On this last visit, did you personally spend any money on any of the items listed on the screen?

- 1  Food and drink
- 2  Petrol/diesel/LPG
- 3  Car parking
- 4  Bus/train/ferry fares
- 5  Hire of equipment
- 6  Purchase of equipment
- 7  Maps/guidebooks/leaflets
- 8  Gifts/souvenirs
- 9  Other items
- 10  Didn't spend any money

**Question 13(b)**

If you spent any money, how much did you spend on each item outlined at 13(a) ? Please include anything you may have spent on behalf of others in your party?

**Question 14**

Using one of the phrases below, could you tell me how free you feel you are to use each of the following types of land and water for outdoor recreation?

- 1  Always feel free to use
- 2  Sometimes feel free to use
- 3  Never feel free to use
- 4  Never go to that type of location

Types of land include:

Seashores, loch shores and riverbanks, Forestry Commission woodland, inland lochs, rivers, other woodlands, farm/estate roads, mountain/moorland paths, mountains/moorland not on paths, field with no crops/animals – on paths, fields with no crops/animals – not on paths, fields with crops/animals – on paths, fields with crops/animals – not on paths.

**Question 15(a)**

Are you aware of new legislation affecting your right of access to the outdoors for informal recreation?

- 1  Yes, definitely
- 2  Yes, think so
- 3  Definitely not

**Question 15(b)**

Have you heard of the Scottish Outdoor Access Code?

- 1  Yes, definitely
- 2  Yes, think so
- 3  Definitely not

**Question 15(c)**

Can you tell me where you heard of the Scottish Outdoor Access Code?

- 1  Television Advert
- 2  Radio Advert
- 3  Advert in Newspaper or Magazine
- 4  News item/article in newspaper or magazine
- 5  News item on TV or radio
- 6  Promotional material, eg Code or Summary Leaflet
- 7  Local library
- 8  Outdooraccess-scotland.com website
- 9  Local Authority
- 10  A ranger or ranger service information
- 11  The Forestry Commission
- 12  Tourist Information Office
- 13  Other information office in a countryside setting (eg National Park Visitor Centre)
- 14  SNH Office
- 15  Recreation club or organisation
- 16  Friends or relatives
- 17  Other

**Question 15(d)**

Have you seen a copy of...

**(i) The Code?**

1  Yes

2  No

**(ii) The Summary Leaflet?**

1  Yes

2  No

**Question 15(e)**

How did you obtain a copy?

- 1  Television Advert
- 2  Radio Advert
- 3  Advert in Newspaper or Magazine
- 4  News item/article in newspaper or magazine
- 5  News item on TV or radio
- 6  Promotional material, eg Code or Summary Leaflet
- 7  Local library
- 8  Outdooraccess-scotland.com website
- 9  Local Authority
- 10  A ranger or ranger service information
- 11  The Forestry Commission
- 12  Tourist Information Office
- 13  Other information office in a countryside setting (eg National Park Visitor Centre)
- 14  SNH Office
- 15  Recreation club or organisation
- 16  Friends or relatives
- 17  Other

**Question 15(f)**

Can you tell me who the Scottish Outdoor Access Code is aimed at?

- 1  General public who use the countryside
- 2  Active recreational participants
- 3  Farmers/landowners/land managers
- 4  Public bodies (eg Government agencies, Local Authorities)
- 5  Other

**Question 16(a)**

Can you tell me what the Scottish Outdoor Access Code asks people who are visiting the countryside to do?

- 1  Respect the interests of other people
- 2  Care for the environment
- 3  Take responsibility for your own actions
- 4  Respect people's privacy and peace of mind
- 5  Help land managers and others to work safely and effectively
- 6  Keep your dog under proper control
- 7  Take extra care when organising an event or running a business

**Question 16(b)**

Can you tell me what the Scottish Outdoor Access Code asks farmers and land managers to do?

- 1  Respect the interests of other people
- 2  Care for your environment
- 3  Take responsibility for your own actions
- 4  Respect access rights in managing land or water
- 5  Ask reasonably when asking people to avoid land management operations
- 6  Work with your Local Authority and other bodies to help integrate access and land management
- 7  Take account of access rights if you manage contiguous land or water
- 8  Coming back to your last visit to the outdoors for leisure or recreation

### Question 17

Which of the problems listed on the screen did you encounter or experience, if any?

- 1  A locked gate across path/route
- 2  Overgrown path
- 3  Blocked path
- 4  A man-made obstruction or blockage on water
- 5  Blocked or restricted car parking
- 6  An aggressive or intimidating animal, such as a dog
- 7  Barbed wire or an electric fence across a path
- 8  A restrictive sign – for example 'Private', 'No Entry', 'Keep Out'
- 9  A temporary restrictive sign – for example – 'Warning – Forest Operations. Please obey all signs and directions'
- 10  A sign which banned your particular activity on that day
- 11  An intimidating sign
- 12  Lack of advice or information offering an alternative if original route was blocked or closed
- 13  Other

### Question 18

On your last visit, did you have to alter your route significantly for any reason? IF YES: Why did you have to alter your route significantly?

- 1  No, did not alter route
- 2  I was politely asked to alter my route by a farmer or other person
- 3  I was rudely asked to alter my route by a farmer or other person
- 4  I came across a No Entry sign
- 5  I came across an information sign which gave reasons for and the directions for an alternative route
- 6  I reached a field with livestock
- 7  I reached a field with crops growing
- 8  I reached a field where machinery was being used – ploughing, spraying etc
- 9  I reached an area where trees were being felled
- 10  I had to pass close by a house and/or garden
- 11  I reached a farmyard
- 12  I came across people fishing/angling
- 13  The route was becoming overused or eroded
- 14  The route was obstructed – by a fence, locked gate etc
- 15  The route was becoming overgrown, difficult to access
- 16  Weather
- 17  Ran out of time
- 18  Tired
- 19  Other

**Question 19**

During your last visit, did you come across any other recreational users who were behaving irresponsibly or illegally? IF YES: In what way(s) were they behaving irresponsibly or illegally?

- 1  No, did not encounter any other recreational users behaving irresponsibly or illegally
- 2  Car was parked blocking a gate or entrance
- 3  Crossing a field of growing crops and causing damage
- 4  Cycling where they should not have been
- 5  Dropping litter
- 6  Dog not under control
- 7  Disturbing livestock
- 8  Causing damage or disturbance to wild animals/birds/plants
- 9  Disturbing other people's enjoyment of the countryside and open spaces
- 10  Fly tipping
- 11  Horseriding where they should not have been
- 12  Ignoring reasonable advice from a farmer or land manager or ranger
- 13  Interfering with farm/forest machinery
- 14  Interfering with operation such as ploughing, tree felling etc
- 16  Mis-using alcohol or drugs
- 17  Poaching
- 18  Taking part in watersports without considering others
- 19  Not got adequate equipment for their activity/weather/terrain
- 20  Lack of courtesy
- 21  Other