

Getting to know trails

**The “so what” of how we move around
in places we care about
(or SHOULD care about)**

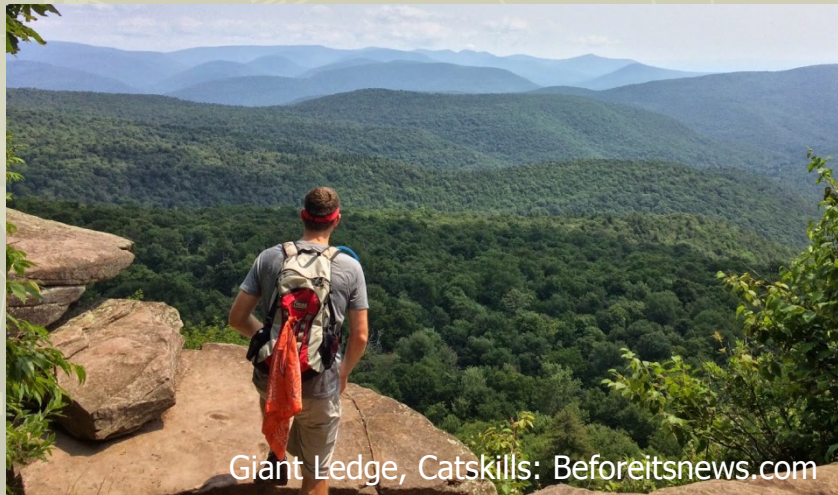
Karl Beard
National Park Service
Rivers, Trails & Conservation Assistance Program
www.nps.gov/rtca



Hiking trail



John Muir Trail, allyosemite.com



Giant Ledge, Catskills: Beforeitsnews.com



Appalachian Trail, Bear Mtn: NYNJTC.org

Rail Trail



Transportation Trail



El Camino Trail, Rochester NY



Indianapolis Cultural Trail



Hudson River Greenway, 46th St

Bike route "trail"?



NYS DOT photo: Orient Beach SP Bike Lane



Photo: NYS DOT



Photo: NYS DOT

On-street linkage "trail"?



10th St, Atlanta: beltline.org



Photo: Brucebike.blogspot.com



Photo: Rochester, NY



NYS DOT photo: Croton Ossining Trail

Linear park



Hudson River: Landscapeonline.com



Scenic Hudson photo: Yonkers Esplanade Park



Dutchess Rail Trail



NYS DOT photo:
Old Croton Aqueduct Trail

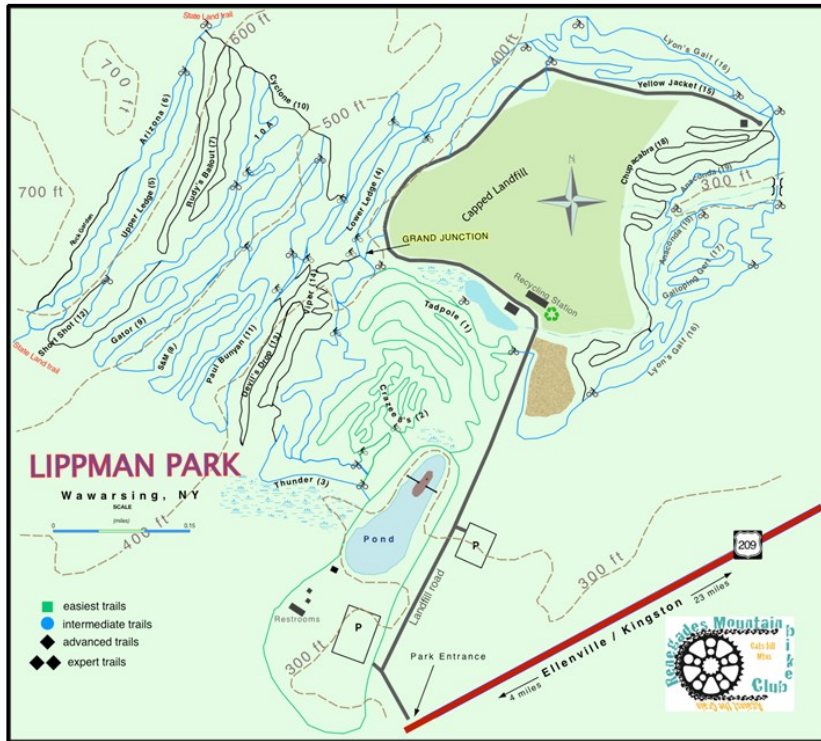


Cayuga Waterfront Trail, Ithaca

MTB trail



MTB trail



OHV trail



Outdoor recreation access route (ORAR)



Photos: NYS-DEC

And this is exactly WHAT?



Photo: Dave Rocco

And this?



Central Park Gates project

Water trail



Water trail



National Trails System:

- **NTS Act of 1968**, as amended
- **National Historic Trails**
- **National Scenic Trails**
 - **Congressional Study & Federal Legislation**
- **National Recreation Trails**
 - **National Water Trails**
 - **Secretarial Order**



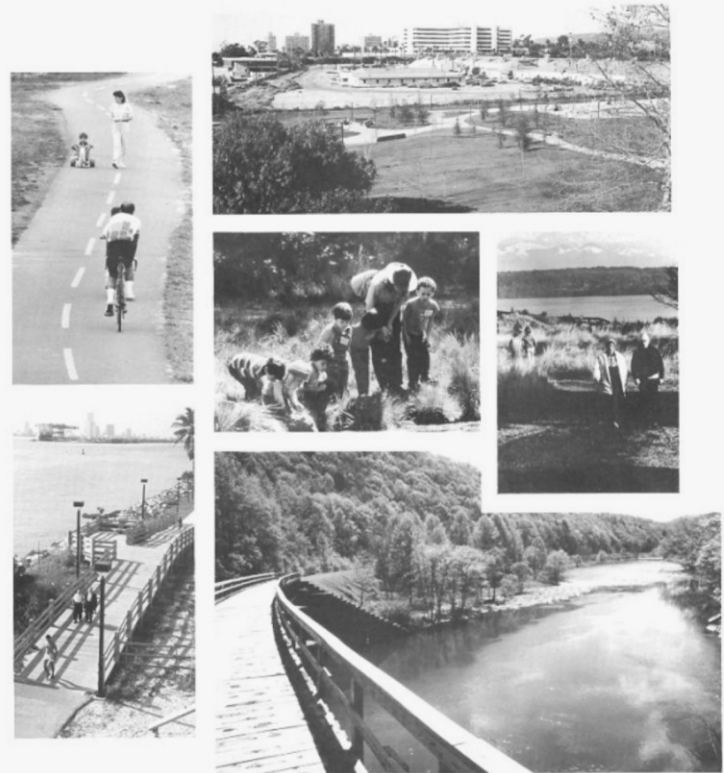
A national-level vision

- ▶ **National system of trails**
 - **Federal NTS is just a *part***
- ▶ **A trail within 15 minutes of every American**

TRAILS FOR ALL AMERICANS

The Report of the National Trails Agenda Project
Submitted By American Trails to the National Park Service

Summer, 1990



U.S. Department of the Interior
National Park Service

American Hiking Society's
NATIONAL TRAILS DAY[®]



Made With All Natural Ingredients

What do we mean by “trail”?



- ▶ **Hiking trail**
- ▶ **Single-track**
- ▶ **Shared-use path**
- ▶ **Recreational trail**
- ▶ **Transportation trail**
- ▶ **Rail-trail**

- ▶ **Linear park**
- ▶ **Greenway**
- ▶ **On-street linkage**
- ▶ **Bicycle route**
- ▶ **OHV / snowmobile**
- ▶ **Water trail**

What benefits do trails provide?

Close-to-home recreation

Bicycle tourism

Preserve historic features

Trail events

Safe routes to schools

Attract visitor spending to our communities

Walkable communities

Trailside art

Outdoor experiences for kids

Better health

Link business to historic sites & other attractions

Fishing & boating access

Boost real estate values

Alternative transportation



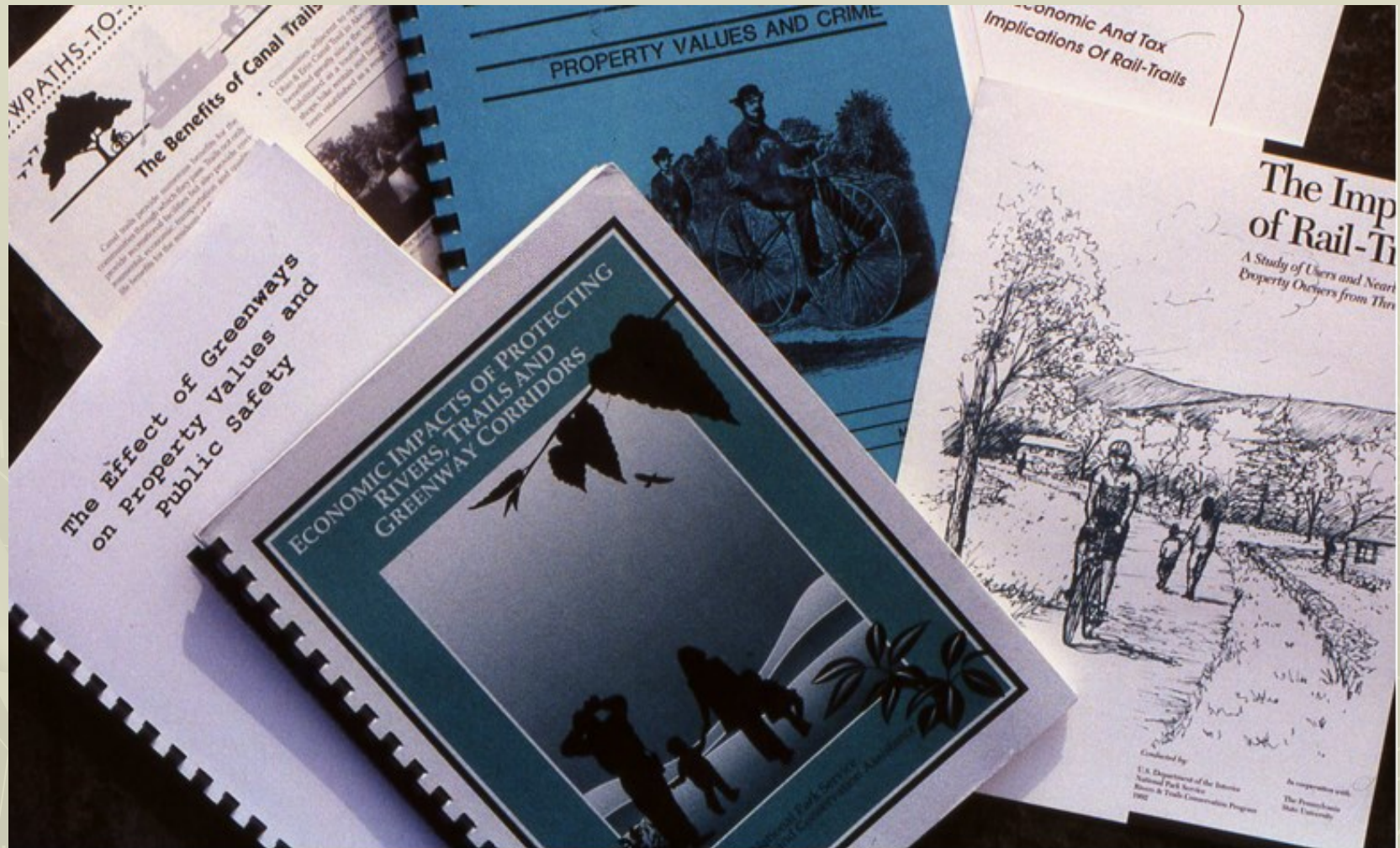
The background features a light green map with white contour lines. A compass rose is visible on the left side, with a dollar sign (\$) positioned near its base. The text is overlaid on this background.

**“Good trails
are good business**

**... of course you Easterners
haven't figured that out yet”**

**- Mary Carter, Mayor of Bow Mar, CO, 1988
(Champion of the South Platte River Greenway)**

100+ national studies online



Economic benefits of trails

▶ Total benefits to host communities:

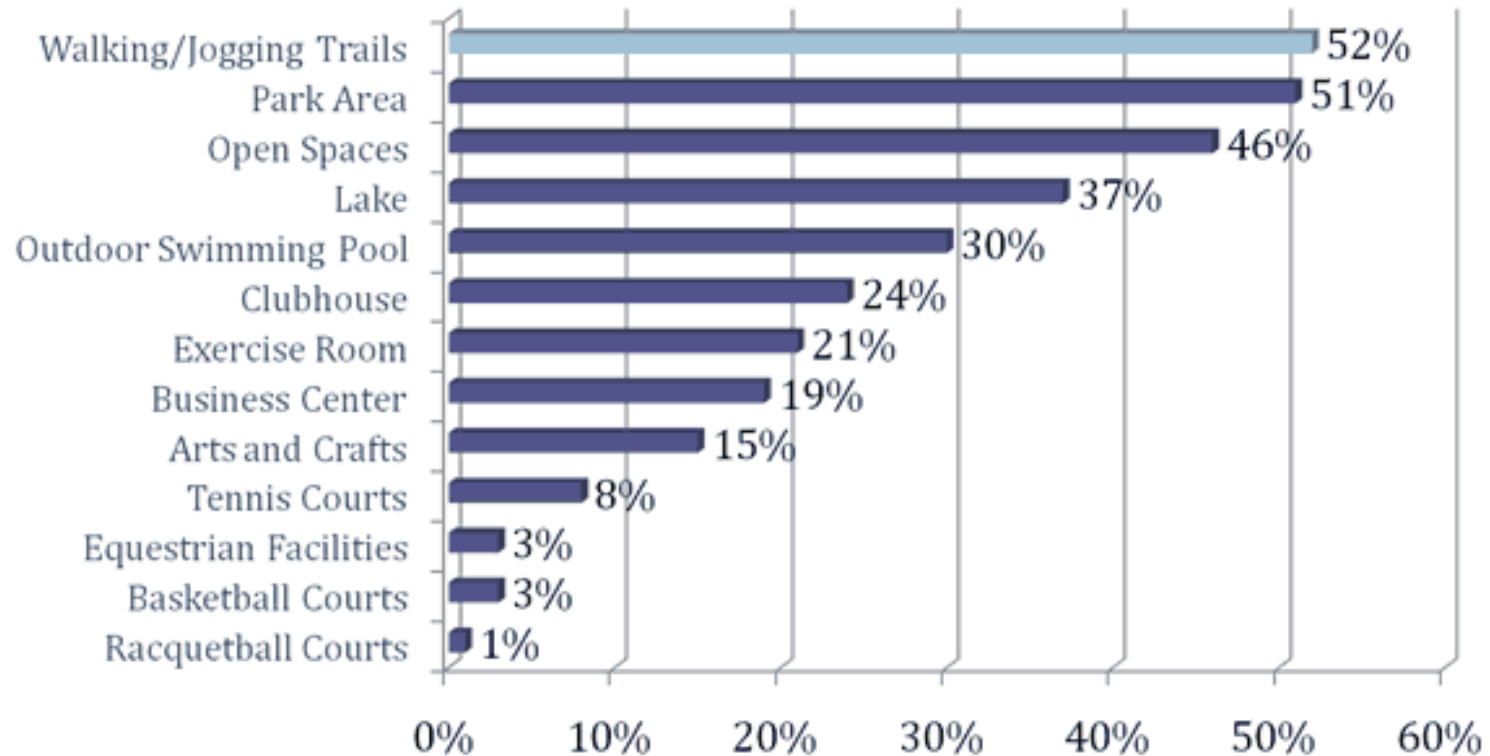
- **\$1.2 - \$1.9 million / year**
- **\$200k - \$600k / year in new money**
- **Erie Canalway Trail - \$253m / year**

▶ Property values:

- **0-6% increase near trail**
- **Sell more quickly**
- **Homebuilders: Trails are #2**

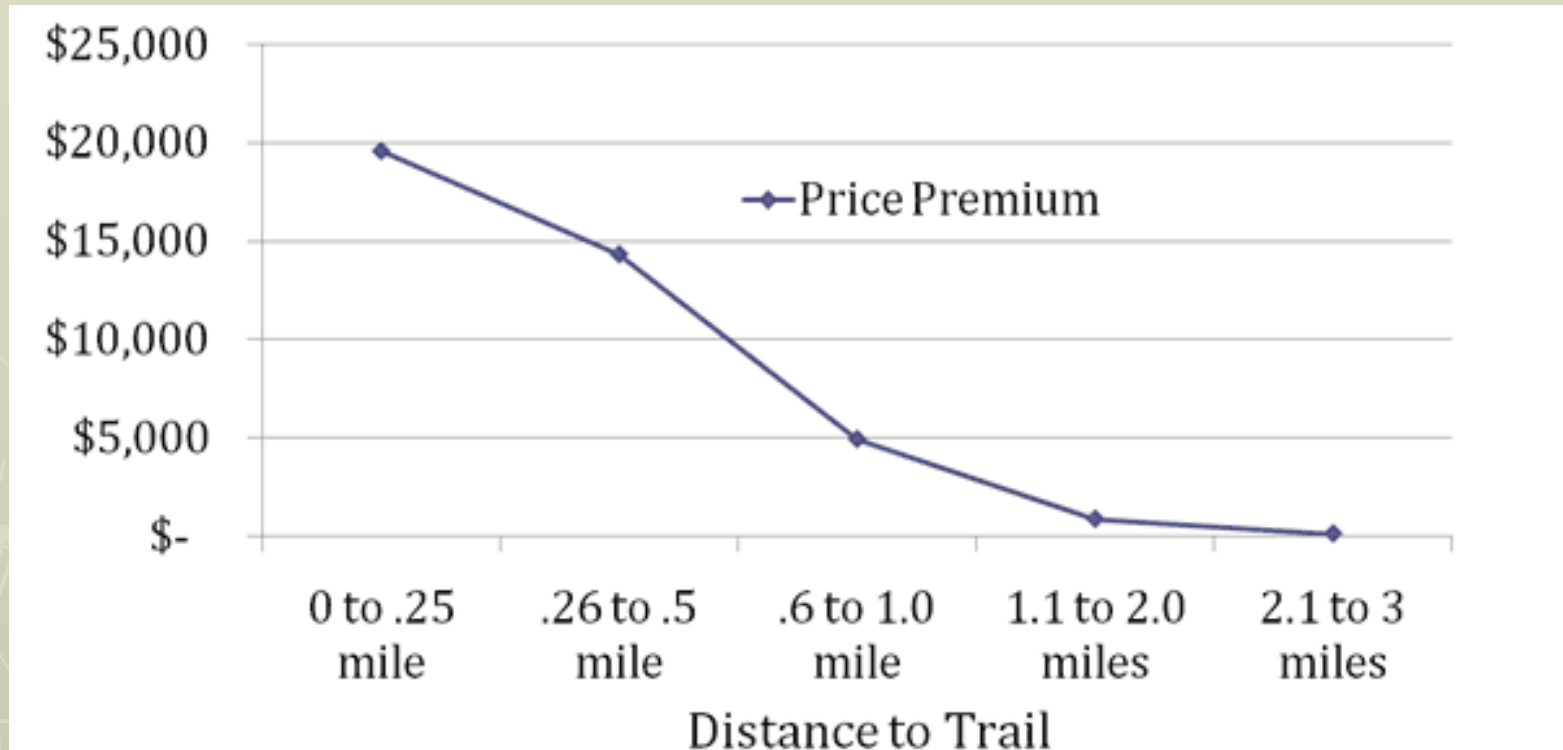


Housing preferences: trails consistently in top 5



FROM: Wylde, M. 2002. Boomers on the Horizon: Housing Preferences of the 55+ Market, Survey of 890 households headed by members age 55+. NAHB / BuilderBooks. Wash., DC.

Home sale “price premium” near trails



Methow Valley, WA: House sales premium and proximity to XC ski trail system. Resource Dimensions for Methow Conservancy & MVSTA

Home sale “price premium” near trails

▶ Little Miami Scenic Trail (Cleveland)

- 78-mile trail
- Univ of Cincinnati 2011:
- **Homeowners willing to pay a \$9,000 premium to be located 1,000 feet closer to the trail**

▶ Monon Trail (Indianapolis)

- 10.5-mile trail
- Indiana Univ 2004:
- **Homes within 1/2 mile of the trail showed a sales premium of \$13,059**



Trail-related spending

▶ Local day users:

- You & me on a local trail
- Average \$3 - \$13 / day

▶ Non-local day users:

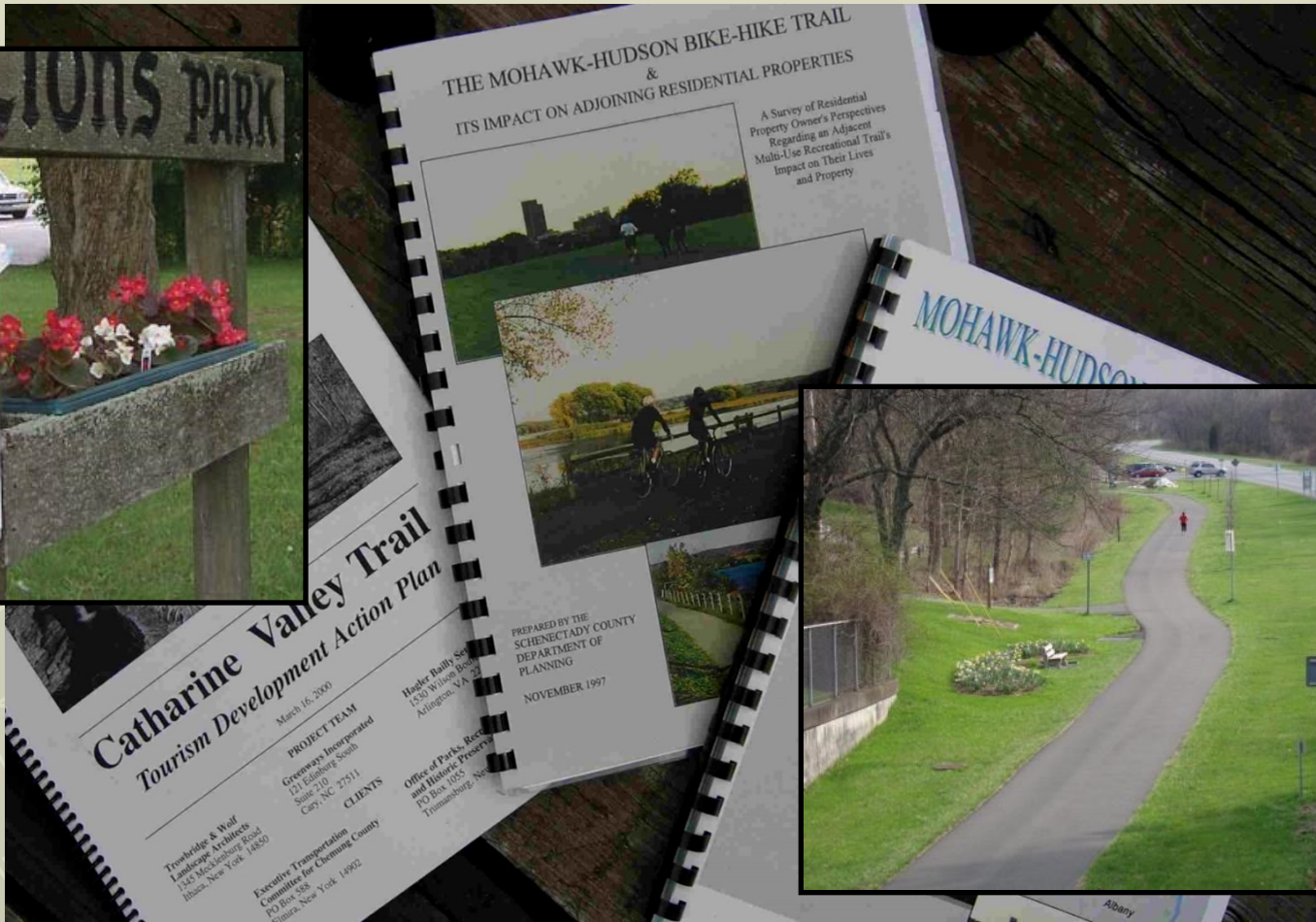
- From other counties
- Add gas, lunch, etc.
- \$15 - \$35 / day

▶ Overnight visitors:

- From other counties & states
- Add cost of dinner & overnight stay
- \$100 - \$200 / day



Studies in New York



THE MOHAWK-HUDSON BIKE-HIKE TRAIL & ITS IMPACT ON ADJOINING RESIDENTIAL PROPERTIES

A Survey of Residential
Property Owner's Perspectives
Regarding an Adjacent
Multi-Use Recreational Trail's
Impact on Their Lives
and Property

Catharine Valley Trail Tourism Development Action Plan

March 16, 2000

PROJECT TEAM

Greenspace Incorporated
121 Edinburg South
Suite 210
Cary, NC 27511

CLIENTS

Townbridge & Wolf
Landscape Architects
145 Hochberg Road
Ithaca, New York 14850

Executive Transportation
Committee for Chenango County
PO Box 454
Ithaca, New York 14902

Office of Parks, Recreation
and Historic Preservation
PO Box 1050
Trombsburg, New York

PREPARED BY THE
SCHENECTADY COUNTY
DEPARTMENT OF
PLANNING
NOVEMBER 1997

MOHAWK-HUDSON

Albany

Hurley O&W Rail-Trail

OPRHP – 2008

▶ **35k – 65k visits / yr (Avg 48k):**

- **10.5% non-local**
- **Non-locals spend \$200 / visit**
- **Locals spend \$5.19 / visit**

▶ **Multiplier effect of 2.0:**

- **\$2 million / yr**
- **About 40 jobs**



OPRHP – 2008

8 trails statewide:

► Reasons for visiting the trail:

- Health & exercise – 15%
- Recreation – 23%
- Other – 26%

► Who is on the trail?

- Average age = 52
- Avg household income = \$94k
- Employed full time – 52%
- Retired – 25%

Hurley O&W Rail-Trail PTNY – 2012

- ▶ **81k visits / yr (more than 2008)**
- ▶ **Even if ENTIRELY local use (low spending), then:**
 - **\$243k - \$1.05M / year direct spending**
 - **\$486k - \$2.1M after 2.0 multiplier**



Photo: NYS DOT

Catskill Mtn Rail Trail impacts

- Camoin Associates

- ▶ **140k trail users/yr**
 - **25% non-local**
- ▶ **\$3.1M new sales**
 - **\$2M direct spending**
- ▶ **44 new jobs**
- ▶ **\$112k new County tax revenue**



Bicycle & Trail tourism

Join us this summer
for a
fun and affordable
cycling vacation



Cycling the Erie Canal

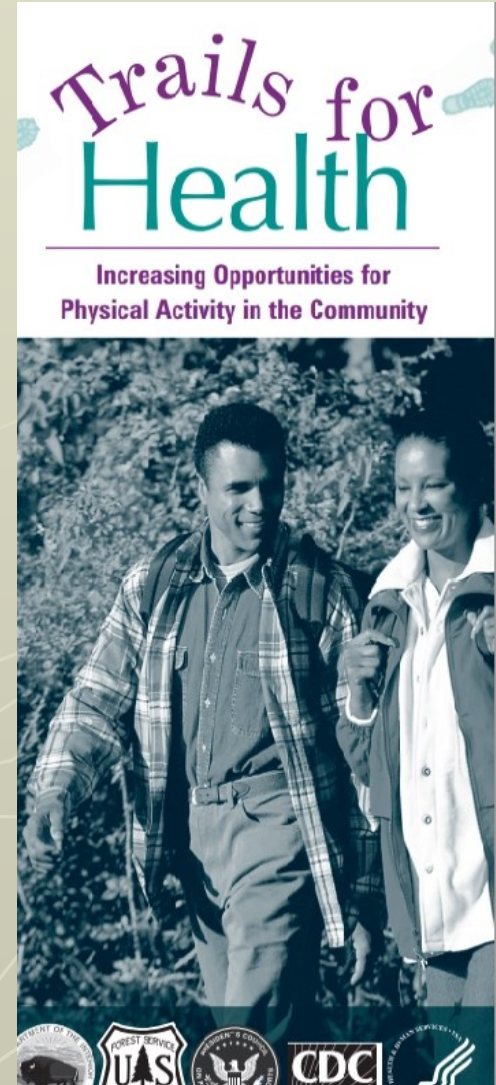
Great Hudson Valley Pedal

www.ptny.org • ptny@ptny.org • 518.434.1583

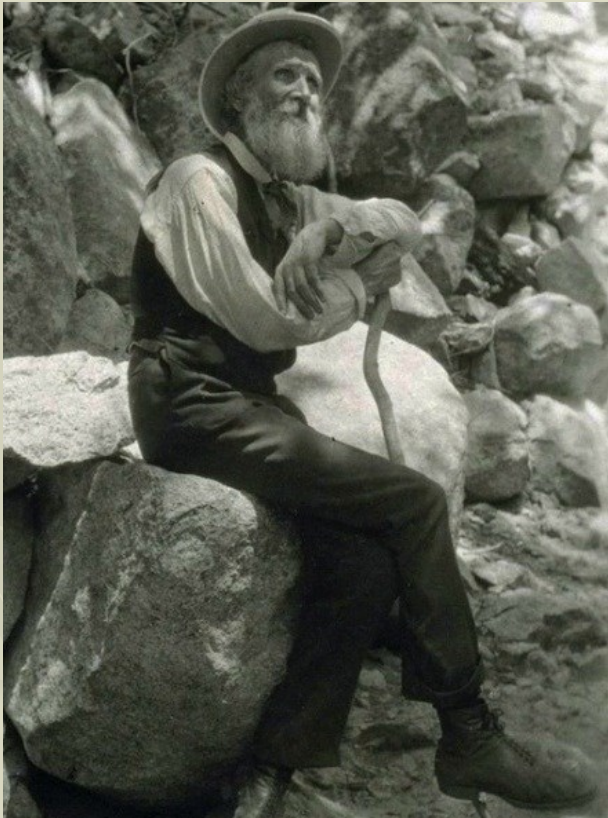
Trails and Public Health

Every \$1 investment in trails for physical activity yields \$2.94 in direct medical benefit

– Wang et al. Health Promot Pract. 2005 Apr; 6(2):174-9.



Trails and Public Health



“Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul.” - John Muir

Trails as Public Health Infrastructure

**The rail-trail program
“has done more for
health care than
anything we’ve ever
done in America.”**

- Ray LaHood (R, Illinois) Former
Secretary of Transportation



Park / Trail Prescriptions

“Take a hike and call me in the morning”

- NPS “A Call to Action”

Increase Energy - Lower Stress

Prescription TRAILS Rx for Health:
Get Up and Get Moving!

Congratulations on deciding to increase your physical activity!
Here is the plan we discussed to start you on your way.

Date: _____

Start with: _____ minutes _____ days per week

Gradually increase to: _____ minutes _____ days per week

Where: _____

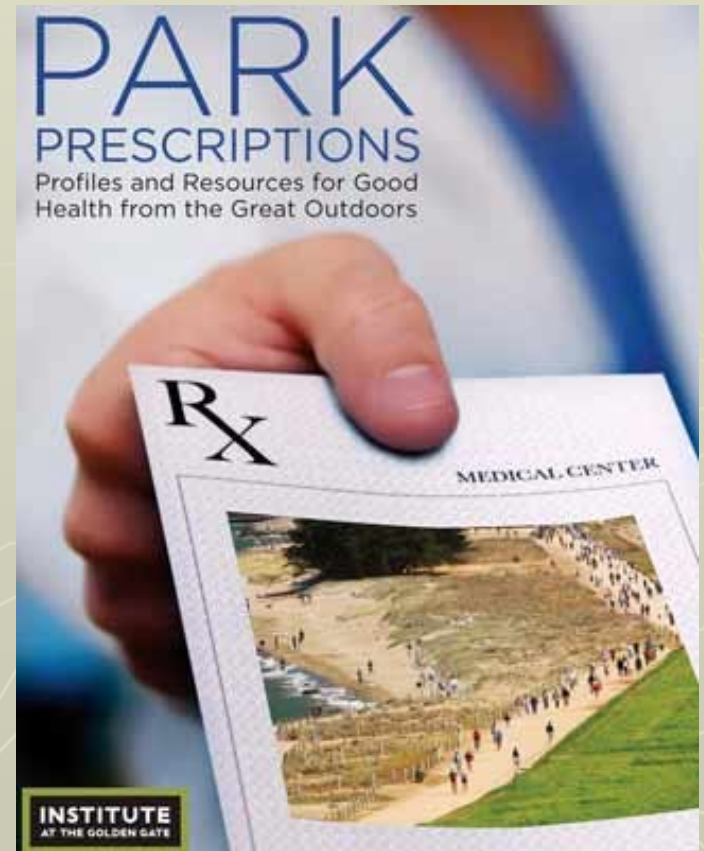
We will review this plan at your next visit.

_____ Health Care Provider Signature

Sleep Better *Walk the Dog*

Enjoy the Outdoors

Copyright © 2010 New Mexico Health Care Takes On Diabetes



Healthy Maine Walks

Healthy Maine Walks Registry - Windows Internet Explorer

http://www.healthymainewalks.org/ helathy maine walks

File Edit View Favorites Tools Help

Healthy Maine Walks Registry

Healthy Maine Walks



Health & Walking Connection

Find a Walking Route Near You

Calendar of Events

Seasonal Info / Safety Tips

Create a Walking Route / Build a Trail

Register Your Route Here:
- Indoor Route
- Outdoor Route

Healthy Maine Walks Coalition Members

Useful Links
Contact Us



Want to [find a walking route](#)? Want to tell us about one in your community? Or do you want to learn how to create a walking route? If you answer yes to one of these questions, you've come to the right place. Healthy Maine Walks provides information on how to find a walking route near you, to share information about walking routes, or to find out about how to create one.

About Healthy Maine Walks

Healthy Maine Walks is sponsored by a coalition of trail and health agencies and organizations working together to build a healthier Maine. We have joined forces to promote healthier lifestyles by making it easier for Mainers to find and use walking routes in communities all across the state.

Healthy Maine Walks provides a central location for towns and local groups to register walks. Healthy Maine Walks includes descriptions of registered walks for those interested in locating places to walk. Healthy Maine Walks has a logo available to municipalities that



start

Microsoft PowerPoint ... Karl Beard - Inbox - L... Healthy Maine Walks ...

10:09 AM

CDC: Health Impact Assessment (HIA) tool for parks & trails



Parks and Trails

Health Impact Assessment Toolkit - (1/1/2014)

http://www.cdc.gov/healthyplaces/parks_trails/

Introduction

Well-designed parks and trails are valued parts of our environment. Research examining the connection between parks, trails, and health has helped identify the value that parks provide to people. Parks and trails can promote physical activity and community engagement; and provide both environmental and mental health benefits. When well-designed, parks have been shown to reduce stress and foster community interaction. They can also protect sensitive lands such as flood plains and steep slopes.

Parks and trails can provide resources most communities need when addressing many of today's public health problems. And when questions arise about community policies or projects related to parks and trails—particularly, how to maximize their positive impact on public health—a health impact assessment (HIA) can provide answers.

What is a Health Impact Assessment?

A health impact assessment (HIA) is "a combination of procedures, methods, and tools by which a policy, program, or project may be judged as to its potential effects on the health of a population, and the distribution of those effects within the population."¹

An HIA evaluates objectively the potential health effects of a policy or project before it begins. An HIA can recommend measures to increase positive health outcomes and decrease adverse health outcomes. The HIA framework can bring potential public health effects and considerations into the decision-making process for plans, projects, and policies that fall outside of traditional public health arenas, such as parks and trails. The U.S. Department of Health and Human Services recommends the HIA as a planning resource.

The major steps in conducting an HIA are:

- Screening—would an HIA be useful? If all the decisions have been made, an HIA probably is not appropriate. If HIA findings most likely would not change any decisions, an HIA would not be useful.
- Scoping—identify which health effects to consider and by what methods.
- Assessing risks and benefits—identify who might be affected and how they might be affected. Use data and research to determine the likelihood, direction, magnitude, and distribution of potential health effects.
- Developing recommendations—suggest changes to proposals to promote positive health effects or minimize adverse health effects.
- Reporting—present the results to decision makers and the public.
- Evaluating—determine whether the HIA will affect public health decisions and the actual effects of those decisions.

What is the Burden of Disease?

Parks can affect a range of public health issues, including injuries, mental health, and pollution exposures. An important interaction between parks and health is through physical activity. In the United States, most people do not get enough physical activity. The Centers for Disease Control and Prevention (CDC) recommends that children have at least 60 minutes of physical activity per day. Yet, more than 80 percent of adolescents in the United States do not achieve this minimum, and more than 25 percent of adults report no leisure-time physical activity.²

For all weight levels, physical activity alone can improve health outcomes. In addition, physical activity can help prevent obesity. In the 1960s, obesity rates for children 6 to 11 years old were around 4 percent³. By 2010, obesity rates had increased to 18 percent⁴. This is not just a childhood problem; in 2010 more than 69 percent of the United States adult population was overweight⁵.

Physical inactivity and obesity are independent risk factors for many of the same diseases, including

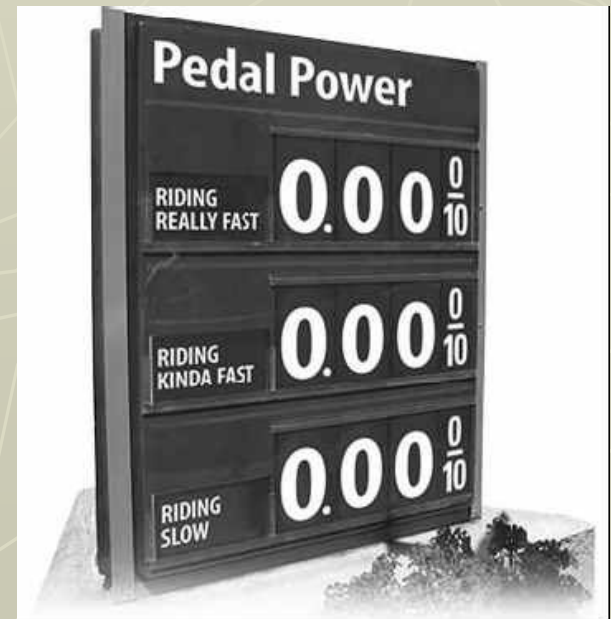
- Cancer
- Diabetes
- Heart disease

Everyday activity



Transportation benefits

- ▶ **Reduced traffic & congestion**
- ▶ **Reduced fuel consumption**
- ▶ **Reduced pollution**
- ▶ **Affordability**
- ▶ **Safety**
- ▶ **Universal: we are ALL pedestrians**



Political & Social benefits

- ▶ **Energy independence**
- ▶ **Health care costs & "obesity epidemic"**
- ▶ **Sense of community**
- ▶ **Accessibility for people of all abilities**



Trail design / construction standards:

▶ AASHTO:

Amer Assn of State Highway & Transportation Officials

- 10 ft wide treadway (min)
- 12 ft in high-use & urban areas
- 2 ft shoulders (turf)

▶ ADA:

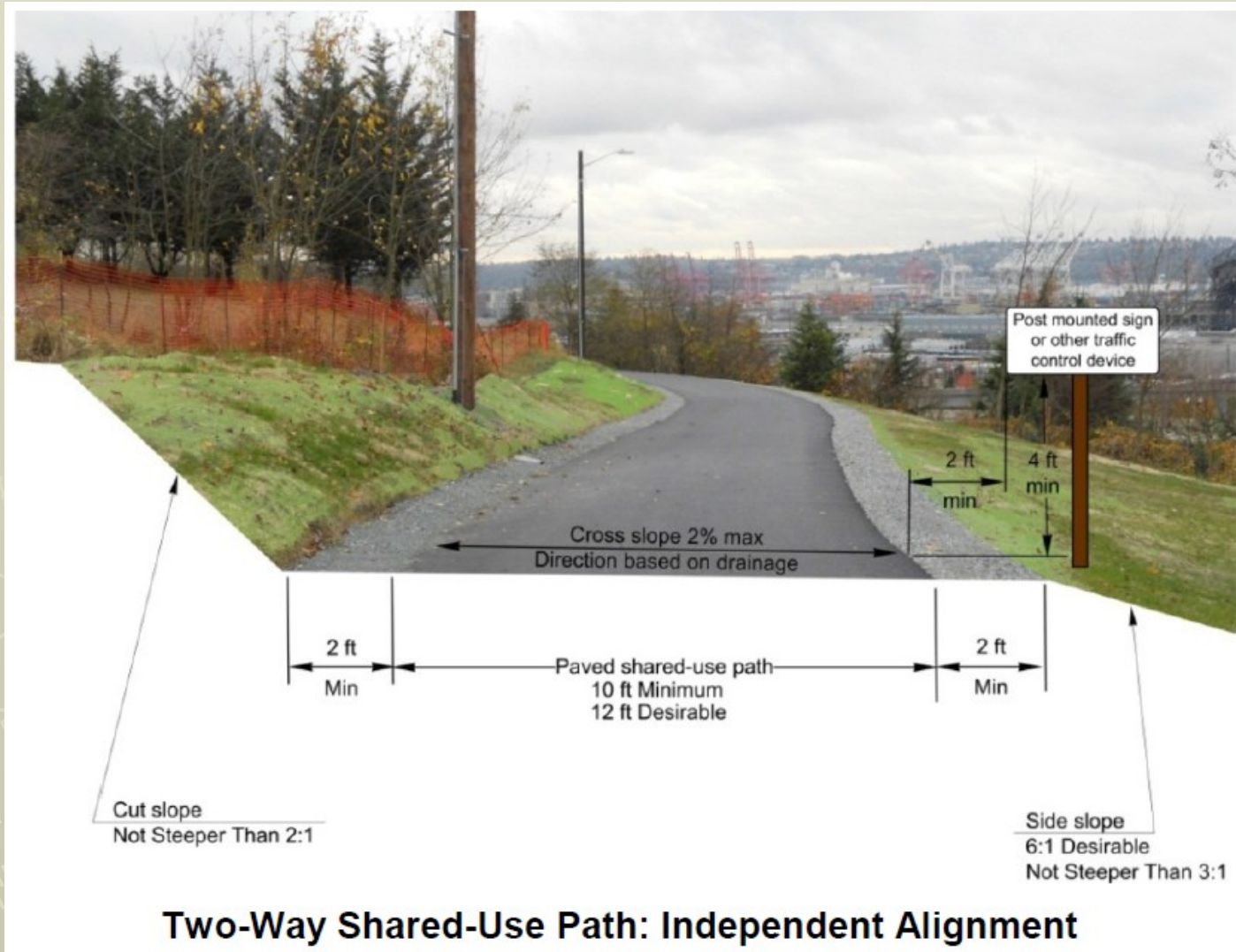
Americans with Disabilities Act (federal law)

- Surface “firm & stable”
- Max 5% running slope
- Max 3% cross slope



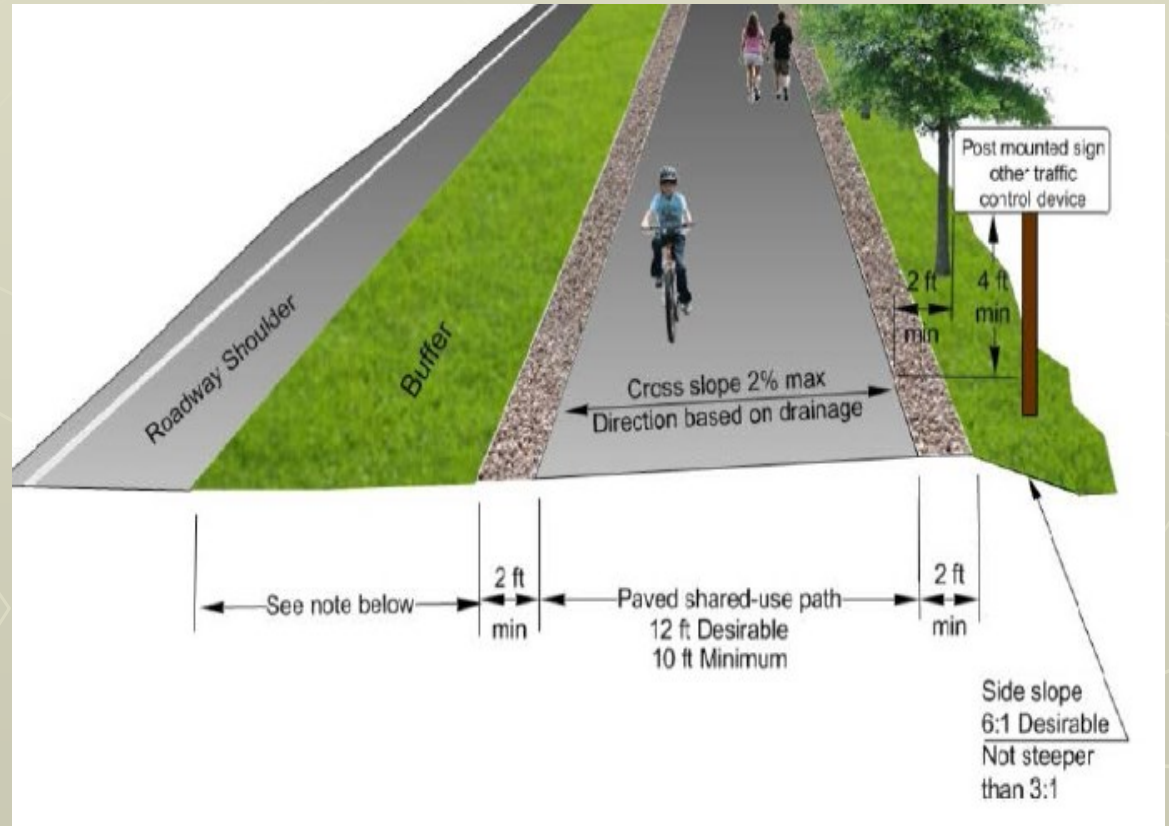
Photo: MAPC

What the standards look like



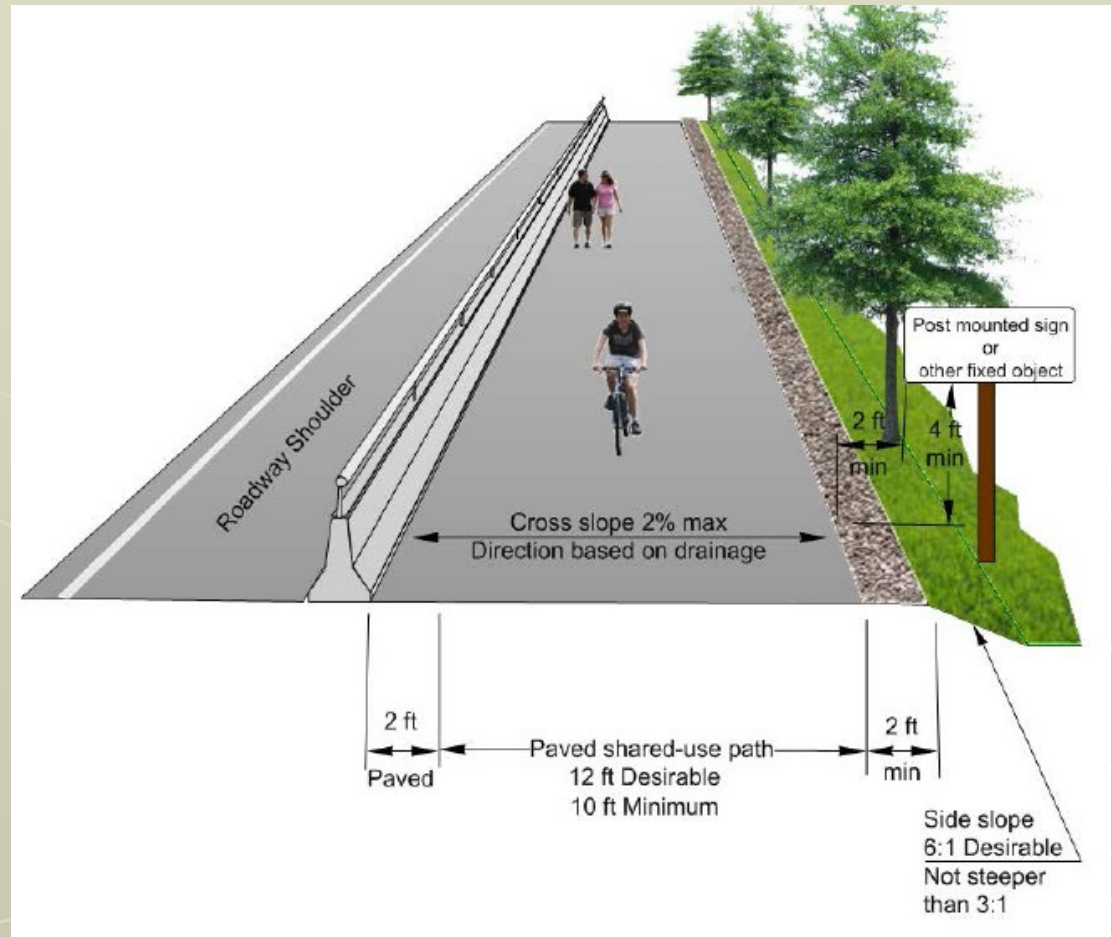
Trail along highway

- ▶ Separated from highway by buffer
- ▶ <35 mph:
 - 3 ft min
- ▶ 35+ mph:
 - 5 ft min
- ▶ Wide as practicable



Trail within highway 35+mph

- ▶ If no 5ft separation is available
- ▶ Separated from highway by barrier



Why have standards?



OurAbility Erie Canalway Trail tour: resourcecenter.org



Angels Landing Trail, Zion NP

© Ron Niebrugge / WildNatureImages.com



Sad trail, Olympic NP: nps.gov

Management goals & practices



Hyde Park Trails,
Marist community service



Buffalo Creek Park, NC: carolinamountain.org



Americantrails.org



UTAP workshop, PTNY.org

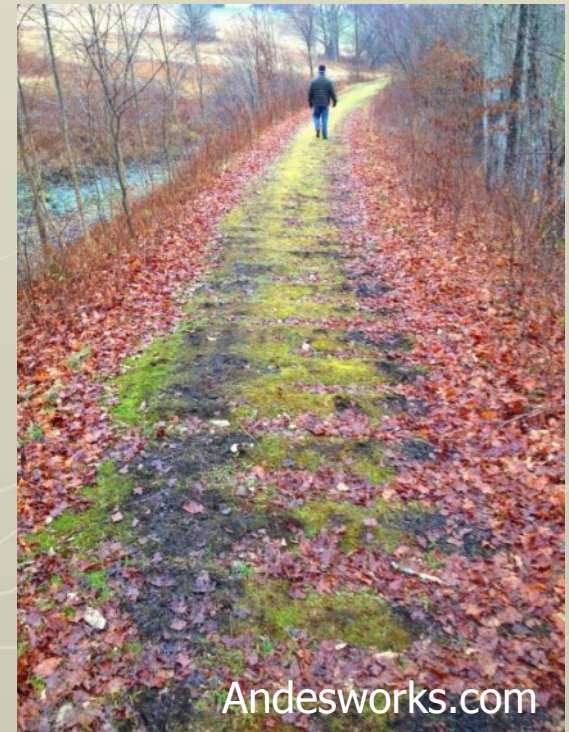
Other types of trails

- ▶ **XC ski trails**
 - **Seasonal only?**
- ▶ **Interpretive trails**
 - **Educational purpose**
 - **Place-based learning**
- ▶ **Tourist and Interpretive routes**
 - **Driving between sites**
 - **Scenic Byways**



Local trails serve local communities

- ▶ **Short, 1-3 miles**
- ▶ **Neighborhood, town or county usage**
- ▶ **Rec., transportation or both**
- ▶ **Spending at lower daily rates**
- ▶ **Attracts few non-local users**
 - **Hurley Rail Trail section (2.2mi)**
 - **Tannersville Bike Path (2.7 mi)**
 - **Walden-Walkill Rail Trail (3.2mi)**
 - **Andes Rail Trail (1 mi)**



Destination-quality trails have greater draw

- ▶ **Medium-length**
 - **2 hrs to half-day cycling (12mph)**
- ▶ **More visitors travel to use the trail**
- ▶ **Visitors already here extend their stay to use the trail**
- ▶ **Spending closer to middle rate**
 - **Wallkill Valley RT (24 mi)**
 - **Harlem Valley RT (15 mi)**
 - **Dutchess Rail Trail (13 mi)**
 - **Walkway Over the Hudson (1.25 mi)**



Photo: NYS DOT

Long-distance, Destination-quality trails

- ▶ **Full-day or multi-day length**
 - **Variety of destinations & experiences**
- ▶ **More visitors from other counties & states**
- ▶ **Spend more days on the trail, or extend their stay**
 - **Overnight accommodations**
 - **Trail tourism “packages”**
- ▶ **Spending far greater**
 - **Erie Canalway Trail (350 mi)**



What makes destination-quality trails?

▶ Trail length

▶ Strong connectivity

- Logical & consistent route
- Easy access, parking, wayfinding
- Restaurants, shops, amenities

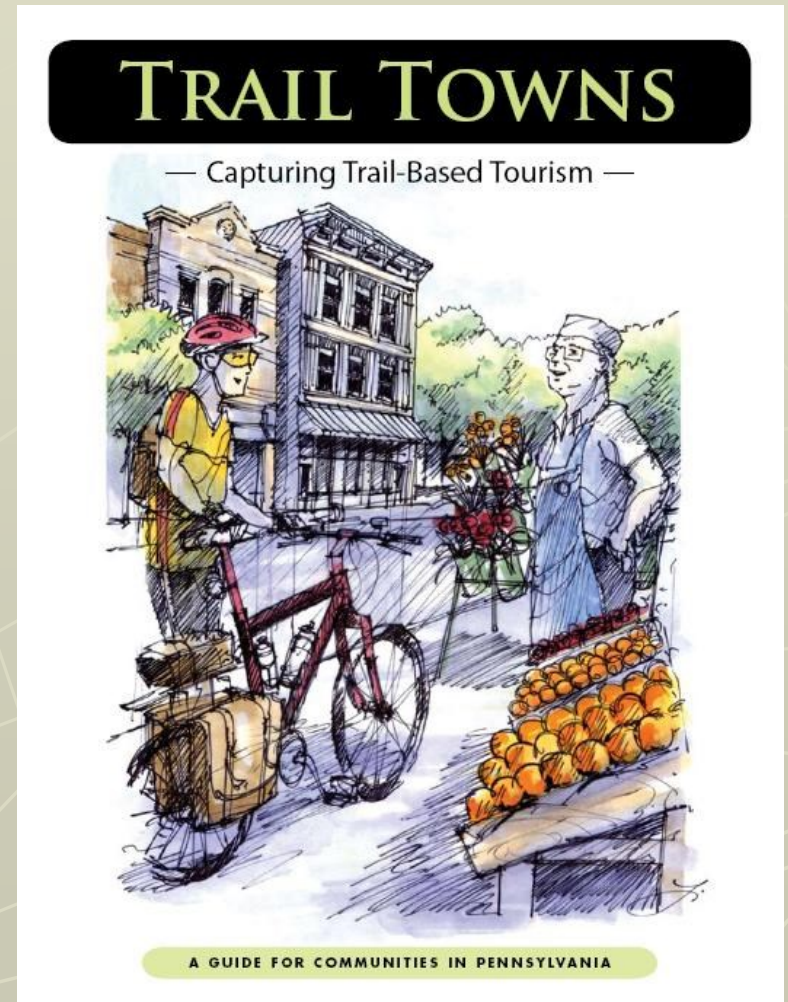
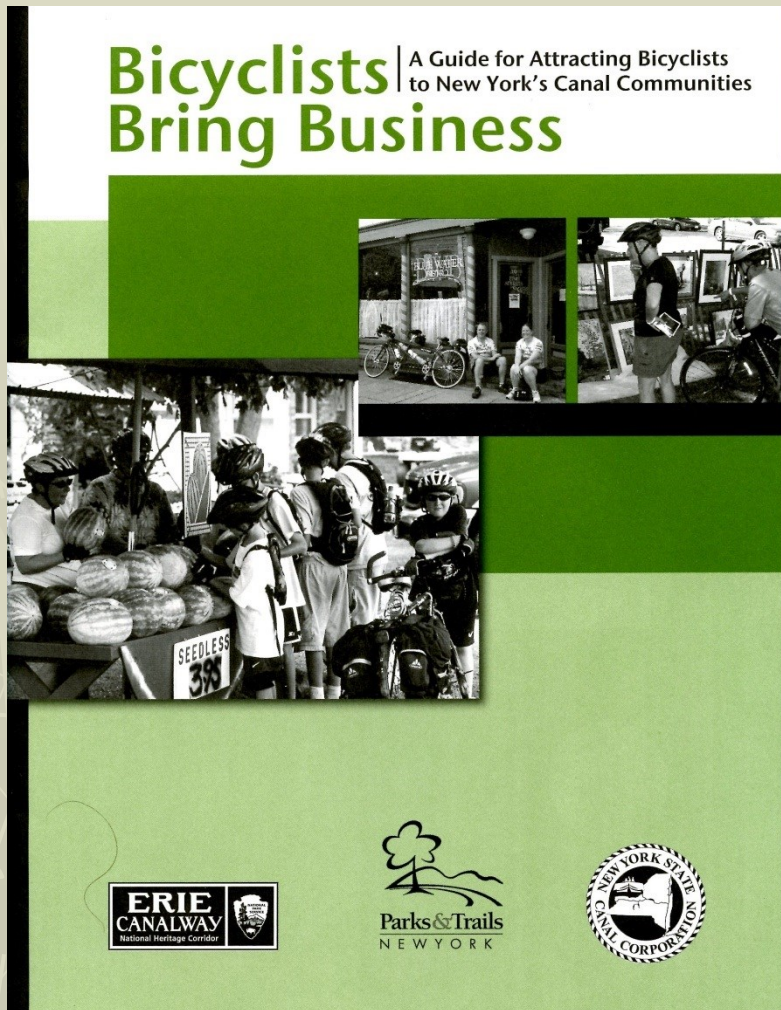
▶ Quality of experience

- Scenery
- Features & attractions
- Separated from roads & other complications
- Convenient for diverse users

...where the journey is as powerful and inspiring as the destinations



“How-to” publications



Some web resources

- ▶ **PTNY.org** (Parks & Trails NY)
- ▶ **Americantrails.org**
- ▶ **Railstotrails.org**

Karl Beard
National Park Service
Rivers, Trails & Conservation Assistance Program
www.nps.gov/rtca

