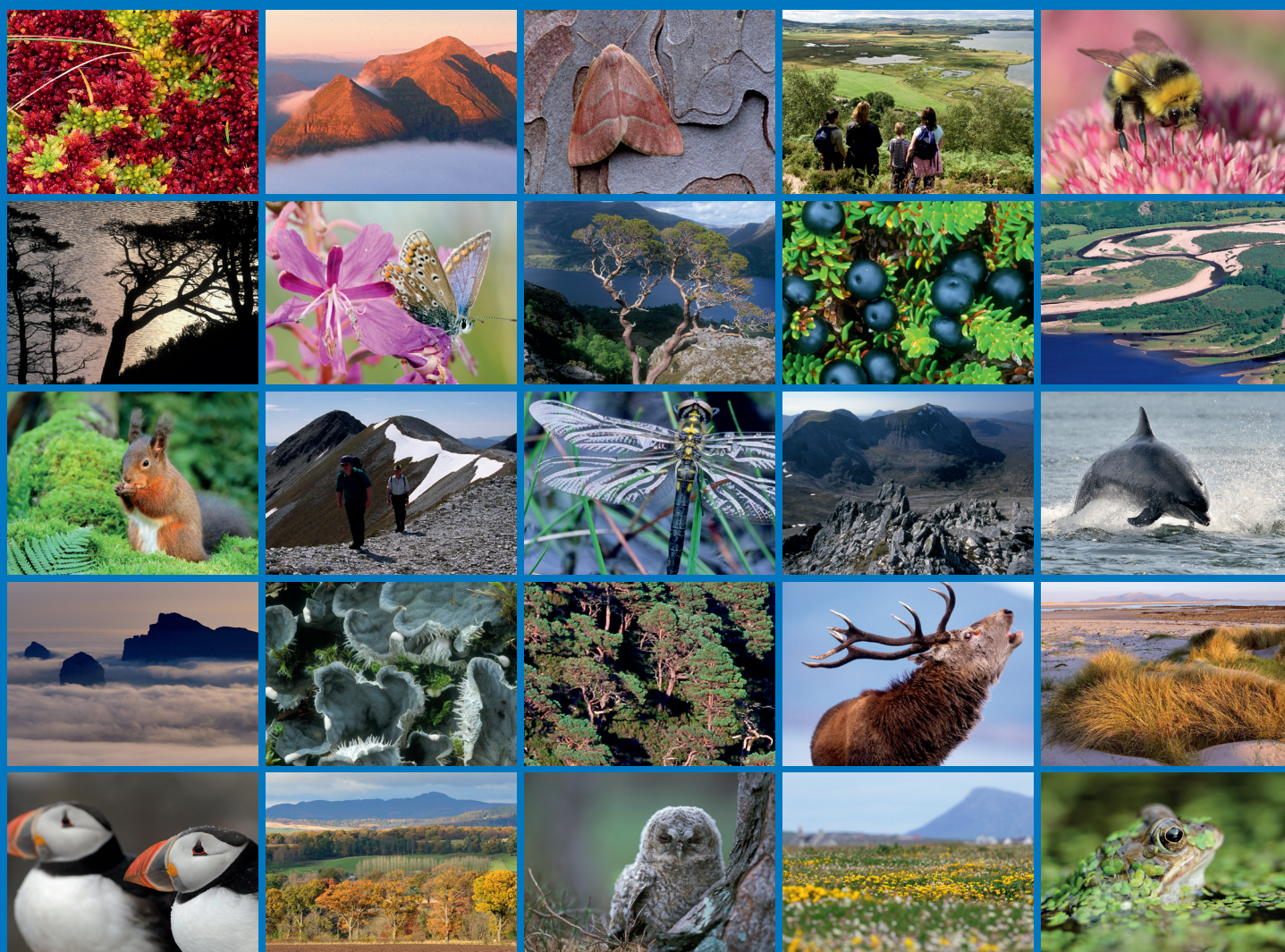


# Scotland's People and Nature Survey 2017/18 – outdoor recreation and health modules



# RESEARCH REPORT

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Research Report No. 1062

## **Scotland's People and Nature Survey 2017/18 – outdoor recreation and health modules**

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# RESEARCH REPORT

# Summary

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## Scotland's People and Nature Survey 2017/18 – outdoor recreation and health modules

**Research Report No: 1062**

**Project No: 013832**

**Contractor: Kantar TNS**

**Year of publication: 2018**

### **Keywords**

visits to the outdoors; visits to the natural environment; participation in outdoor recreation; physical activity outdoors; benefits of visiting the outdoors

### **Background**

Scotland's People and Nature Survey (SPANS) provides information on how people living in Scotland use, value and enjoy the natural environment.

The survey was undertaken for the first time in 2013/14 when it included questions on a variety of topics ranging from outdoor recreation, to forests and woodland, urban greenspace, national parks, Scotland's landscapes and the health and well-being benefits associated with visiting the outdoors.

SPANS was run for a second time in 2017/18 with the survey content reduced to include only questions on participation in outdoor recreation and the associated health and well-being benefits.

This report presents the findings from the smaller-scale 2017/18 survey, commissioned by Scottish Natural Heritage with support from Forestry Commission Scotland. Some of the 2013/14 SPANS findings have been included in the report along with earlier findings from the Scottish Recreation Survey to provide a more complete picture of people's engagement with the natural environment.

The 2017/18 research findings are based on in-home face-to-face interviews undertaken between May 2017 and April 2018 with a representative sample of around 12,000 adults (aged 16 and over) in Scotland.

A summary of the main findings from the 2017/18 survey is provided in the Executive Summary section of the report. A number of short special interest SPANS reports are available on the SNH website.

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## 1. EXECUTIVE SUMMARY

Around four-fifths of the adult population in Scotland had visited the outdoors for recreation in the 12 months prior to interview in 2017/18 (82%). This is identical to the proportion reported in the 2013/14<sup>1</sup> survey and slightly higher than the proportion reported in 2012 by the Scottish Recreation Survey (ScRS) (79%)<sup>2</sup>. The likelihood of visiting the outdoors in the previous 12 months varied by demographic factors including age, affluence, health and the presence of children in the household.

While the proportion of adults visiting the outdoors has remained unchanged since 2013/14, the proportion visiting on a regular weekly basis has increased, up from 50% in 2013/14 to 57% in 2017/18. Around a fifth of respondents in 2017/18 reported that they had visited the outdoors on a daily basis (23%), up from 16% in 2013/14.

The estimated volume of visits to the outdoors taken by adults in Scotland in the period May 2017 to April 2018 was 546.5 million, a significant increase on the 2013/14 figure of 395.8 million, and the highest annual figure ever recorded. While this increase is partly attributable to the increase in the proportion of people visiting the outdoors on a weekly basis reported above, the different mid-year population estimates used to calculate numbers of visits has also had an impact (the 2012 mid-year estimate was used in 2013/14 and the 2017 mid-year estimate was used in 2017/18). Nevertheless, a significant increase in the numbers of visits taken would still have been recorded even if the mid-year population estimates used had remained the same between surveys)<sup>3</sup>.

The most frequently cited reasons in 2017/18 for visiting the outdoors were exercising a dog (the motivation for 42% of visits) and health and exercise (37%). Around a quarter of visits were taken to relax or unwind (29%) or to enjoy fresh air or pleasant weather (25%).

Around half of all outdoor visits were taken in countryside locations (49% or an estimated 268.7 million visits over the 12 month period of the survey), two fifths were taken in a town or city (40% or an estimated 216.3 million visits) and 11% were taken in seaside locations (an estimated 61.4 million visits). While the proportion of countryside visits in 2017/18 was similar to the proportion reported in the 2013/14 survey, the proportion of visits taken in urban areas increased by 6 percentage points (up from 34% in 2013/14 to 40% in 2017/18) and the proportion of visits taken at the seaside dropped by 5 percentage points (down from 16% in 2013/14 to 11% in 2017/18).

Local parks or open spaces remain the most frequently visited destination on outdoor visits, included in 42% of all visits in 2017/18 (an estimated 230.4 million visits over the 12 month period of the survey). Around a fifth of visits included a forest or woodland destination (21%), equating to an estimated 116.6 million visits.

Walking remains the most popular outdoor past-time enjoyed by adults in Scotland and has been included as an activity on a majority of outdoor visits (in the range 79% - 88%) between 2004 and 2017/18. In the most recent survey, 84% of visits included walking, equating to an estimated 457.4 million visits over the 12 month period of the survey. Family outings were next in terms of popularity: 9% of visits in 2017/18 were described as family outings, equating to an estimated 48.8 million visits.

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<sup>1</sup> <https://www.nature.scot/snh-commissioned-report-679-scotlands-people-and-nature-survey-201314>

<sup>2</sup> As the Scottish Recreation Survey used an identical methodology to SPANS, these estimates are directly comparable

<sup>3</sup> 2012 mid-year estimate used for SPANS 2013/14 - 4,441,000. 2017 mid-year used for SPANS 2017/18 - 4,467,000 – both for adults aged 16+

The average duration of outdoor visits (including travel time to and from the destination) was 2 hours and 10 minutes and the average distance travelled (to and from the main destination) was 8.4 miles.

In the 2017 calendar year just over two-fifths of adults in Scotland indicated that they had some level of awareness of the Scottish Outdoor Access Code (42%).

The benefits of visiting the outdoors are widely acknowledged. Around two thirds of adults strongly agreed that their most recent outdoor visit helped them to relax and unwind (67%) or improved their physical health (64%). More than half strongly agreed that visiting the outdoors made them feel energised and revitalised (56%).

Opinions about the benefits of visiting the outdoors varied across demographic and geographic population sub-groups, with differences evident between people living within and outside of the Central Scotland Green Network area (CSGN)<sup>4</sup>; between those in paid employment and those not working; and between those in the AB and DE social grades<sup>5</sup>. For example, those in the AB social grade were significantly more likely than those in the DE social grade to strongly agree that visiting the outdoors improved their physical health (73% and 59% respectively) while those in full time work were significantly more likely than those not in paid employment to strongly agree that visiting the outdoors made them feel energised and revitalised (60% and 51% respectively).

Visiting the outdoors makes a positive contribution to the attainment of national targets for physical activity. In 2017/18, 70% of adults in Scotland had used the outdoors for physical exercise in the week prior to interview and 31% had wholly met national physical activity targets<sup>6</sup> in an outdoor environment during that week (i.e. they had undertaken at least 150 minutes of moderate physical activity outdoors). These findings are very similar to the 2013/14 survey findings.

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<sup>4</sup> <http://www.centralscotlandgreennetwork.org/>

<sup>5</sup> Social grade is a household classification system based on the occupation of the Chief Income Earner in the household: AB - higher and intermediate managerial, administrative and professional; C1 - supervisory, clerical and junior managerial, administrative and professional; C2 - skilled manual workers; DE - semi-skilled and unskilled manual workers, casual and lowest grade workers, state pensioners and others who depend on the state for their income

<sup>6</sup> <https://www.gov.uk/government/publications/uk-physical-activity-guidelines>

## 2. BACKGROUND

Visiting the outdoors for recreation, learning or volunteering is enjoyable in its own right but it can also make a positive contribution to health and well-being, foster a greater awareness and understanding of the natural world and bring economic benefits in the form of expenditure incurred on outdoor visits.

Participation in outdoor recreation helps contribute to the delivery of a number of the National Outcomes in the Scottish Government's National Performance Framework,<sup>7</sup> including 'We value, enjoy, protect and enhance our environment', 'We are healthy and active', and 'We live in communities that are inclusive, empowered, resilient and safe'. Increasing the proportion of adults making one or more visits to the outdoors per week is also one of the Scottish Government's 81 National Indicators.

Connecting people and nature and ensuring that everyone in Scotland has the opportunity to enjoy the outdoors forms a major part of the work undertaken by Scottish Natural Heritage and its partners. Undertaking regular research into how people in Scotland use, value and enjoy the natural environment helps us identify key audiences and monitor trends as well as helping inform policy and the implementation of appropriate programmes of work.

Scotland's People and Nature Survey (SPANS) was first commissioned in 2013 to provide a single, comprehensive source of information on people's use of the natural environment and to complement findings from Scottish Government surveys such as the Scottish Household Survey and the Scottish Health Survey. The 2017/18 SPANS updates the findings from two of the question modules included in the 2013/14 survey: outdoor recreation and the health and well-being benefits associated with visiting the outdoors.

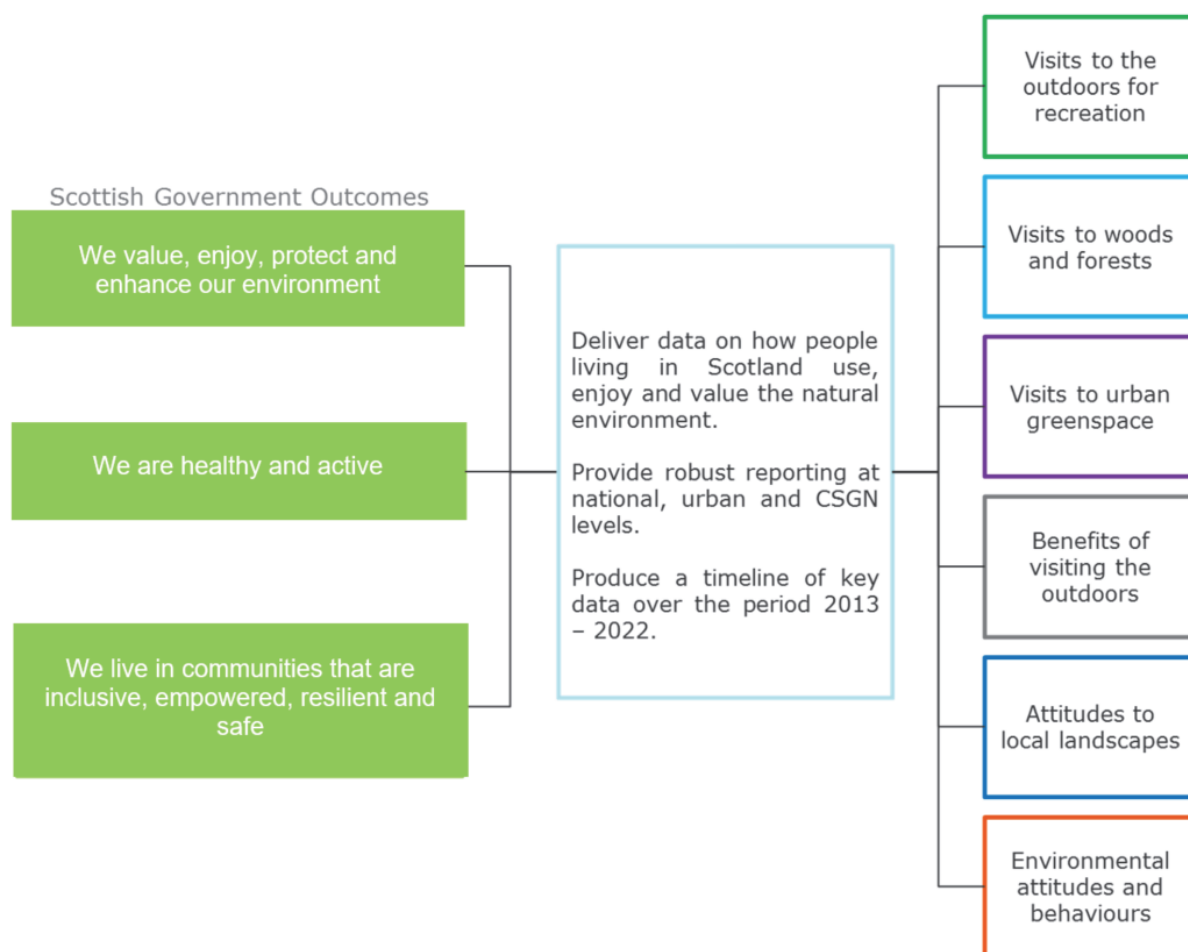
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<sup>7</sup> <http://nationalperformance.gov.scot/>

## 2.1 Objectives

SPANS provides data on how adults living in Scotland use, value and enjoy the natural environment. The survey was first commissioned by Scottish Natural Heritage in 2013 to help contribute to the achievement of a range of Scottish Government National Outcomes. A smaller-scale version of the survey was run in 2017/18 to provide updated findings from two of the question modules included in the 2013/14 survey: outdoor recreation and the health and well-being benefits associated with visiting the outdoors.

Figure 2.1, below, illustrates the survey's role.



*Figure 2.1 The role of SPANS in providing insight to inform policy and provide an ongoing measure of trend*

Further details on the questions asked within each survey module and the frequency with which individual questions are asked can be found in the accompanying technical report <https://www.nature.scot/professional-advice/land-and-sea-management/managing-access-and-recreation/increasing-participation/measuring-participation>



## 2.2 Methodology

SPANS comprises of a series of questions inserted in the Kantar TNS omnibus, the Scottish Opinion Survey (SOS). Interviews are conducted each month with a representative sample of around 1,000 adults aged 16 and over living in Scotland, providing an annual sample of more than 12,000 respondents. This sample size is sufficient to allow for analysis by key demographic and geographic population groups.

The SOS is undertaken face to face in the respondent's home using Computer Assisted Personal Interviewing (CAPI). Each month's fieldwork is generally conducted in four separate waves across a four week period, with each wave running from Wednesday – Sunday.

A quota-sampling methodology is used to ensure that the respondents interviewed represent the resident population at a national level, with interlocking quotas applied on gender, working status, principle shopper and the presence of children in the household.<sup>8</sup> Interviews are conducted in 17 to 27 sampling points in every wave and in a total of 68-108 sampling points over the four week fieldwork period, with one interview per household and a minimum of three households left between each successful interview. At the analysis stage, data are weighted and grossed up to be representative of the adult population in Scotland and the visits they take each month and over the 12 month period of the survey.

The methodology used for SPANS is similar to the methodology previously used for the Scottish Recreation Survey (which ran between 2003 and 2012) ensuring comparability of key findings (where question wording and/or the sample has not changed). The main variation is that fieldwork is now conducted over a four week period (rather than the six day period used prior to 2013/14) and in a slightly higher number of sampling points to reduce clustering.

More detailed information on the survey methodology and on the weighting and grossing up procedures followed is provided in the accompanying technical report <https://www.nature.scot/professional-advice/land-and-sea-management/managing-access-and-recreation/increasing-participation/measuring-participation>

## 2.3 Questionnaire

To help manage the length of the interview and the survey costs, the SPANS questionnaire comprises a series of question modules, with each module inserted in the SOS on a rotational basis. Some question modules are asked every month but most are asked less frequently. Figure 2.2 (overleaf) shows the 2017/18 question modules and the frequency with which each module was included in the survey.<sup>9</sup> More detailed information on the 2017/18 question schedule is provided in the accompanying technical report <https://www.nature.scot/professional-advice/land-and-sea-management/managing-access-and-recreation/increasing-participation/measuring-participation>

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<sup>8</sup> The quotas used for this report were derived from the Omnibus survey, and differ from the quotas used in SPANS 2013/14, in which respondents were sampled in terms of sex, age, working status and social grade. Despite these changes, the weighting approach has remained the same.

<sup>9</sup> Note: Figure 2.2 is not an indication of the months in which questions are asked. This information is provided in the accompanying technical report.

	Monthly	Bi-monthly	Quarterly	Six-monthly
Outdoor recreation visits taken (frequency and volume)				
Outdoor recreation visits (location & activity)				
Outdoor recreation visits (travel distance and duration)				
Scottish Outdoor Access Code awareness				
Motivations & benefits associated with visiting the outdoors				
Access issues encountered when visiting the outdoors				

Figure 2.2 SPANS question modules and frequency

## 2.4 Margins of error

SPANS findings are based on interviews with a representative sample of people living in Scotland rather than the entire Scottish population. As such, they are subject to a degree of sampling error.

Findings based on the annual sample of 12,502 interviews representative of the adult population are accurate to within +/- 1.3% at the 95% confidence level; findings based on the annual sample of around 8,583 visits in the last 4 weeks provide visit level data accurate to within +/- 1.6% at the 95% confidence level. These margins of error also take account of elements of the survey design, such as how respondents are selected and the effects of weighting results, which can reduce the accuracy of data.

As shown in Figure 2.2, the frequency with which different questions are asked on SPANS varies; as a result, sample sizes for each question will also vary. Further guidance on the levels of confidence around survey findings can be found in Annex 5.

## 2.5 Definitions

Throughout this report, the following terms have been used:

- *Outdoors* - mountains, moorland, farmland (enclosed and unenclosed), forests, woods, rivers, lochs and reservoirs, beaches and the coast, and open spaces in towns and cities.
- *Outdoor recreation* - any non-motorised activity carried out for leisure purposes and includes activities granted a statutory right of access under Part 1 of the Land Reform (Scotland) Act 2003 (e.g. walking, cycling and picnicking).

### 3. OUTDOOR RECREATION

Enjoyment of the outdoors, extending from urban greenspaces and countryside around towns to remote and wild areas of land and water, can help deliver a wide range of social, economic and environmental benefits. Walking is recognised as the most cost-effective way of improving physical health and, along with cycling, provides a sustainable form of transport. Participation in outdoor recreation contributes to the attainment of the Scottish Government's targets for physical activity (see Chapter 5.2) and the positive contribution of 'green exercise' to mental health and well-being is widely acknowledged. Outdoor recreation also makes an important contribution to the economy: in 2012, the Scottish Recreation Survey<sup>10</sup> estimated that visits to the outdoors made by people living in Scotland generated an estimated £2.6 billion in expenditure. Visits to the outdoors and activities such as volunteering are also important for increasing understanding of the natural world, encouraging more people to look after this important resource.

#### 3.1 Outdoor recreation visits

Data on frequency of visiting the outdoors for leisure and recreation has been collected annually on the Scottish Household Survey since 2012, allowing the Scottish Government to monitor progress towards achievement of its National Indicator, *To increase the proportion of people making one or more visits to the outdoors per week*. The Scottish Recreation Survey was the data source used to monitor progress against this indicator between 2006 and 2012.

To provide an overall picture of visit behaviour as well as a useful variable for analysis purposes, SPANS respondents were also asked to indicate how often, on average, they had visited the outdoors for leisure and recreation in Scotland in the 12 months prior to being interviewed (Figure 3.1).

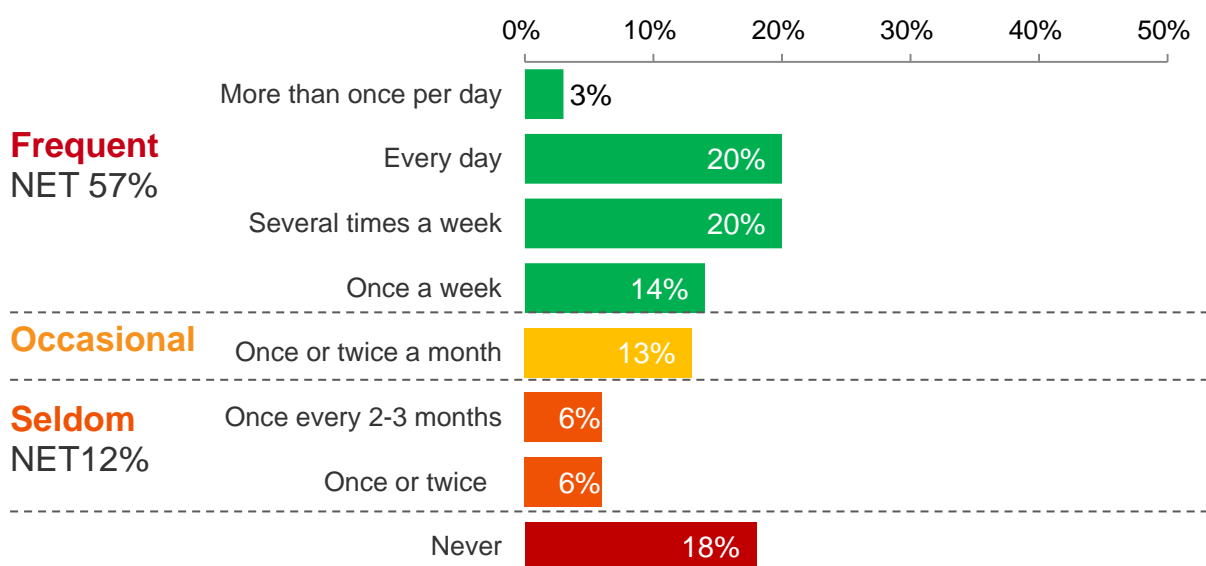


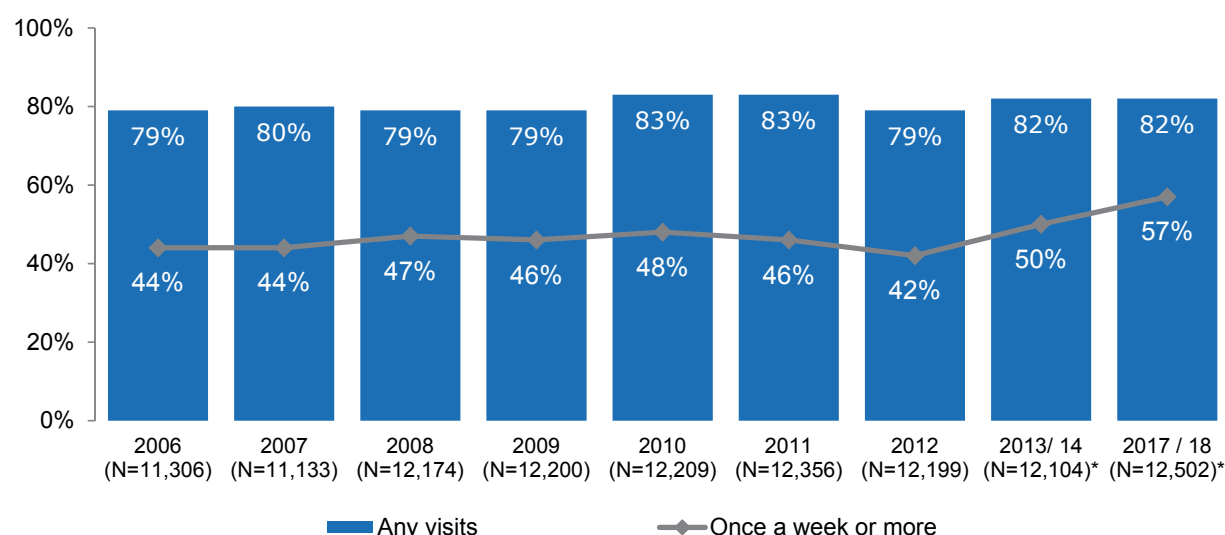
Figure 3.1 Frequency of recreation visits to the outdoors in 12 months prior to being interviewed (May 17 to Apr 18)

Base= All respondents (12,502)

<sup>10</sup> <http://www.snh.gov.uk/land-and-sea/managing-recreation-and-access/increasing-participation/measuring-participation/>

As shown in Figure 3.1, around four-fifths of the adult population indicated that they had visited the outdoors at least once in the previous 12 months (82%). More than half reported that they had done so on at least a weekly basis during this period (57%) and 23% that they had visited daily.

As shown in Figure 3.2, while the overall visit levels reported have been fairly consistent since 2006, the frequency of visiting has increased in recent years, with the proportion of adults indicating that they visit at least weekly up from 42% in the 2012 ScRS to 57% in the 2017/18 SPANS.



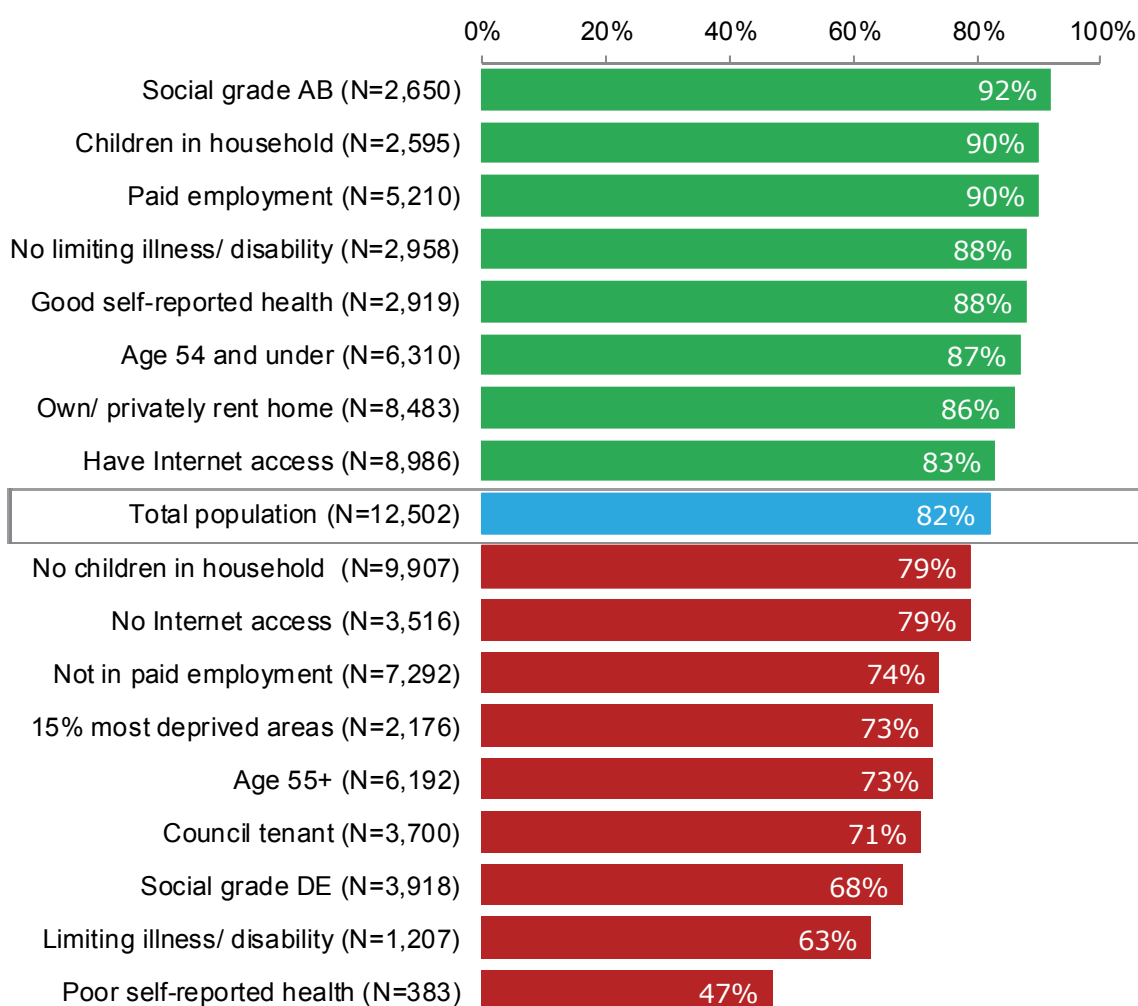
*Figure 3.2 Visits taken to outdoors in last 12 months – ScRS 2006-2012; SPANS 2013/14 and 2017/18 (Base sizes shown on chart)*

\* Note SPANS survey periods cover Mar 13 to Feb 14 and May 17 to Apr 18 while the ScRS was undertaken on a calendar year basis.

The 2017 Scottish Household Survey<sup>11</sup> also reported an increase in the proportion of adults making weekly visits to the outdoors, up from 48% in 2016 to 52% in 2017, the first significant increase in weekly participation observed since 2014. The differences between the most recent Scottish Household Survey and SPANS 'weekly visits' estimates are likely to be down to a combination of factors including different survey methodologies and fieldwork periods and the position of the questions within the respective survey interviews.

As shown in Figure 3.3 overleaf, the likelihood of someone stating that they had visited the outdoors in the 12 months prior to interview varied by demographic factors, some of which may be inter-related, such as age, health and the presence of children in the household.

<sup>11</sup> <https://www.gov.scot/Publications/2018/09/1313>



*Figure 3.3 Percentage of adults taking any recreation visits to the outdoors in Scotland in the 12 months prior to interview by population group (May 17 to Apr 18)*

Base: All respondents (base sizes shown on chart)

Those most likely to have visited the outdoors in the previous 12 months were those in the AB social grade (92%), those with children in the household (90%) and those in paid employment (90%). Eighty-eight per cent of those with no limiting illness or disability and 88% of those who reported their health to be good had taken a visit to the outdoors in the previous 12 months, as had similar proportions of those aged 54 and under (87%) and those who owned or privately rented their home (86%).

Among those least likely to have taken any visits to the outdoors in the previous 12 months were those who reported their health to be 'poor' (47% claimed to have taken any visits) and those with a long-term limiting illness or disability (63%). Factors relating to affluence also correlated with lower visit levels: those living within the 15% most deprived areas in Scotland (73%), those renting a council property (71%) and those in the DE social grade (68%) were all less likely than the population average to have visited the outdoors in the last 12 months.



The proportion of people visiting the outdoors at all in the last 12 months was similar amongst members of the BME<sup>12</sup> population (84%) and those of white ethnic origin (82%). However, members of the BME population were less likely than those of white ethnicity to visit on a regular weekly basis (47% and 58% respectively).

### 3.1.1 Visit frequency

Table 3.1 below shows variations in visit frequency by social grade, children in household, age and health. As shown in Figure 3.1 earlier in this report, the frequency definitions used are:

- *Frequent* – visit the outdoors once a week or more often;
- *Occasional* – visit once or twice a month;
- *Seldom* – visit every 2-3 months or less often;
- *Never* – never take any visits to the outdoors.

*Table 3.1 Frequency of recreation visits to outdoors in 12 months prior to being interviewed by population group (May 17 to Apr 18)*

	Frequent %	Occasional %	Seldom %	Never %	Base
<b>Total</b>	57%	13%	12%	18%	12,502
<b>Social grade</b>					
AB	67%	15%	10%	8%	2,650
C1	62%	14%	11%	13%	3,232
C2	58%	12%	12%	18%	2,697
DE	44%	11%	14%	32%	3,918
<b>Children in household</b>					
Yes	65%	15%	9%	10%	2,595
No	55%	12%	12%	21%	9,907
<b>Age</b>					
34 and under	60%	17%	12%	10%	3,043
35-54	61%	13%	11%	15%	3,267
55+	52%	9%	12%	27%	6,192
<b>Self-reported health</b>					
Good	62%	15%	11%	12%	2,919
Fair	46%	11%	15%	27%	858
Poor	27%	9%	12%	53%	383

Claimed propensity to visit the outdoors on a frequent basis (i.e. at least once a week) was higher among those in the AB social grade (67%) compared to those in the DE social grade (44%).

In terms of age, visit taking was lowest among those aged 55 and over - 52% visited weekly and 27% had not visited at all in the past 12 months. Nevertheless, the proportion of those over the age of 55 visiting weekly has increased by 9 percentage points since the 2013/14 survey, up from 43% to 52% in 2017/18.

<sup>12</sup> Black and Minority Ethnic

The proportion of people visiting weekly increased with levels of self-reported health: 62% of those who reported a 'good' level of health visited the outdoors weekly compared to 46% who described their health as 'fair' and 27% who indicated that their health was 'poor'.

Those with children in their household were also more likely than those without to visit the outdoors at all (90% and 79% respectively) and to visit on a regular weekly basis (65% and 55% respectively).

### *3.1.2 Annual estimate of volume of visits*

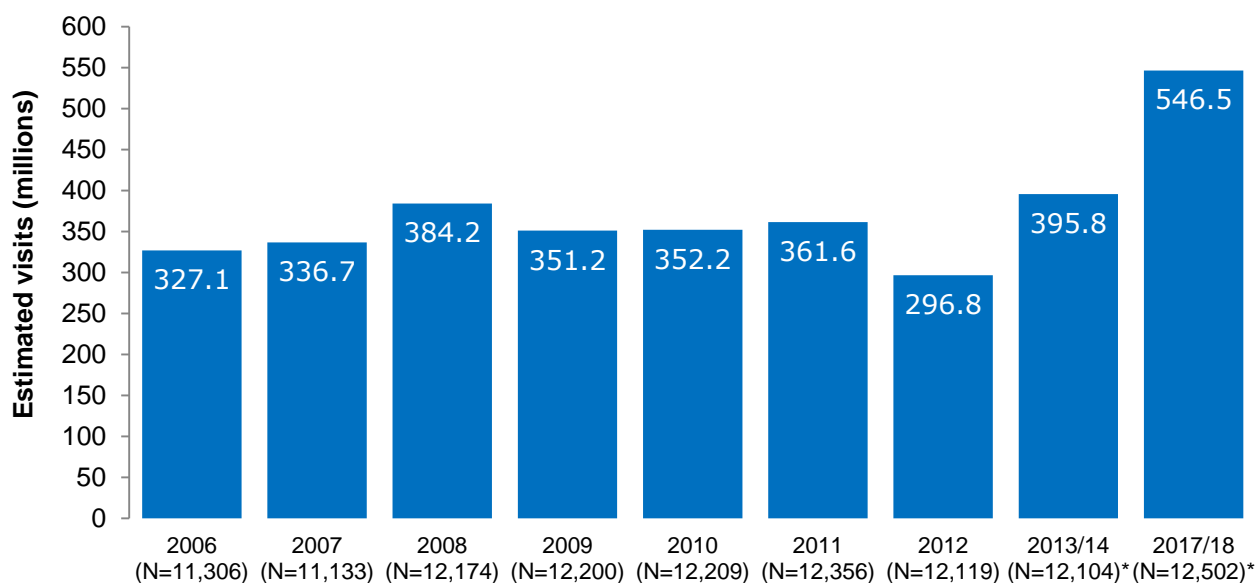
SPANS data on frequency of visiting the outdoors can be used to estimate the number of visits taken for the purposes of leisure and recreation over the 12 month period of the survey.

Across the year as a whole, the average number of outdoor visits taken per respondent in the 4 weeks prior to the interview was 12.4 – an increase from the 2013/14 figure of 6.8. This 2017/18 estimate ranges from 12.2 visits to 12.6 visits at the 95% confidence interval and includes those who did not take any visits during this time period. Based on an adult population of 4.47 million, this equates to a total of 546.5 million visits taken in the 12 months between May 2017 and April 2018 (see footnote 14 for details of margins of error).

As shown in Figure 3-4 overleaf, this estimate is the highest ever annual visits figure recorded and represents an increase from 395.8 million in 2013/14. While this increase is partly attributable to the increase in the proportion of people visiting the outdoors on a weekly basis reported earlier (with the proportion of adults visiting weekly up from 50% in 2013/14 to 57% in 2017/18), the different mid-year population estimates used to calculate numbers of visits has also had an impact (the 2012 mid-year estimate was used in 2013/14 and the 2017 mid-year estimate was used in 2017/18<sup>13</sup>). Nevertheless, a significant increase in the numbers of visits taken would still have been recorded even if the mid-year estimates used had remained the same between the 2013/14 and 2017/18 surveys. Earlier ScRS estimates used 2001 Census data.

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<sup>13</sup> 2012 mid-year estimate used for SPANS 2013/14 - 4,441,000. 2017 mid-year used for SPANS 2017/18 - 4,467,000 - both for adults aged 16+



*Figure 3.4 Annual estimated volume of visits to the outdoors<sup>14</sup> (2006 – 2017/18)*

Base: All respondents (base sizes shown in chart)

\* Note SPANS survey periods cover Mar 13 to Feb 14 and May 17 to Apr 18 while the ScRS was undertaken on a calendar year basis.

Margins of error apply to the figures quoted. For more detail, see the relevant ScRS and SPANS technical reports.<sup>15</sup>

<sup>14</sup> Taking account of margins of error, at the 95% confidence level estimated total visits range from 530.1 million to 562.8 million visits in 2017/18. Further details on how visit estimates are calculated and margins of error can be found in the accompanying technical report.

<sup>15</sup> See <http://www.snh.gov.uk/land-and-sea/managing-recreation-and-access/increasing-participation/measuring-participation/>

## 3.2 Motivations and barriers to visiting the outdoors

### 3.2.1 Motivations for visiting the outdoors (in the last 4 weeks)

Among those who had taken any visits to the outdoors for recreation in the 4 weeks prior to interview, the most frequently cited reasons for visiting were exercising a dog (the motivation for 42% of visits) and health or exercise (37%). As shown in Figure 3.5 below, around a quarter of visits were taken to relax or unwind (29%) or to enjoy fresh air or pleasant weather (25%). Only a small proportion of visits were taken to learn something about the outdoors (4%) or for the purpose of volunteering (3%).



Figure 3.5 Motivations for visiting the outdoors in the last 4 weeks (Apr 17 to May 18)

Base: All who visited the outdoors in the last 4 weeks (1,335)

Note: multiple responses possible, therefore percentages may not equal 100%

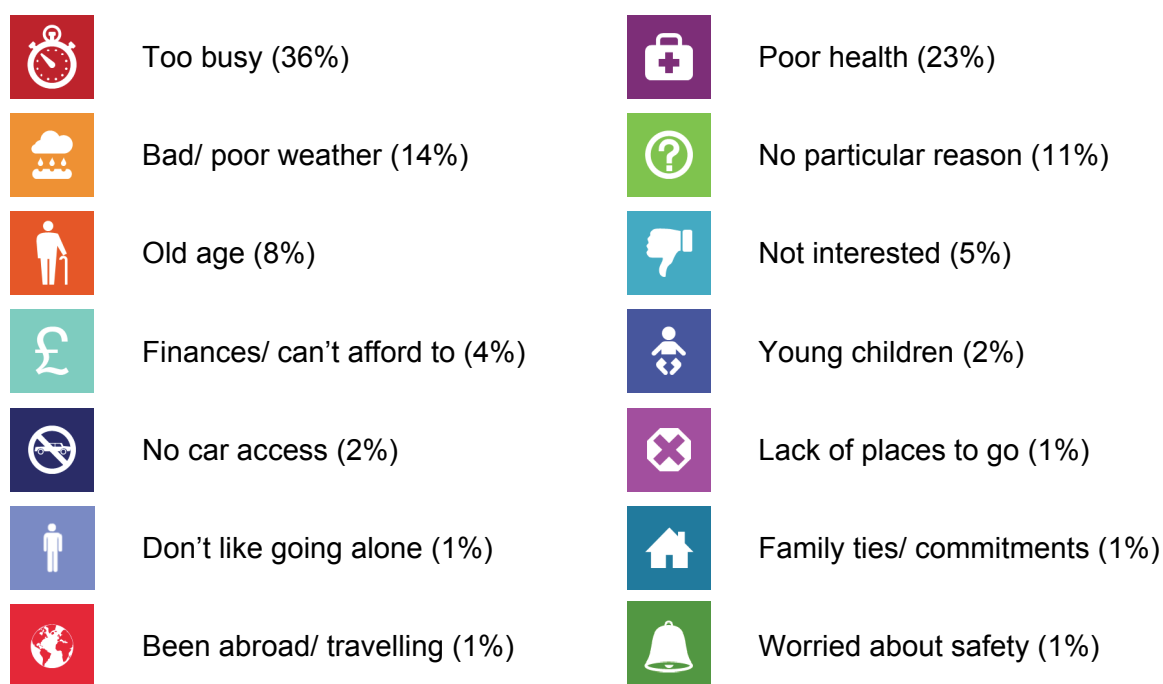
Variations in motivations between population groups included:

- *Exercise a dog (42% overall)* – significantly more likely than the average to be the motivation for visits taken by people who visit the outdoors at least once a day (68%), and people with an illness or disability (55%);
- *Health exercise (37% overall)* – significantly more likely than average to be the motivation for visits taken by those in the AB social grade (49%) and visits taken by people over the age of 55 (43%);
- *To relax or unwind (29% overall)* – more likely than the average to be the motivation for visits taken by those in the C1 social grade (37%).

### 3.2.2 Barriers to visiting the outdoors in the last 12 months

**Please note that the data presented below are from the 2013/14 SPANS as this question was not included in the 2017/18 survey.**

Among those who seldom or never visited the outdoors in 2013/14, the most frequently cited reasons for not visiting were a lack of time (36% were 'too busy') and poor health (23%). Poor weather (14%) and 'no particular reason' (11%) were the next most frequently mentioned barriers (Figure 3.6 below).



*Figure 3.6 Reasons for not visiting the outdoors in the last 12 months (Mar 13 to Feb 14)*

Base: All who visited the outdoors less than once or twice a month or not at all (833)

Note: multiple responses possible, therefore percentages may not equal 100%

A lack of time was more likely than average to be a barrier to those in full-time employment (65%), those under the age of 55 (48%) and those in the C1C2 social grades (46%).

Poor health was more likely to be a barrier to those who were older and less affluent, including those aged 55 and over (40%), those not in paid employment (39%) and those in the DE social grades (31%).

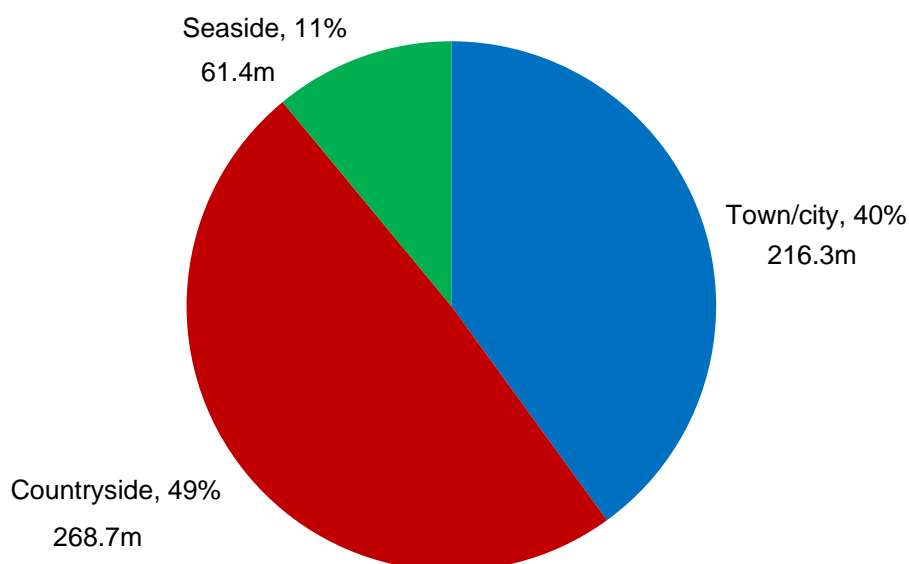
Poor weather was mentioned by a higher than average proportion of those who visited the outdoors on a relatively infrequent basis i.e. every 2-3 months (25%), while those aged 35 and under were more likely than the average to cite having young children as a barrier (7%).

A comparison of the 2013/14 SPANS data with previous years' ScRS data shows that the reasons given by people who never visit the outdoors have remained broadly the same over time, with lack of time and poor health the most commonly cited barriers.



### 3.3 Where do people go?

Those who had visited the outdoors in the 4 weeks prior to the interview in 2017/18 were asked to indicate the general type of location for their most recent visit (Figure 3.7 below).



*Figure 3.7 Location of outdoor recreation visits (May 17 to Apr 18)*

Base: All who visited the outdoors in the last 4 weeks (4,113)

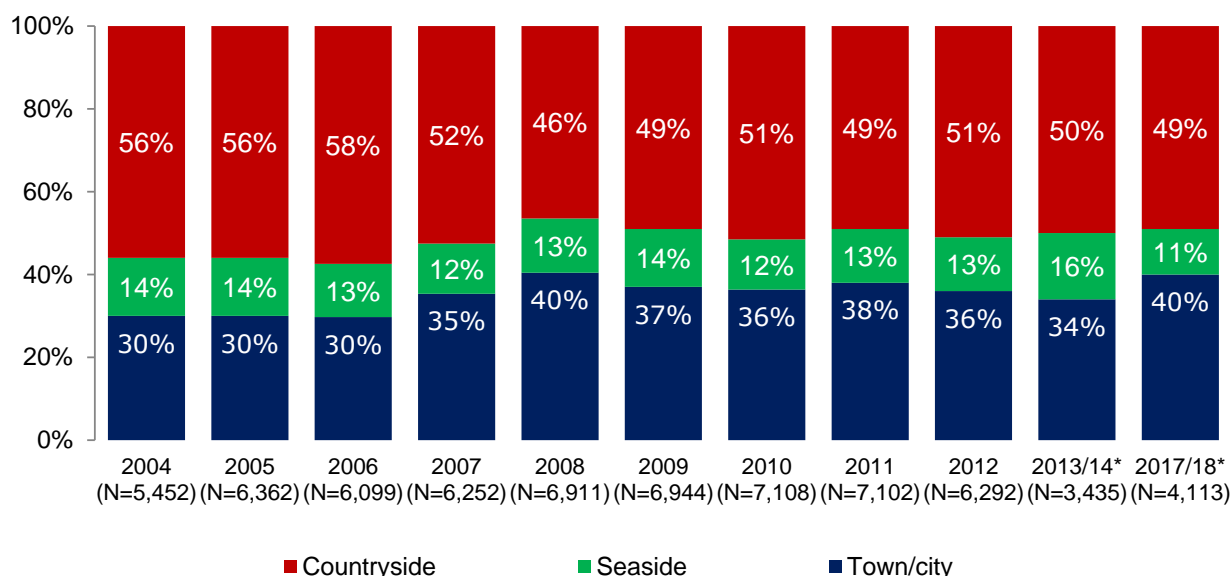
Just under half of visits taken to the outdoors were taken to the countryside (49%), which equates to an estimated 268.7 million visits over the 12 month period of the survey. The countryside was a particularly popular setting where activities like bird and other wildlife watching, horse riding, hillwalking or cycling were undertaken (96%, 94%, 78% and 62% of these visits respectively were taken in countryside locations). The countryside was also more likely to be the destination for visits taken by people living in rural areas (79%) and those on longer visits lasting 3 hours or more (71%).

Four out of ten visits were taken to an outdoor location in a town or city (40%), which equates to an estimated 216.3 million visits over the 12 month period of the survey. Visits taken in urban locations were more likely to be shorter in duration: 43% of visits lasting less than three hours were taken in urban locations compared to 14% of those lasting more than 3 hours. Other visits more likely than the average to include an urban location included those taken by residents of the 15% most deprived areas in Scotland (63% of these visits), those taken by members of the BME population<sup>16</sup> (62%), those taken by urban residents (51%) and those taken by people in the DE social grade (49%). Almost half of visits where a walk of less than two miles was undertaken included a town/city location (48%).

Eleven per cent of visits were taken to seaside locations, which equates to an estimated 61.4 million visits over the 12 month period of the survey. Seaside locations were more likely to be the setting for visits where activities like picnicking or birdwatching were included (an estimated 30% and 25% of these visits respectively were taken in seaside locations).

<sup>16</sup> Caution, small sample (N=83)

The proportion of visits taken in countryside locations in 2017/18 was similar to recent years, although it has declined over the longer-term (down from 56% of visits in 2004 to 49% in 2017/18). As shown in Figure 3.8 below, the proportion of visits taken in urban areas increased by 6 percentage points between 2013/14 and 2017/18, up from 34% to 40%, while the proportion of visits taken in seaside locations declined by 5 percentage points over the same period (down from 16% to 11%).



*Figure 3.8 Location of outdoor recreation visits – ScRS 2006-2012; SPANS 2013/14 and 2017/18*

Base: All who visited the outdoors in the last 4 weeks (base sizes shown in chart)

\* Note SPANS survey periods cover Mar 13 to Feb 14 and May 17 to Apr 18, while the ScRS was undertaken on a calendar year basis.

As well as the type of environment visited, respondents were asked about the specific destination of their most recent outdoor visit (Figure 3.9 overleaf).

Local parks or open spaces continue to be the most frequently visited destinations on outdoor visits, included in 42% of all visits, equating to an estimated 230.4 million visits over the 12 month period of the survey. Around half of visits taken by people living in urban areas included a local park or open space (52%) as did half of those taken by residents of the CSGN area (51%). People in the BME population are significantly more likely than people of white ethnicity to visit local parks (61% and 42% of visits taken by these groups respectively) as are people living in the 15% most deprived areas in Scotland compared to those living outside of these areas (62% and 39% of visits respectively).

Around a fifth of visits included a forest or woodland destination (21%), which equates to an estimated 116.6 million visits over the 12 month period of the survey. Forests and woodlands were the backdrop on around a third of outdoor visits which included cycling/mountain biking (36%) and hillwalking (33%) as activities. They were also included as a destination in around a third of visits taken by people living in rural areas (32%). People in the DE social grade, those living in the 15% most deprived areas in Scotland and members of the BME population were all less likely than the average to visit forests and woodlands (included as a destination in 14%, 11% and 7% of visits taken by this group respectively).

Beaches were included in 13% of all outdoor visits, with an estimated annual visit total of 68.7 million. This type of location was particularly popular on visits which included picnicking (35% of these visits were to seaside locations), sightseeing (31%) and wildlife watching (27%) or on family days out (21%).

The proportions of visits taken in most of the locations shown in Figure 3.9 (below) and Table 3.2 (overleaf) are very similar to those recorded in the 2013/14 SPANS and the latter years of the ScRS.



*Figure 3.9 Types of location visited on most recent visit and estimated volume of visits (May 17 to Apr 18)*

Base: All respondents who visited the outdoors in the last 4 weeks (4,113)

Note: multiple responses possible, therefore percentages may not equal 100%

Table 3.2 below shows the proportion and estimated volume of visits taken to all types of locations visited in 2017/18. While the proportion of visits to each location in 2017/18 was largely similar to the proportion reported in the 2013/14 survey, there were some notable differences. Wildlife areas were twice as popular in 2017/18 (8%) as they were in 2013/14 (4%) while the proportion of visits to beach locations decreased by 5 percentage points (down from 18% to 13%).

*Table 3.2 All types of locations visited on most recent visit and volume estimates (May 17 to Apr 18)*

	2017/18 %	Estimated visits
Local park/ open space	42%	230.4m
Woodland/ forest (Total) <sup>17</sup>	21%	116.6m
~ Woodland/ forest managed by Forestry Commission/ Forest Enterprise	8%	43.3m
~ Woodland/ forest – other owner	7%	36.7m
~ Woodland/ forest – don't know owner	8%	43.3m
Beach	13%	68.8m
Village	10%	55.4m
Farmland	9%	51.6m
Mountain/ hill	7%	36.6m
Sea/ sea loch	4%	23.2m
River	4%	21.6m
Loch	3%	16.7m
Wildlife area/ nature reserve	8%	41.2m
Moorland	3%	17.7m
Canal	2%	11.6m
Cliff	*	2.2m

Base: All who took a visit in the last 4 weeks (3,105)

Note: multiple responses possible, therefore percentages may not equal 100%

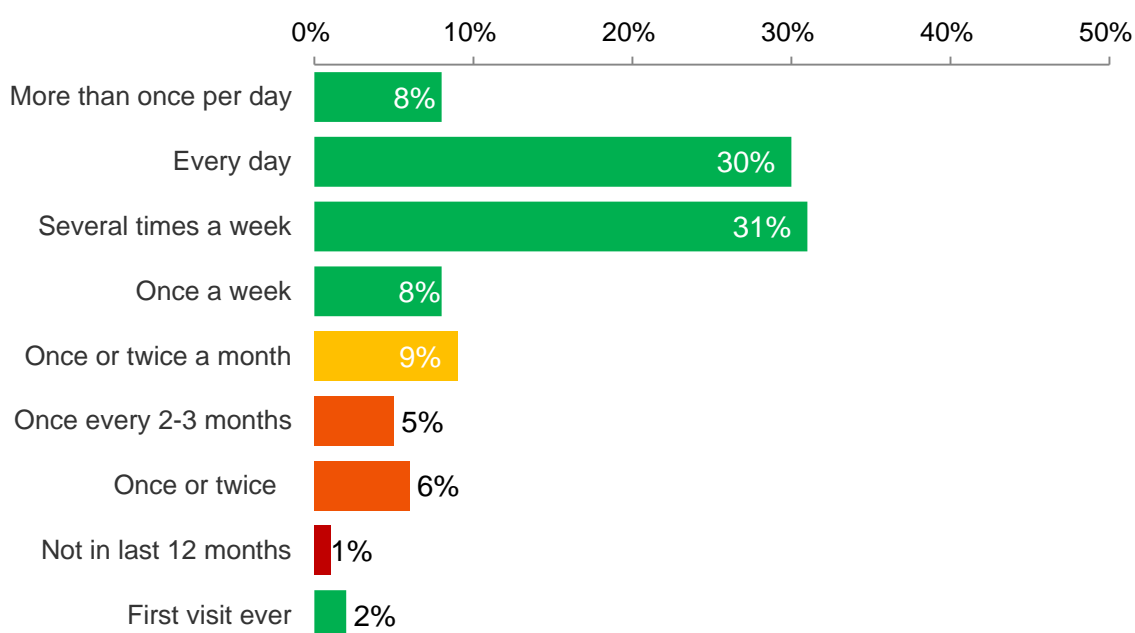
\* Denotes less than 1%

<sup>17</sup> Please note that due to rounding and the potential for respondents to have visited more than one type of woodland, percentages and visit estimates for individual woodland types may not equal the total figures

**Please note that the data presented below are from the 2013/14 SPANS as this question was not included in the 2017/18 survey**

As shown in Figure 3.10 below, around three-quarters of outdoor visits in 2013/14 were taken to familiar places which were visited at least once a week (77% of visits); 38% of visits were to places visited at least once a day.

In contrast, a very small proportion of visits were 'first time' visits to locations which had not previously been visited (2%).



*Figure 3.10 Frequency with which respondents go to place visited on most recent outdoor visit (Mar 13 to Feb 14)*

Base: All who took a visit in the last 4 weeks (2,294)

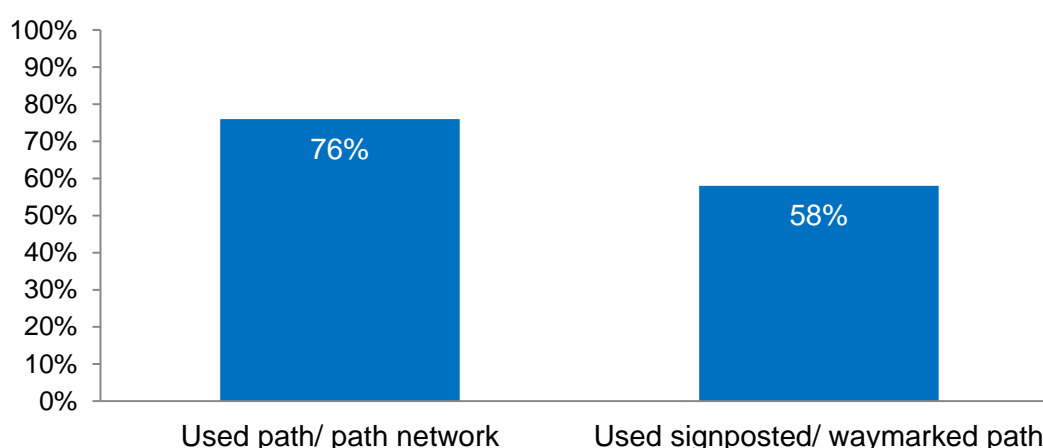


### 3.4 Paths and waymarking

**Please note that the data presented below are from the 2013/14 SPANS as these questions were not included in the 2017/18 survey.**

The development of accessible paths and routes close to where people live can improve outdoor access for everyone, particularly for those with disabilities or poor health and those who feel less confident about visiting the outdoors. As well as providing an environmentally friendly means of getting from place to place, paths can help safeguard the interests of land managers and help manage access in those areas where there are high levels of demand by reducing impacts on wildlife, habitats and landscapes. Path networks can also have a positive local economic impact by attracting visitors to an area. Each of Scotland's access authorities (Local Authorities and National Parks) has a core paths plan to establish a network of paths that give the public reasonable access throughout their area.

In the 2013/14 survey, those who had taken a visit to the outdoors in the 4 weeks prior to interview were asked if they had used a path or network of paths and if so, whether this had been signposted or waymarked (Figure 3.11).



*Figure 3.11 Use of paths and waymarking during outdoor recreation visits (Mar 13 to Feb 14)*

Base: All who took a visit in the last 4 weeks (2,272)

Around three-quarters of visits involved the use of a path or a path network (76%), with this proportion higher for visits taken to countryside locations (84%). The use of paths on visits to the outdoors has remained consistent since 2007 (in the range 74%-77% of all visits), following an increase from 66% in 2004.

More than half of all outdoor visits (58%) and three quarters of those which used paths (76%) involved the use of a signposted or waymarked path or path network. Use of signposted or waymarked paths has increased from 44% of all outdoor visits in 2005 to 58% in 2013/14.

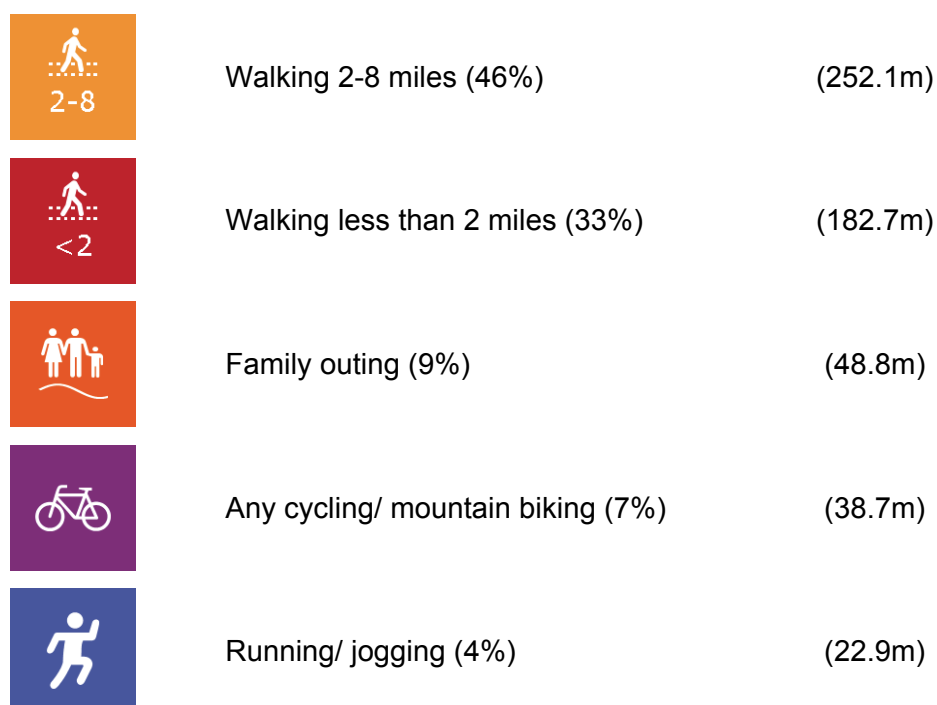
### 3.5 Activities undertaken on visits to the outdoors

Those who visited the outdoors in the 4 weeks prior to the interview in the 2017/18 survey were asked which activities they had undertaken on their most recent visit.

Walking remains the most popular outdoor activity undertaken by adults in Scotland and has been included as an activity on a majority of outdoor visits between 2004 and 2017/18 (in the range 79% - 84% of all visits). As shown in Figure 3.12 below, 46% of all visits in 2017/18 involved a walk of 2-8 miles and 33% a walk of less than 2 miles, equating to estimated annual visits of 252.1 million and 182.7 million respectively.

Nine per cent of visits were described as family outings, equating to an estimated 48.8 million visits over the 12 month period of the survey.

Seven per cent of visits included cycling or mountain biking and 4% running or jogging.



*Figure 3.12 Top activities undertaken during outdoor recreation visits and visit estimates (May 17 to Apr 18)*

Base: All who took a visit in the last 4 weeks (4,113)

Note: multiple responses possible, therefore percentages may not equal 100%; not all activities are shown on this chart

Visits more likely to involve a walk of less than 2 miles included those:

- taken by people with a long-term illness or disability (52% of these visits compared to 30% of visits taken by people without a long-term condition)
- taken by people in the DE social grade (41% of these visits compared to 27% of visits taken by people from the more affluent social groups)
- taken by people aged 55 or over (40% of these visits compared to 30% of visits taken by under 55s)
- taken by women (38% of these visits compared to 28% of visits taken by men).

Visits including a longer walk of between 2 and 8 miles were significantly more likely to be taken by those with no reported disability (48% of these visits compared to 35% of visits taken by people with a reported disability).

The types of visits more likely to be described as family outings included those involving activities such as picnicking (68% of these visits), wildlife/nature watching (49%), sightseeing/visiting attractions (46%) and hillwalking/mountaineering (30%). Around a quarter of the outdoor visits taken by those in the BME population were also described as family outings (26%).

The types of visits more likely to involve cycling or mountain biking included visits lasting 3 hours or more (13%), visits taken by men (10%) and by people aged between 35 and 54 (10%). Visits more likely to include running or jogging included those taken by people aged under 35 (7%).

Table 3.3 below provides a more detailed breakdown of activities undertaken on outdoor visits in 2017/18.

*Table 3.3 All activities undertaken on at least 2% of visits and estimated volume of visits (May 17 to Apr 18)*

	2017/18%	Estimated visits
All walking	84%	457.4m
~ Walking <2 miles	33%	182.7m
~ Walking 2-8 miles	46%	252.1m
~ Walking >8 miles	4%	21.8m
~ Hill walking/ mountaineering	3%	13.8m
Family outing	9%	48.8m
Any cycling/ mountain biking	7%	38.7m
Running/ jogging	4%	22.9m
Sightseeing/ visiting attractions	3%	14.5m
Picnicking	2%	13.2m
Golf	2%	9.1m

Base: All who took a visit in the last 4 weeks (4,113)

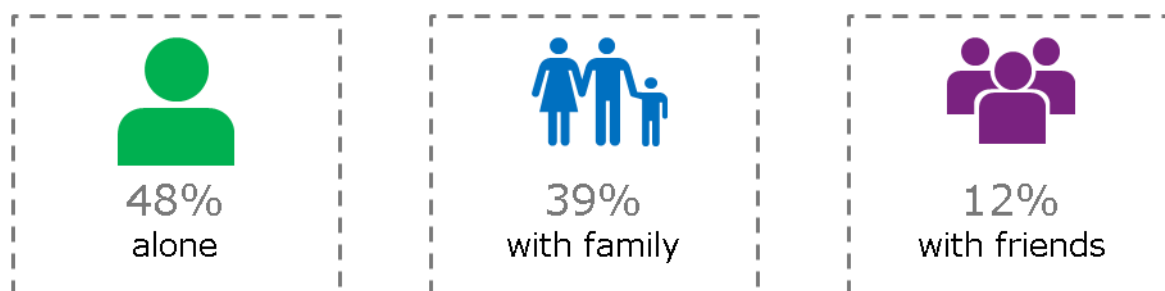
Note: multiple responses possible, therefore percentages may not equal 100%

While levels of participation in many of the activities shown above were similar in both 2013/14 and 2017/18, the proportion of outdoor visits described as family outings fell by 6 percentage points from 15% in 2013/14 to 9% in 2017/18.

### 3.6 Party composition

**Please note that the data presented below are from the 2013/14 SPANS as questions about party composition were not included in the 2017/18 survey.**

As shown in Figure 3.13 below, almost half of visits to the outdoors in 2013/14 were taken alone (48%); around two-fifths were taken with family members (39%) and 12% with friends. A small proportion of visits (2%) were taken as part of an organised group.



*Figure 3.13 Party composition during outdoor recreation visits (Mar 13 to Feb 14)*

Base: All who took a visit in the last 4 weeks (2,294)

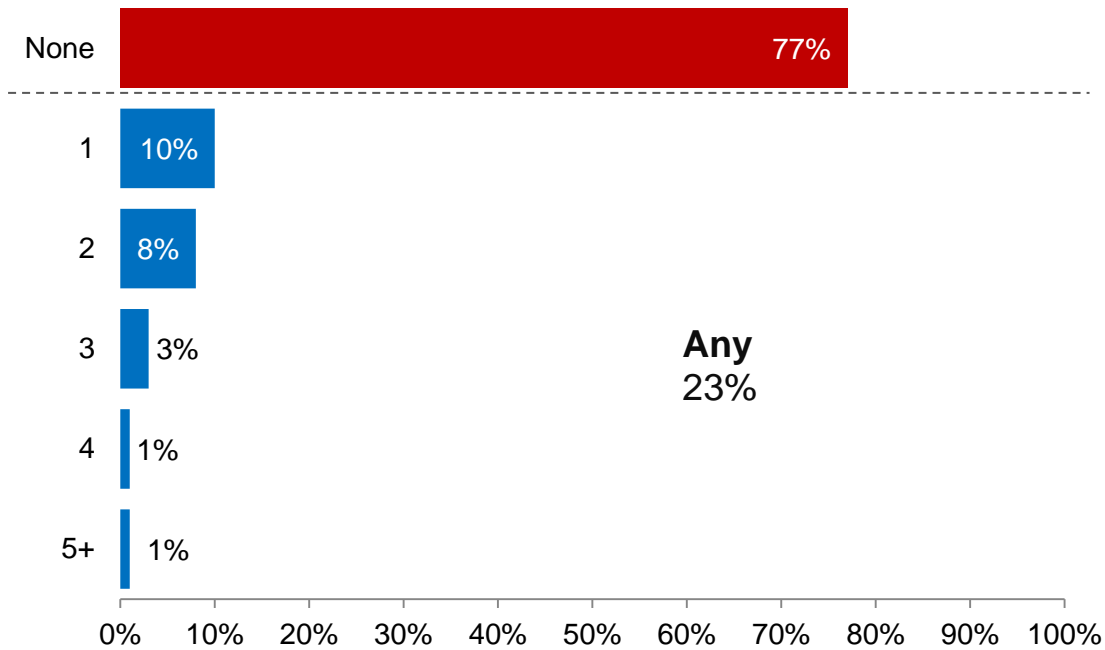
Solo visits, taken alone, were more likely to be taken by those aged 55 or over (62% of visits taken by this age group), by people who visited the outdoors on a daily basis (59%), by people on shorter visits lasting 3 hours or less (56%) and by people living in rural areas (54%).

Visits accompanied by family members were more likely to be taken by people with children in their household (64% of these visits), by those on longer visits lasting more than 3 hours (56%), by people aged 54 and under (45%) and by those with car access (42%).

Visits accompanied by friends were more likely to be taken by people aged under 35 (18% of visits taken by this age group).

Party composition on visits to the outdoors in 2013/14 was similar to that found in the latter years of the ScRS. The proportion of visits taken alone has, however, increased over the years, up from 41% of all visits in 2004 to almost half in 2013/14 (48%).

As shown in Figure 3.14 overleaf, just under a quarter of visits taken to the outdoors in 2013/14 included children in the party (23%). This proportion remained relatively consistent between 2009 and 2013/14 (in the range 23%-24%).



*Figure 3.14 Percentage of visits where children were included in the party (Mar 13 to Feb 14)*

Base: All who took a visit in the last 4 weeks (2,294)

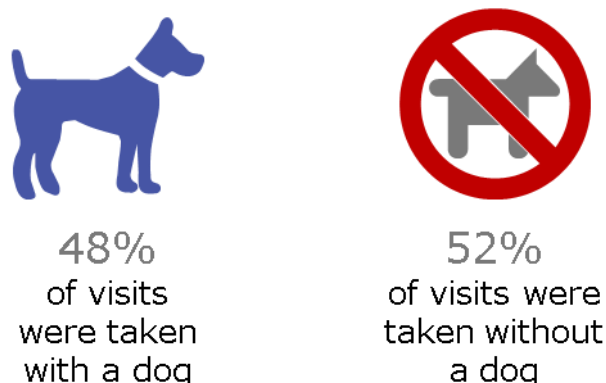
As may be expected, visits described as family outings and visits taken by those with children in their household were more likely than the average to include children (85% and 58% of these visits respectively).

Other visits where children were more likely to be present were:

- Longer visits, lasting for more than 3 hours (34%);
- Visits taken by people aged 54 and under (31%);
- Visits taken by women (28%).



In 2013/14 respondents were also asked whether a dog had been present on their last visit to the outdoors (Figure 3-15 below).



*Figure 3.15 Percentage of visits accompanied by a dog (Mar 13 to Feb 14)*

Base: All who took a visit in the last 4 weeks (2,294)

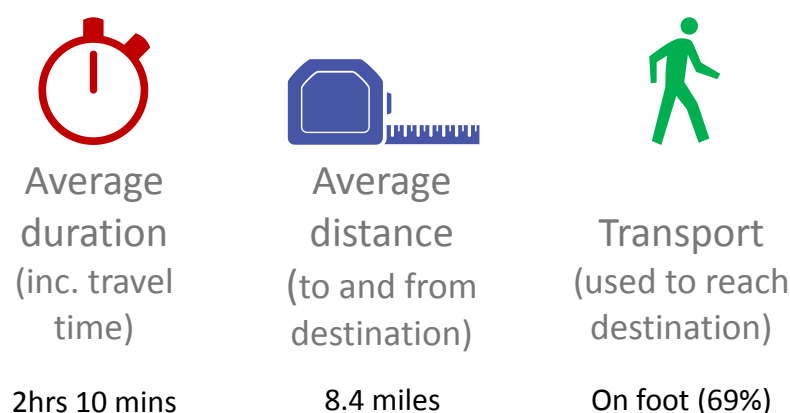
Almost half of visits to the outdoors in 2013/14 were accompanied by a dog (48%), which equates to an estimated 188.9 million visits taken with dogs over the 12 month period of the survey.

Visits more likely to be accompanied by a dog included those taken by people who visit the outdoors at least once a day (63% of these visits); shorter visits lasting for less than 3 hours (55%) and those involving a walk of up to 8 miles (54%).

There has been an overall increase in the proportion of visits taken with a dog, rising from 41% in 2004 to 48% in 2013/14, corresponding with an overall increase in the volume of shorter and close to home visits (see later).

### 3.7 Visit characteristics

Across all visits taken in last 4 weeks....



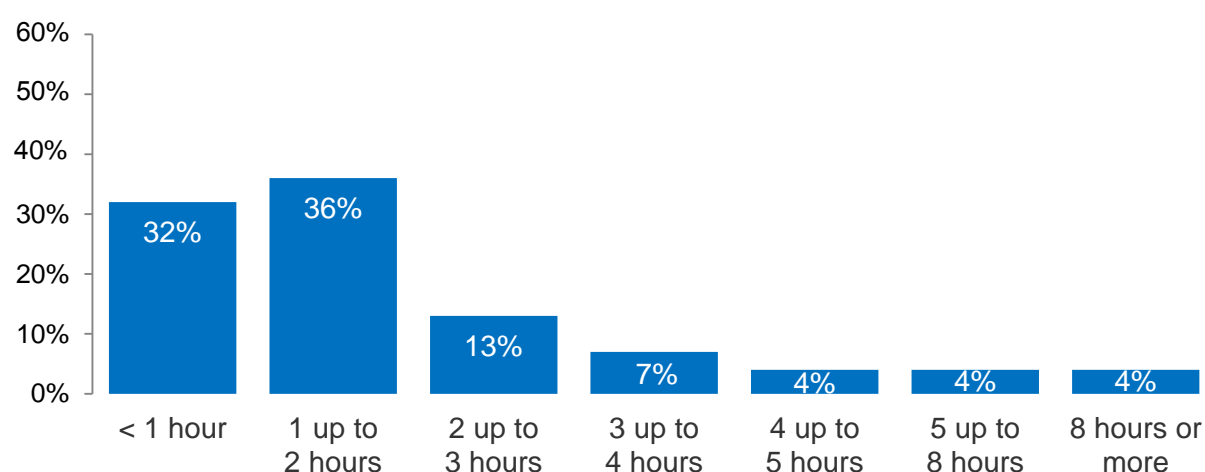
*Figure 3.16 Key characteristics of outdoor visits (May 17 to Apr 18)*

Base: All who took a visit in the last 4 weeks (2,713)

Across all visits taken in the four weeks prior to interview, the average duration (including travel time to and from the destination) was 2 hours and 10 minutes and the average distance travelled (to and from the main destination) was 8.4 miles. Reflecting an increase in the proportions of shorter duration visits and visits taken closer to home (see later in this section), travelling on foot was the most common form of transport, used on two-thirds of all visits taken to the outdoors (69%).

#### *Visit duration*

As shown in Figure 3.17 below, around two-thirds of visits lasted no more than 2 hours (68%) and less than one in ten lasted for 5 hours or more (8%).



*Figure 3.17 Visit duration (May 17 to Apr 18)*

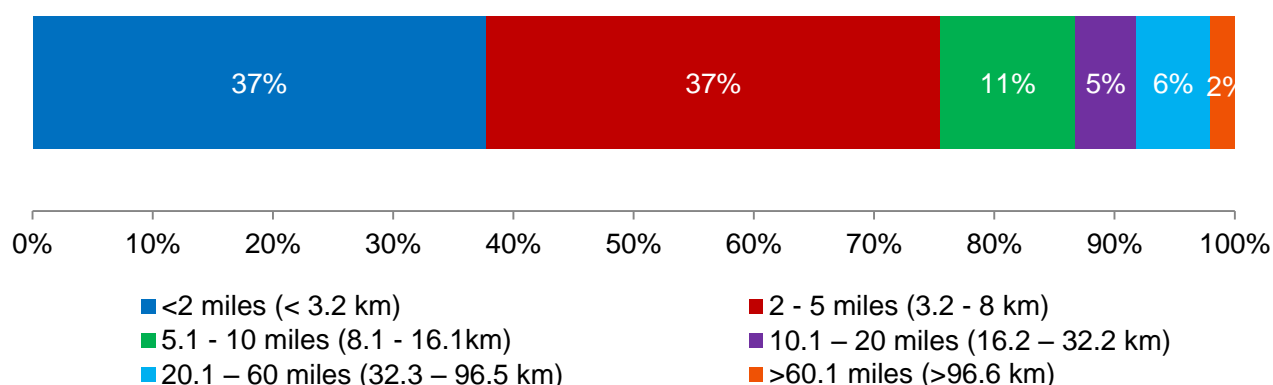
Base: All who took a visit in the last 4 weeks (2,713)

Visits more likely to last for less than an hour included those involving a short walk of less than 2 miles (58% of these visits), those taken by people who visit the outdoors more than once a day (46%) and visits taken in urban locations (42%).

Visits more likely to last 5 hours or more included those featuring hillwalking (36% of these visits) and a walk of more than 8 miles (31%). Visits taken to countryside (11%) and seaside (10%) locations were more likely than those taken to towns or cities (3%) to last 5 hours or more.

As mentioned previously, the proportion of shorter duration visits being taken has increased over the past fourteen years. In 2004, 52% of visits lasted for less than 2 hours compared to 68% in 2017/18. Over this period, the proportion of visits lasting less than 1 hour in duration has also risen from 20% to 32%.

As shown in Figure 3.18 below, most visits to the outdoors were made relatively close to home: just over one in three were taken within two miles of home (37%), while a further 37% were taken within 2-5 miles of home. Less than one in ten were taken more than 20 miles from home (8%). Overall, the average distance travelled to and from the destination on outdoor visits was 8.4 miles.



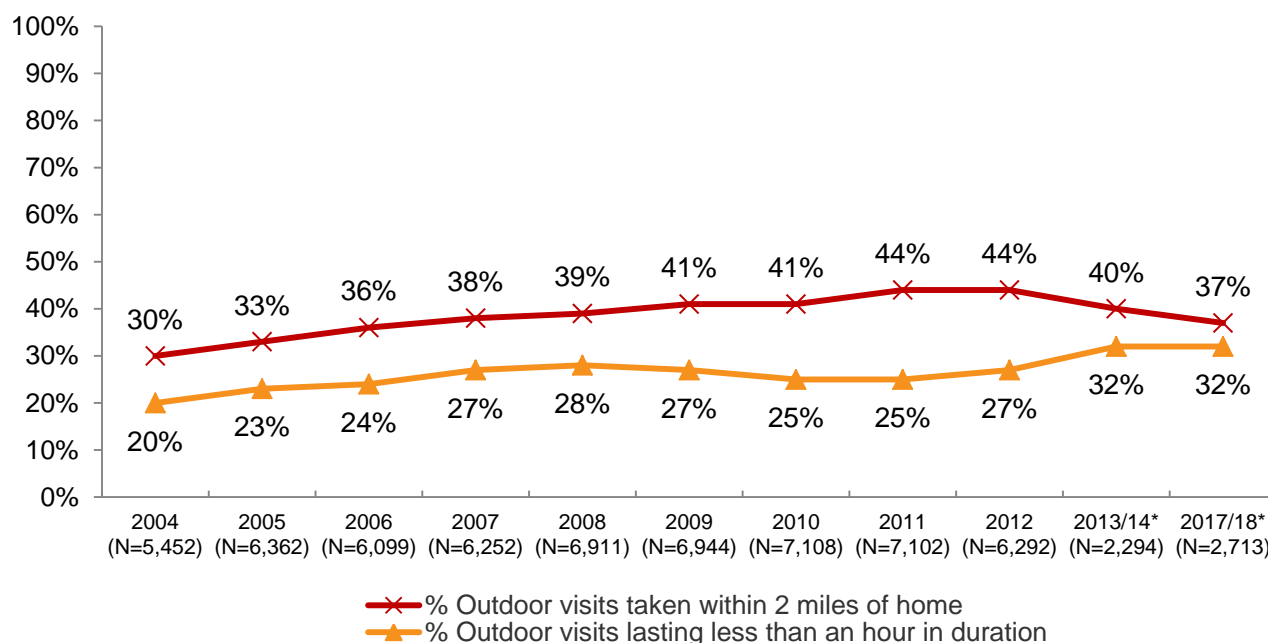
*Figure 3.18 Distance travelled to and from the main destination on most recent outdoor visit (May 17 to Apr 18)*

Base: All who took a visit in the last 4 weeks (2,713)

There were some variations in terms of distance travelled:

- 79% of visits taken by those who visit the outdoors on a daily basis were taken within 5 miles from home;
- 46% of visits taken to towns/ cities involved a journey to and from the destination of less than 2 miles;

During the last decade, while there have been some variations between individual survey years, there has been an overall increase in the proportion of visits taken close to home: in 2004, three in ten visits were taken less than 2 miles from home (30%) compared to 37% in 2017/18. Figure 3.9 illustrates this increase along with the accompanying increase (mentioned above) in the proportion of shorter duration visits.



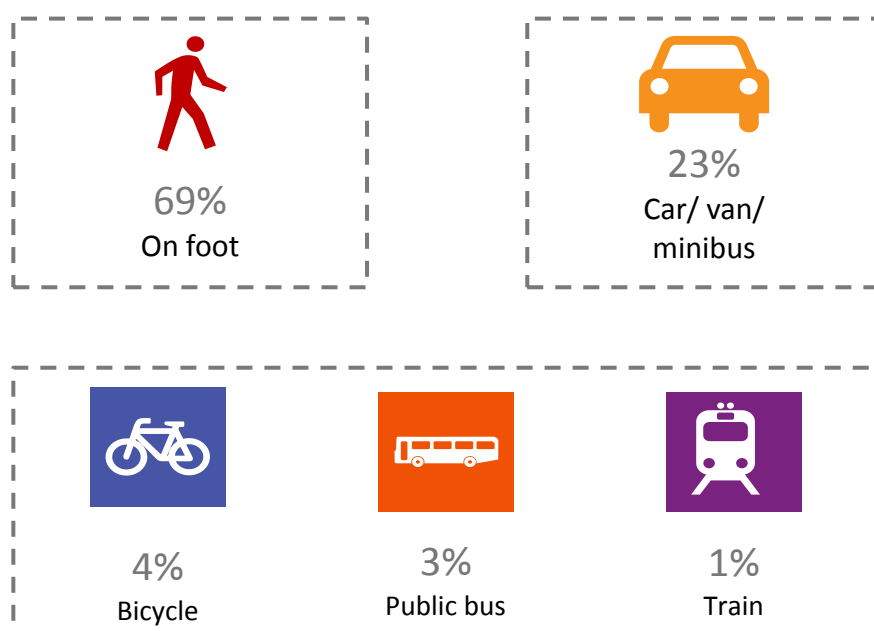
**Figure 3.19 Distance travelled to and from the main destination on most recent outdoor visit - ScRS 2006-2012; SPANS 2013/14 and 2017/18**

Base: All who visited the outdoors in the last 4 weeks (base sizes shown in chart)

\*Note SPANS survey periods cover Mar 13 to Feb 14 and May 17 to Apr 18, while the ScRS was undertaken on a calendar year basis.

Reflecting the relatively high proportions of short duration visits and visits taken close to home, walking remains the most frequently used mode of transport when visiting the outdoors. In 2017/18, over two-thirds of visits were taken on foot (69%), equating to an estimated 377 million visits over the 12 month period of the survey. Visits more likely to be taken on foot included those taken by people visiting a town or city (81%), shorter visits, lasting 3 hours or less (80%), those involving a walk of less than 2 miles (78%), those taken by people who visit the outdoors on a daily basis (75%) and those taken by people in the DE social grades (75%).

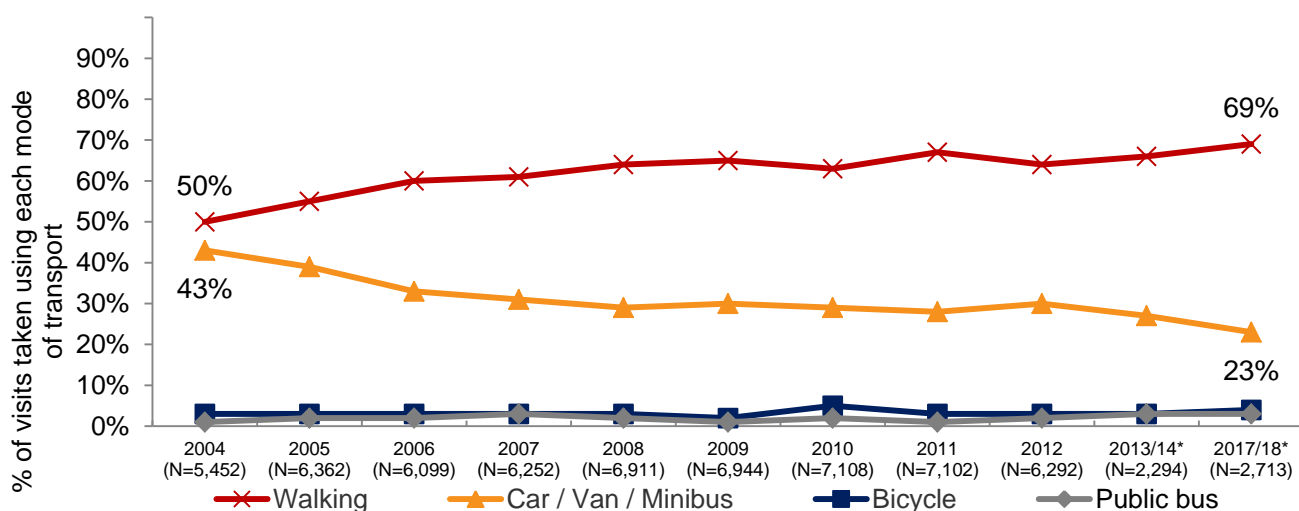
In total, just under a quarter of visits were taken by car, van or minibus (23% or an estimated 123.4 million visits over the 12 month period of the survey), as shown in Figure 3.20 overleaf. Visits more likely to be taken using one of these modes of transport included longer visits, lasting more than 3 hours (56% of these visits); visits to the seaside (50%) and visits taken by those in the AB social grade (31%).



*Figure 3.20 Main type of transport used to reach destination of outdoor recreation visits (May 17 to Apr 18)*

Base: All who took a visit in the last 4 weeks (2,713)

The increase in shorter visits and in visits taken close to home during the last fourteen years has been accompanied by an increase in visits taken on foot. As shown in Figure 3.21 below, around seven in ten visits recorded in 2017/18 (69%) were taken on foot compared to two thirds (66%) in 2013/14, and half in 2004 (50%). In contrast, the proportion of visits taken by car has steadily declined from 43% in 2004 to 23% in 2017/18.



*Figure 3.21 Main type of transport used to reach destination of outdoor recreation visits - ScRS 2006-2012; SPANS 2013/14 and 2017/18*

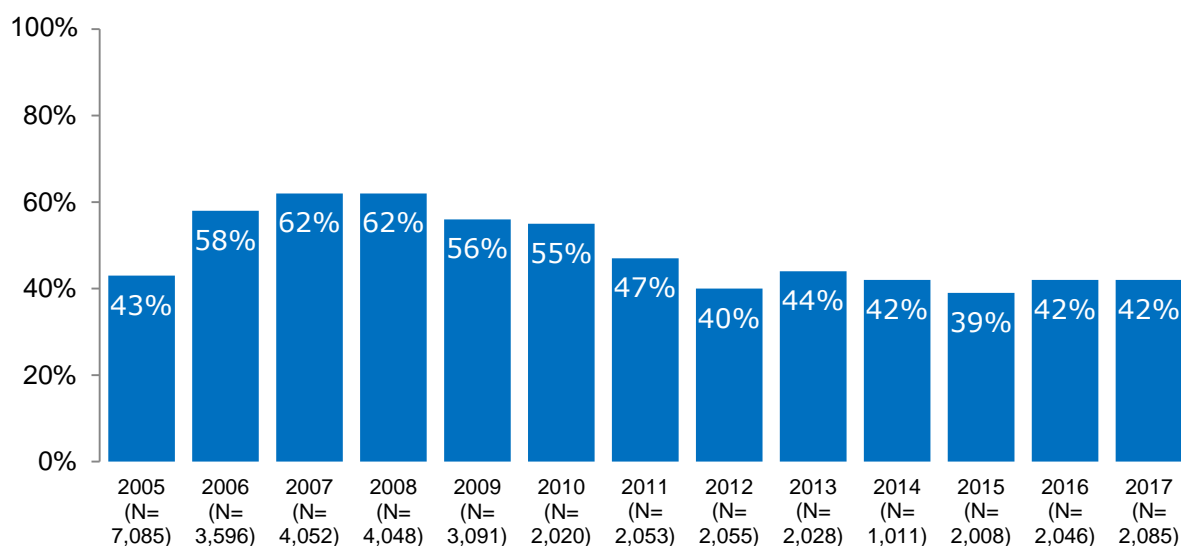
Base: All who visited the outdoors in the last 4 weeks (base sizes shown in chart)

\*Note SPANS survey periods cover Mar 13 to Feb 14 and May 17 to Apr 18, while the ScRS was undertaken on a calendar year basis.

### 3.8 The Scottish Outdoor Access Code (SOAC)

Part 1 of the Land Reform Scotland Act (2003) came into effect in 2005, giving people in Scotland extensive outdoor access rights and providing a platform for increasing participation in outdoor recreation. These rights, and the responsibilities that come with them, are explained in the Scottish Outdoor Access Code (the Code)<sup>18</sup>. Under the access legislation, responsibility for publicising and promoting understanding of the Code is shared between Scottish Natural Heritage and Scotland's access authorities (the 32 local authorities and the two national park authorities).

Since its launch, the Code has been publicised via an on-going programme of communications and education work, sometimes targeted at key audiences (for example, dog owners or campers). Over the years, a variety of media have been used, including TV, radio, on-line, press and outdoor posters. Awareness of the Code among the public in Scotland has been monitored since immediately before its launch in 2005 (prior to 2013, SOAC awareness questions were included in the Scottish Recreation Survey). It is likely that historical levels of awareness reflect, to some extent, the weight and type of promotional activity undertaken in each survey year and it is noticeable that some of the highest levels of awareness were achieved during the Code TV campaign in 2008/2009.



*Figure 3.22 Overall awareness of Scottish Outdoor Access Code amongst population (2005 – 2017)*

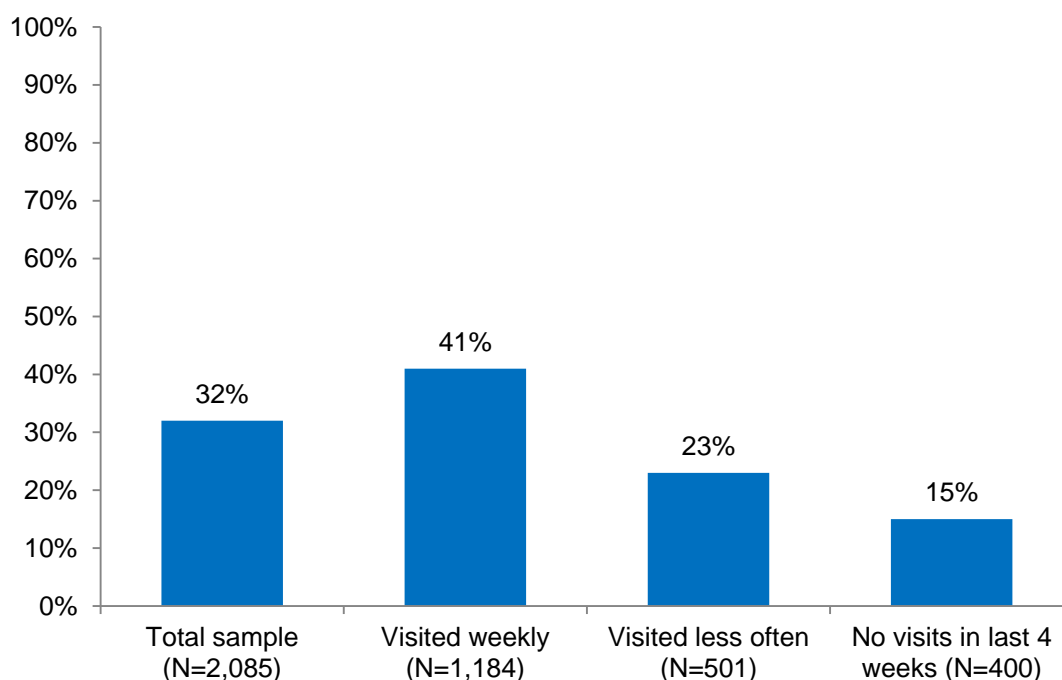
Base: All respondents (base sizes shown in chart)

Note: SOAC awareness is measured on an annually

In the 2017 calendar year just over two-fifths of adults in Scotland indicated that they had some level of awareness of the Scottish Outdoor Access Code (42%), the same as the level of awareness reported in 2016. Around a third of respondents in 2017 were 'definitely' aware of the Code (32%) and a further 10% thought they had heard of the Code.

A breakdown of levels of awareness by frequency of visiting the outdoors in 2017 is shown in Figure 3.23 overleaf.

<sup>18</sup> <http://www.outdooraccess-scotland.com/>



*Figure 3.23 Percentage of Scottish adult population definitely aware of Scottish Outdoor Access Code May 17 to Apr 18)*

Base: All respondents (2,085)

In 2017, around a third of the Scottish adult population indicated that they were ‘definitely’ aware of the SOAC (32%). As might be expected, levels of awareness were significantly higher among those who visited the outdoors on a regular weekly basis (41% definitely aware) compared to those who visited less frequently (23%) or not at all (15%). People living in rural areas were also more likely to indicate that they were definitely aware of the Code compared to those living in urban areas (41% and 29%, respectively).

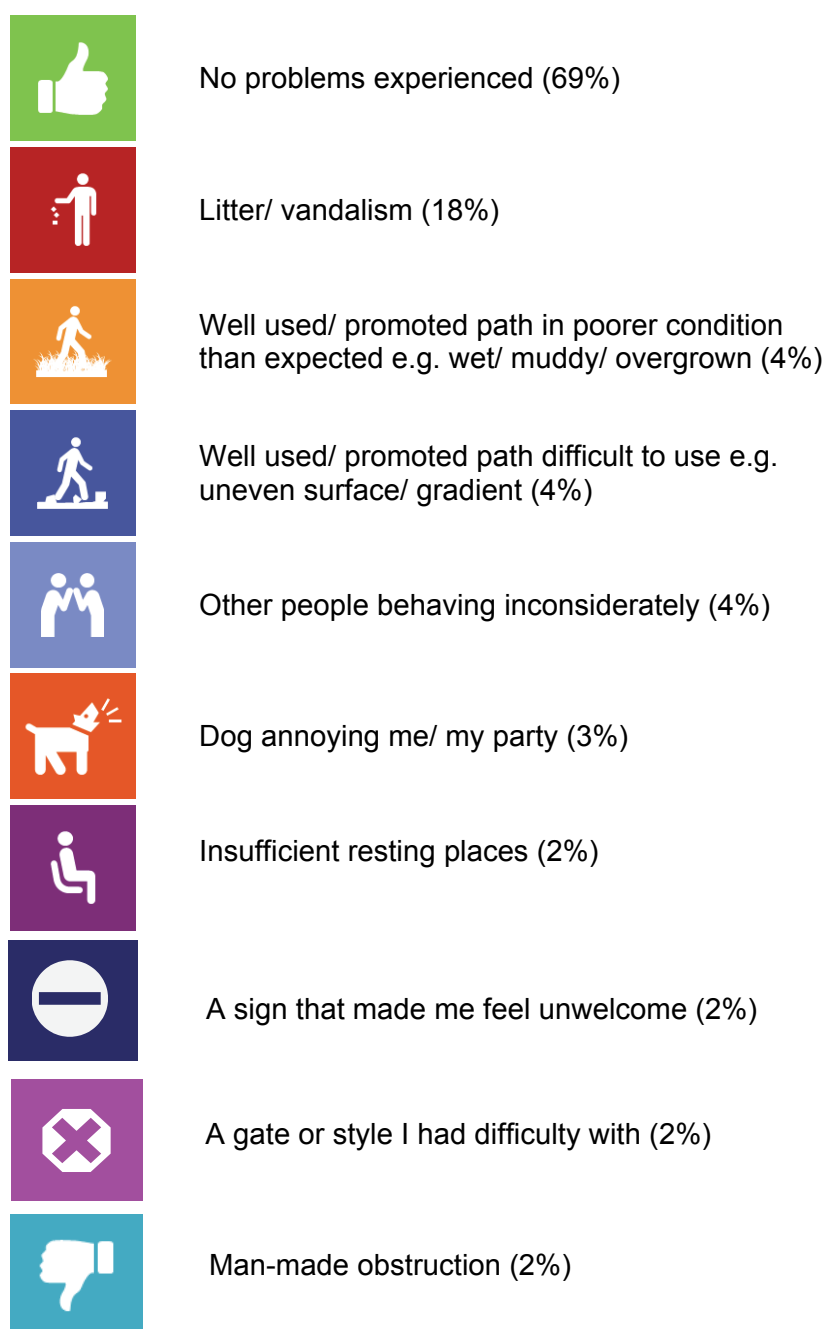
The proportion of people definitely aware of the Code also varied by demographic group; awareness was higher than the average amongst those in full time employment (41%), those aged between 35 and 54 (41%) and those in the AB social grade (41%).

Across the total population, 57% indicated that they had no awareness of the Code. This proportion was higher amongst those living in the 15% most deprived areas in Scotland (73%), those living as council tenants (72%) and those with no internet access (69%).



### 3.9 Difficulties encountered on visits

Those who had taken a visit to the outdoors in the 4 weeks prior to interview were asked whether they had encountered any difficulties or problems on their most recent visit, as shown in Figure 3.24 below (for problems occurring on 2% or more of visits taken).



*Figure 3.24 Problems encountered during outdoor recreation visits (May 17 to Apr 18)*

Base: All who took a visit in the last 4 weeks (1,337)

Note: multiple responses possible, therefore percentages may not equal 100%

The majority of outdoor visits did not involve any problems or difficulties at all (69%). Among the problems that were reported, litter was the most common, encountered on 18% of visits. Smaller proportions of visits involved problems with paths or encounters with dogs and/or other people behaving inconsiderately (each encountered on 3% to 4% of visits).

## 4. OTHER ENGAGEMENT WITH THE NATURAL ENVIRONMENT

Please note that the data presented below are from the 2013/14 SPANS as these questions were not included in the 2017/18 survey.

Increasing the level of engagement people have with the outdoors has the potential to generate a lasting interest and commitment to the natural world. As well as collecting data on visits to the outdoors, the 2013/14 SPANS also explored people's attitudes to the natural environment and the wider types of interaction they have, be it on a regular or occasional basis.

### 4.1 Participation in activities involving the natural environment

In 2013/14, the vast majority of the adult population reported undertaking one or more of the activities shown in Figure 4.1 on at least an occasional basis (91%). Among these activities, sitting or relaxing in the garden (65% of adults), walking through local parks and greenspaces (53%), watching or listening to nature programmes on TV or radio (51%) and gardening (47%) were most popular.

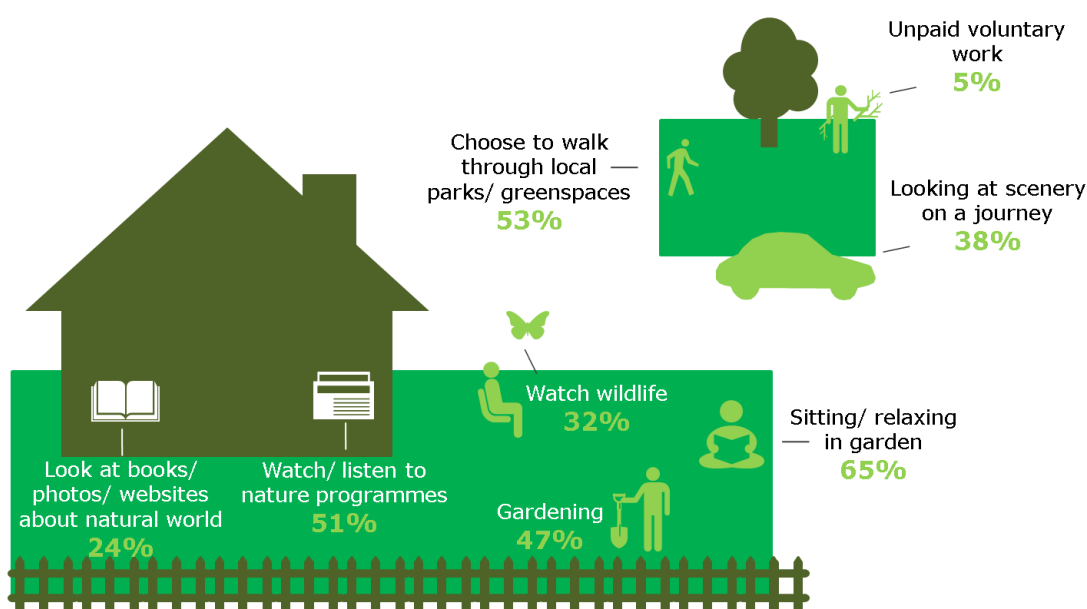


Figure 4.1 Activities undertaken that involve the natural environment (Mar 13 to Feb 14)

Base: All respondents (1,012)

Note: multiple responses possible, therefore percentages may not equal 100%

There were some variations in levels of participation in the activities shown in Figure 4.1:

- Rural residents were more likely to participate than those living in urban areas (96% and 89% respectively); they were also more likely than average to participate in gardening (63%), watching/ listening to nature programmes (61%) and watching wildlife (50%).
- Those in the AB social grade were more likely to participate than those in the DE social grade (95% and 89% respectively); they were also more likely than average to participate in several activities, especially looking at books/ photos/ websites (40%) and gardening (62%);

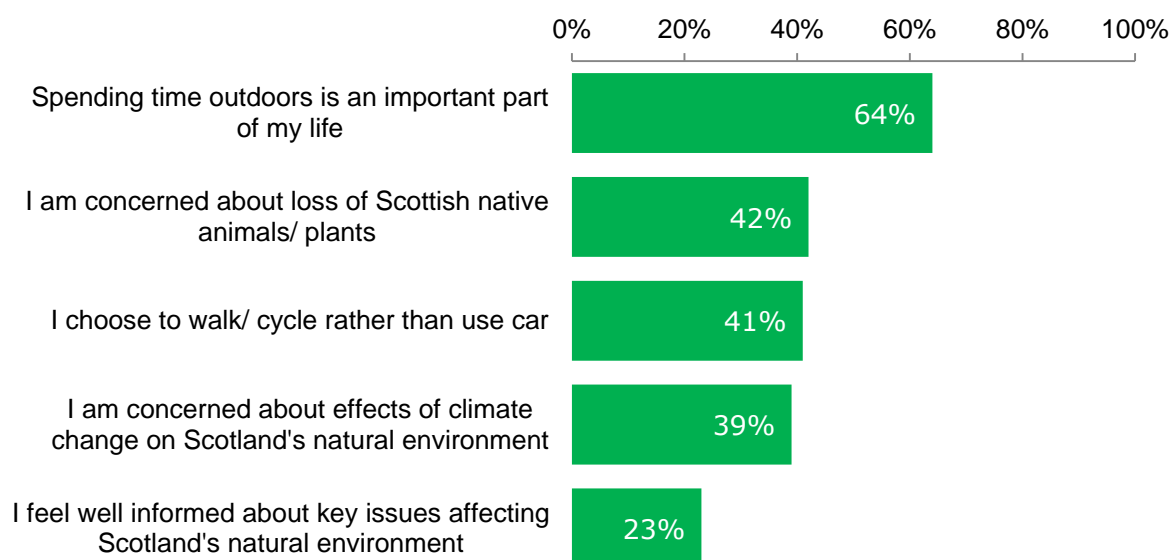
- Those who visited the outdoors for leisure and recreation were more likely to participate in these activities than those who did not visit (94% v 75%);
- Those aged 35+ were more likely than average to garden and/or watch or listen to nature programmes (58% each).

## 4.2 Attitudes towards the natural environment

Please note that the data presented below are from the 2013/14 SPANS as these questions were not included in the 2017/18 survey.

Respondents in the 2013/14 survey were read a series of statements about the natural environment and asked to indicate the extent to which they agreed or disagreed with each one. Figure 4.2 below summarises their responses.

'Spending time outdoors is an important part of my life' received the strongest level of agreement (64% agreeing strongly, increasing to 81% among those who visited the outdoors on a weekly basis and to 91% among those who visited daily).



*Figure 4.2 Agreement with statements regarding Scotland's natural environment (Mar 13 to Feb 14) % agreeing strongly*

Base: All respondents (1,012)

There were some variations between population groups in the level of agreement with each of the statements shown in Figure 4.2, above.

People living in rural areas were more likely than those living in urban areas to agree strongly that visiting the outdoors was an important part of their life (74% and 59% respectively); as were those with access to a car (68%) compared to those with no car access (54%); and those in the AB, C1 or C2 social grades compared to DEs (67% and 56% respectively).

At the overall population level, the statement with which people were least likely to agree strongly in 2013/14 was 'I feel well informed about key issues affecting Scotland's natural environment' (23%). Those who visited the outdoors at least once a day were more likely than the average to agree strongly with this statement (36%) while disagreement (strong/ slight) was higher than the average amongst those who had not visited in the past 12

months (42%). Rural residents were more likely than those living in urban areas to strongly agree with this statement (31% and 20% respectively), as were those with access to a car compared to those without car access (27% and 15% respectively) and those in the AB, C1 and C2 social grades (26%) compared to DEs (17%).

Other variations included:

- *I am concerned about the effects of climate change on Scotland's natural environment* – strong agreement was higher amongst women (43%) than amongst men (34%);
- *I choose to walk/ cycle rather than use the car* – those who visited the outdoors several times a week or more often were more likely than the average (41%) to strongly agree (55%);
- *I am concerned about the loss of Scottish native animals/ plants* – 59% of those who visited the outdoors at least once a day agreed strongly with this statement, as did 56% of those living in rural areas. Strong agreement was higher amongst those aged 35 and over (46%) than amongst those 34 and under (31%).

## 5. BENEFITS OF VISITING THE OUTDOORS

As discussed in section 3, people in Scotland visit the outdoors for a variety of reasons. To help assess the positive impacts of these visits and their relative importance, respondents were asked about the benefits they associated with their most recent visit.

### 5.1 Role of the outdoors in mental and physical health

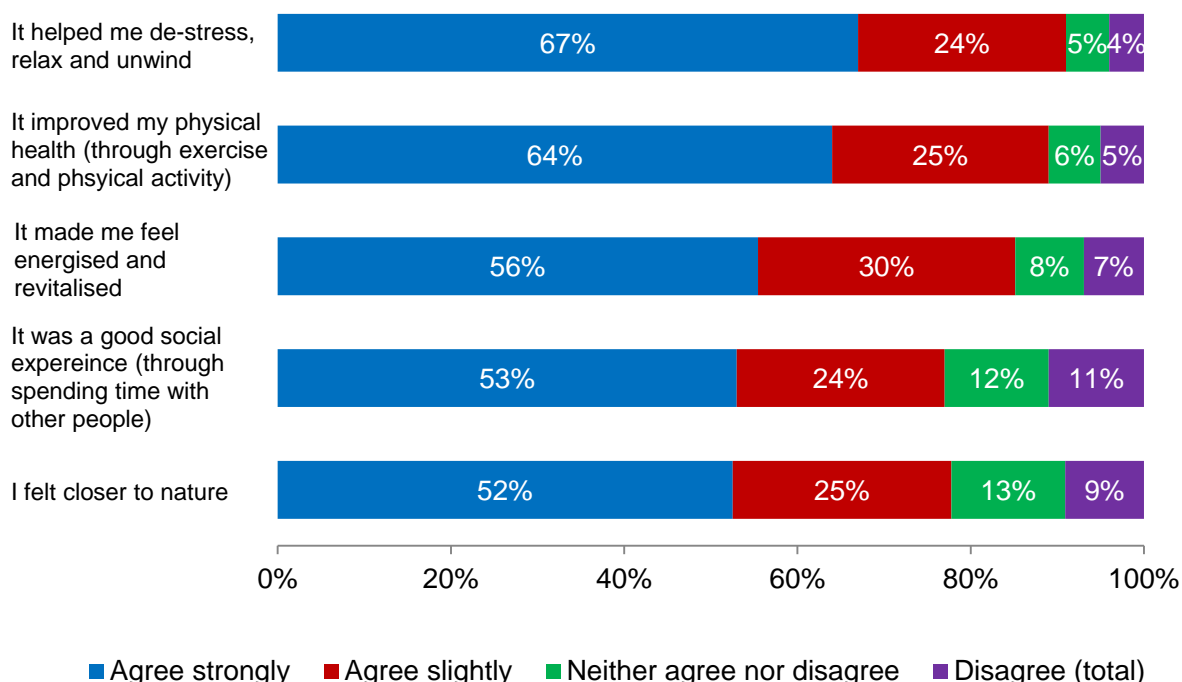
As shown in Figure 5.1 and Figure 5.2 below, the benefits of visiting the outdoors are widely acknowledged by visitors. The perceived health benefits (both physical and mental) were most likely to be mentioned, but many people also valued the social opportunities and the chance to get closer to nature.



*Figure 5.1 Agreement with benefits gained from last visit to the outdoors (% strongly agree, prompted) (May 17 to Apr 18)*

Base: All who visited the outdoors in the last 4 weeks (1,335)

Among those who had visited the outdoors in the 4 weeks prior to interview, around two thirds strongly agreed that their visit helped them to de-stress, relax and unwind (67%) and/or had improved their physical health (64%). More than half of respondents strongly agreed that visiting the outdoors made them feel energised and revitalised (56%) and/or brought them closer to nature (52%). A similar proportion enjoyed the social experience of visiting the outdoors (53%).



*Figure 5.2 Agreement with benefits gained from last visit to the outdoors (% agreement, prompted) (May 17 to Apr 18)*

Base: All who visited the outdoors in the last 4 weeks (1,335)

There were some variations in people's perceptions of the benefits gained from visiting the outdoors. In general, CSGN residents were more positive about the benefits than people living outside of the CSGN area. Some differences were also evident between those in the AB and DE social grades; those in paid employment versus those not working; and those living within and outside the most deprived areas in Scotland:

- those in the AB social grade, for example, were significantly more likely than those in the DE social grade to strongly agree that visiting the outdoors improved their physical health (73% and 59% respectively)
- people working full time were significantly more likely than those who were not working to strongly agree that outdoor visits helped them de-stress, relax and unwind (72% and 61%, respectively) or made them feel energised and revitalised (60% and 51% respectively)
- people living in the 15% most deprived areas of Scotland were more likely than those living outside of these areas to agree strongly that their outdoor visits provided a good social experience (62% and 51%, respectively).

## 5.2 Physical activity

UK-wide physical activity guidelines were revised in July 2011. The current guidelines, adopted in Scotland and the other three home countries of the UK, recommend that adults aged 19 to 64:

- Should be active daily;
- Should engage in at least 150 minutes (or two and a half hours) of 'moderate' intensity activity per week in bouts of 10 minutes or more (equivalent to 30 minutes of exercise

on at least 5 days of the week). Alternatively, 75 minutes of 'vigorous' activity spread across a week is perceived to deliver similar benefits;

- Should engage in activities that strengthen muscles on at least two days of the week;
- Should avoid extended periods of sedentary activity.

The most recent Scottish Health Survey (2016)<sup>19</sup>, used by Scottish Government to monitor progress, indicates that 64% of adults in Scotland (aged 16 and over) currently meet physical activity targets, with men significantly more likely to do so than women (69% versus 59%).

To help establish the contribution which the outdoor environment makes to the achievement of physical activity targets, SPANS respondents were asked about their use of the outdoors for physical exercise and about the amount of time they spent exercising outdoors. Physical exercise was defined in SPANS as: 'activity which is enough to make you feel warmer, breathe harder and make your heart beat faster'. In this context, physical exercise undertaken outdoors may include recreational visits to the outdoors where the main activity is aerobic (e.g. brisk walking, cycling, kayaking), organised outdoor sport (e.g. football, tennis) as well as other types of physical activity such as gardening.

As shown in Figure 5.3 below, 70% of adults in Scotland had used the outdoors for physical exercise in the week prior to interview and 31% had wholly met national physical activity guidelines while in an outdoor environment (i.e. they had undertaken at least 150 minutes of moderate physical activity outdoors). These proportions are very similar to those reported in the 2013/14 survey.

29% of the Scottish adult population met physical activity guidelines while in an outdoor environment



*Figure 5.3 Time spent undertaking physical activity in the outdoors in last week (May 17 to Apr 18)*

Base: All respondents (2,091)

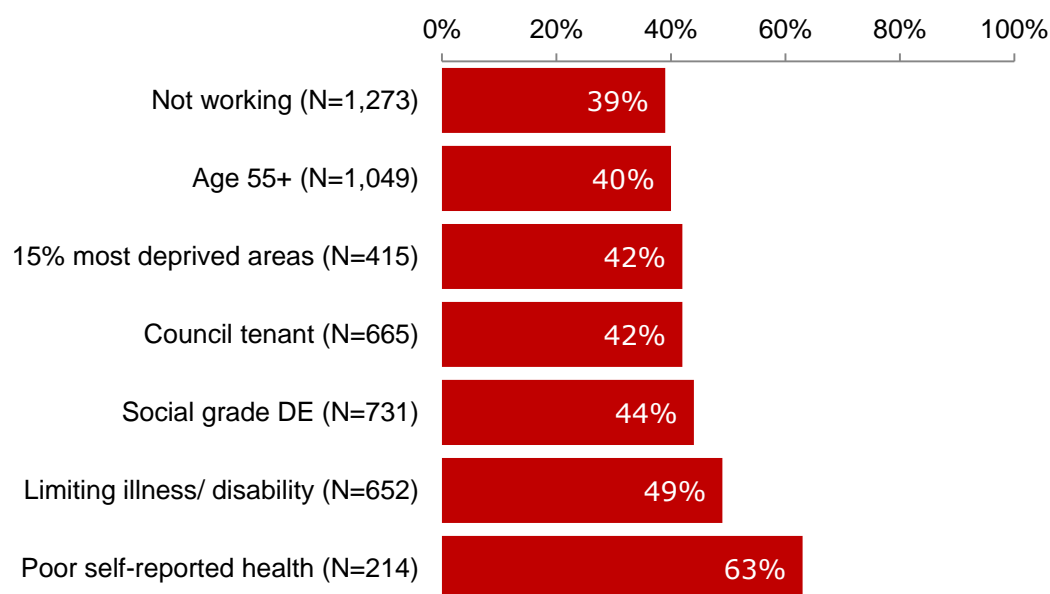
Those most likely to have wholly met national physical activity targets in an outdoor environment in the week prior to interview included people who visited the outdoors for leisure and recreation on a daily basis (49%), those in the AB social grade (40%) and those with good self-reported health (37%). Men were more likely than women to have undertaken

<sup>19</sup> <https://www.gov.scot/Publications/2017/10/2970>



this level of physical activity in the outdoors in the last week (33% and 28% respectively), as were those with no limiting illness/ disability (36%) compared to those with a limiting illness/ disability (17%).

Thirty per cent of adults in Scotland had undertaken no outdoor physical activity in the week prior to interview, showing no change from the 2013/14 study. Each of the groups shown in Figure 5.4 below were significantly less likely than the average to have undertaken any physical activity in the outdoors in the week prior to interview and were also less likely than the average to visit the outdoors for recreation.



*Figure 5.4 Population groups least likely to have spent any time undertaking physical activity in the outdoors in the week prior to interview (May 17 to Apr 18) sorted in ascending likelihood of not undertaking any physical activity in the outdoors*

Base: All respondents (base sizes shown in chart)

## 6. VARIATIONS IN PEOPLE'S RELATIONSHIPS WITH THE NATURAL ENVIRONMENT

The themes below were identified as being of interest in the 2013/14 SPANS report and remain pertinent areas for discussion:



The natural environment and an ageing population



Social grade, deprivation and engagement with the natural environment



Location and accessibility

Each of these themes has been considered in light of the findings from SPANS and in the context of research undertaken elsewhere in the UK, as well as societal trends which could have implications on how the population engages with the natural environment in the future.



## The natural environment and an ageing population

Population trends and projections provide a useful context when interpreting data about outdoor recreation and attitudes towards the natural environment.

### *Projecting the population of the future*

As is the case for the rest of the UK<sup>20</sup>, the population of Scotland is predicted to increase between 2012 and 2037, with the largest increase expected amongst the 75+ age group (up by 86% between 2012 and 2037)<sup>21</sup> (Figure 6.1 below).

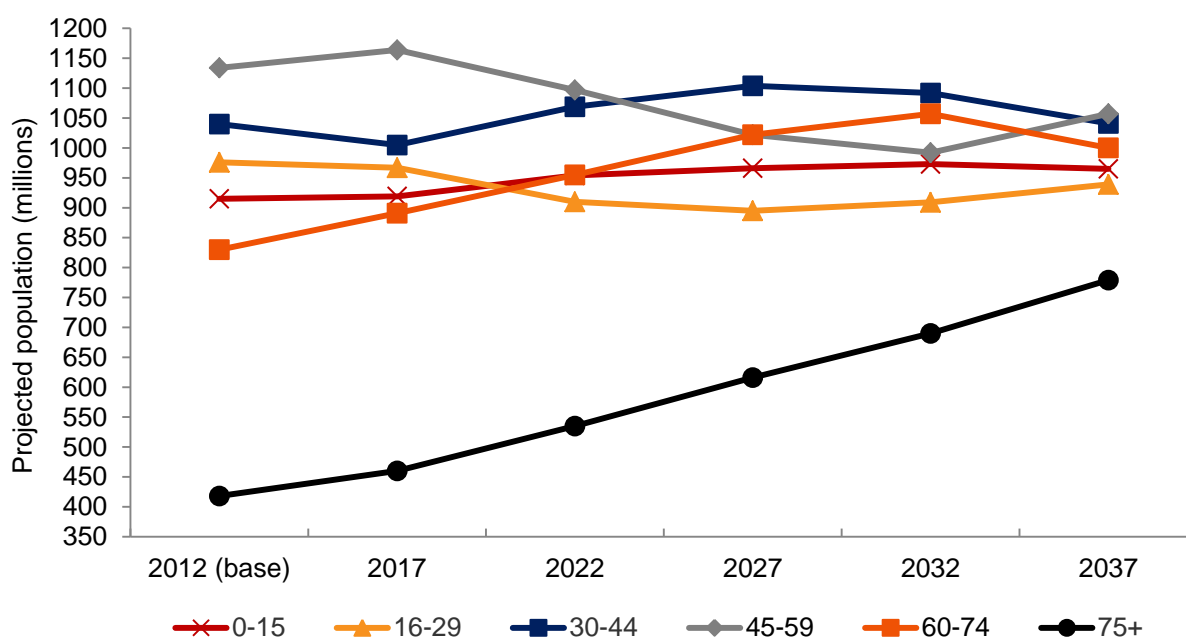


Figure 6.1 Population figures and projections for Scotland by age 2012 to 2037 (Source: NRS Projected Population of Scotland (2012-based), updated January 2014 – see footnote 26)

### *Outdoor recreation behaviour*

Data from SPANS show that those aged 55 and over are less likely to visit the outdoors generally. A lower propensity to visit the outdoors amongst older respondents was also evident in previous years in the ScRS<sup>22</sup> and is a trend observed amongst the English adult population as part of Natural England's MENE survey.<sup>23</sup>

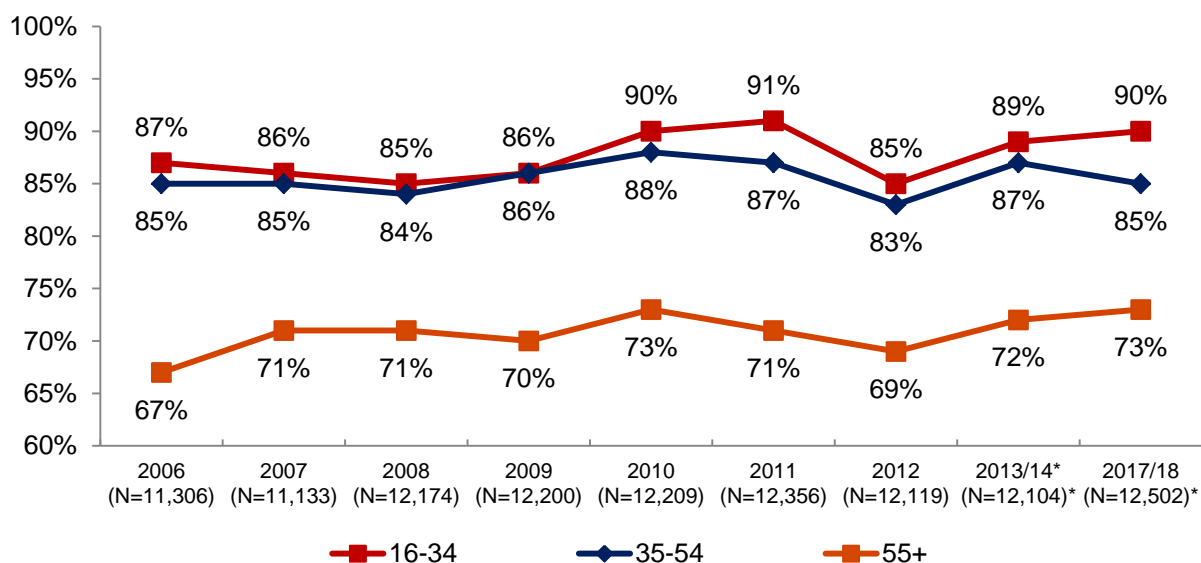
Nevertheless, there has been an overall increase since 2006 in the proportion of those aged 55 or over visiting the outdoors (up from 67% in 2006 to 73% in 2017/18), with some variation over the years. The 2017/18 proportion of individuals from this age bracket making at least one visit a year (73%) is one of the highest reported over the time series.

<sup>20</sup> <http://www.ons.gov.uk/ons/rel/npp/national-population-projections/2010-based-projections/sum-2010-based-national-population-projections.html>

<sup>21</sup> See p.14 <http://www.gro-scotland.gov.uk/files2/stats/population-projections/2012-based/2012-pop-proj-publication.pdf>

<sup>22</sup> <http://www.snh.gov.uk/docs/A1020956.pdf>

<sup>23</sup> Monitor of Engagement with the Natural Environment, a Natural England survey <http://www.naturalengland.org.uk/ourwork/evidence/mene.aspx#results>



*Figure 6.2 Any visits taken to outdoors in last 12 months by age – ScRS 2006-2012; SPANS 2013/14 and 2017/18*

Base: All who visited the outdoors in the last 4 weeks (total base sizes shown in chart)

\* Note SPANS survey periods cover Mar 13 to Feb 14 and May 17 to Apr 18, while the Scottish Recreation Survey was undertaken on a calendar year basis.

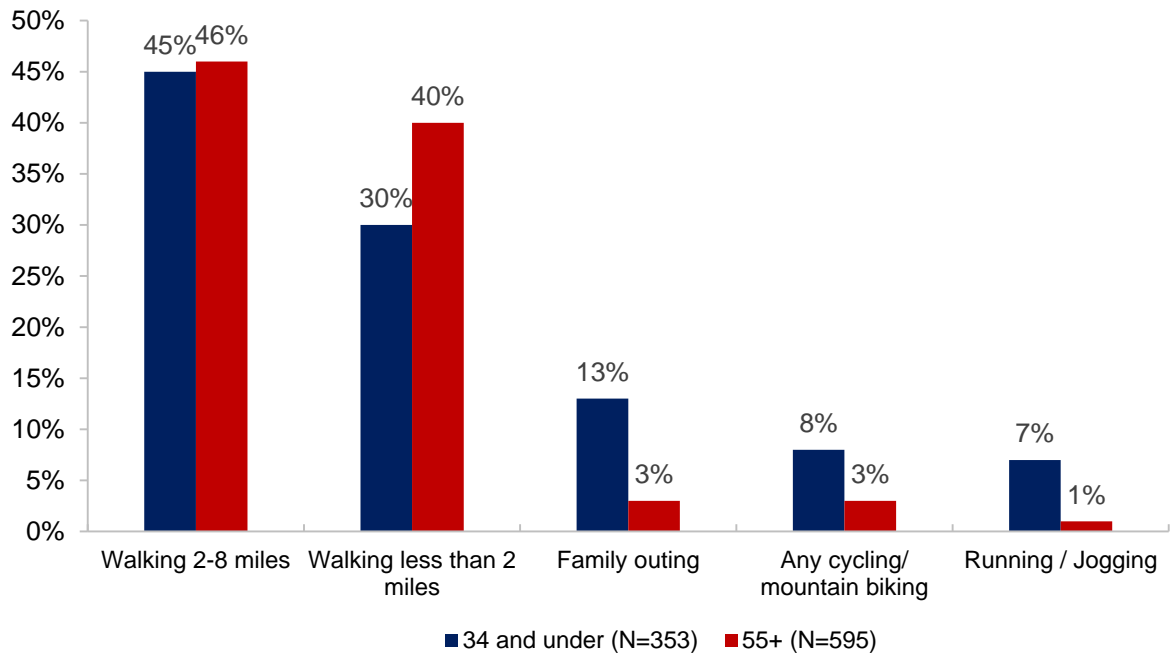
### *Visit Behaviour*

There are clear differences between those aged 55 and over and younger age groups in terms of how they interact with the natural environment.

SPANS indicates that older members of the population (55+) who do visit the outdoors are more likely than those aged 34 and under to visit the countryside (53% and 44% of visits respectively) and are more likely to be motivated by the perceived health or exercise benefits (43% and 32% of visits respectively). Visits taken by those aged 55 and over are also more likely to be taken on foot (71%) and within 2 miles of their starting point (45%) compared to those taken by people aged 16-34 (64% and 31% respectively).

In terms of the activities undertaken on outdoor visits, older individuals are significantly more likely than younger people to engage in less physically strenuous activities such as walking (90% v. 80% for under 34s), particularly short walks under 2 miles (40% v. 30% for under 34s). In contrast, those aged 34 and under exhibit a preference for more sports-based outdoor activities such as cycling (8% v. 3% for 55+) and running (7% v. 1% for 55+).

The longer-term impact of an ageing population combined with the general trend for shorter visits taken close to home (identified earlier in the report) underlines the importance of providing local opportunities for people to enjoy the outdoors, particularly considering that this age group is significantly more likely than those under 34 years old to be motivated to visit the outdoors for health and exercise (43%).



*Figure 6.3 Top activities undertaken during outdoor recreation visits and visit estimates (May 17 to Apr 18)*

Base: All who took a visit in the last 4 weeks (4,113)

Note: multiple responses possible, therefore percentages may not equal 100%; not all activities are shown on this chart



## Social grade, deprivation and the outdoors

A number of surveys, including SPANS, have highlighted the relationship which exists between social grade or level of deprivation and levels of engagement with the natural environment. This section of the report focuses on some of these findings.

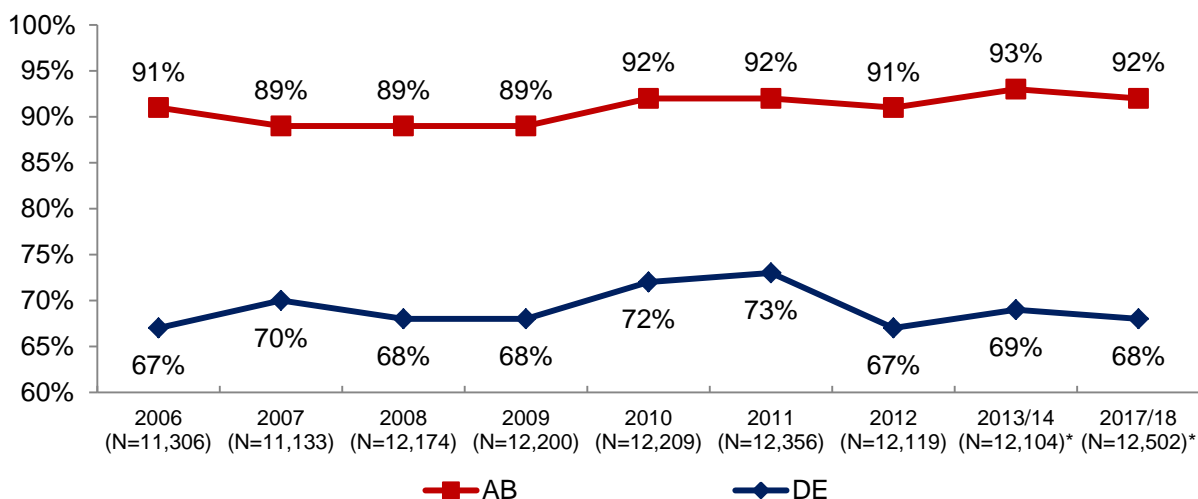
### *Propensity to visit the outdoors*

The link between propensity to visit the outdoors and levels of affluence and deprivation is clear. The population groups which SPANS and the ScRS have consistently reported as being less likely to visit the outdoors are people in the DE social grade, those living in the 15% most deprived areas in Scotland, those not in paid employment and those with no access to a car.

As shown in Figure 6.4 below, significant differences in participation exist between the most and least affluent social grades. Propensity to visit the outdoors in general has been most consistent amongst those in the AB social grade, while the proportion of DEs taking any visits has been lower and more variable.

People in the AB social grade also visit the outdoors more frequently than those in the DE social grade. An estimated 67% of ABs visited the outdoors at least once a week in 2017/18 compared to 44% of DEs. Despite this difference, both groups visited the outdoors more frequently in 2017/18 than in 2013/14 when 62% of ABs and 38% of DEs visited the outdoors at least once a week.

These findings correspond with conclusions drawn through analysis of Natural England's MENE survey data. Between 2009/10 and 2015/16, around half of those in the AB social grades in England visited the outdoors at least once in the 7 days prior to interview compared to around 3 in 10 of those in the DE social grades.



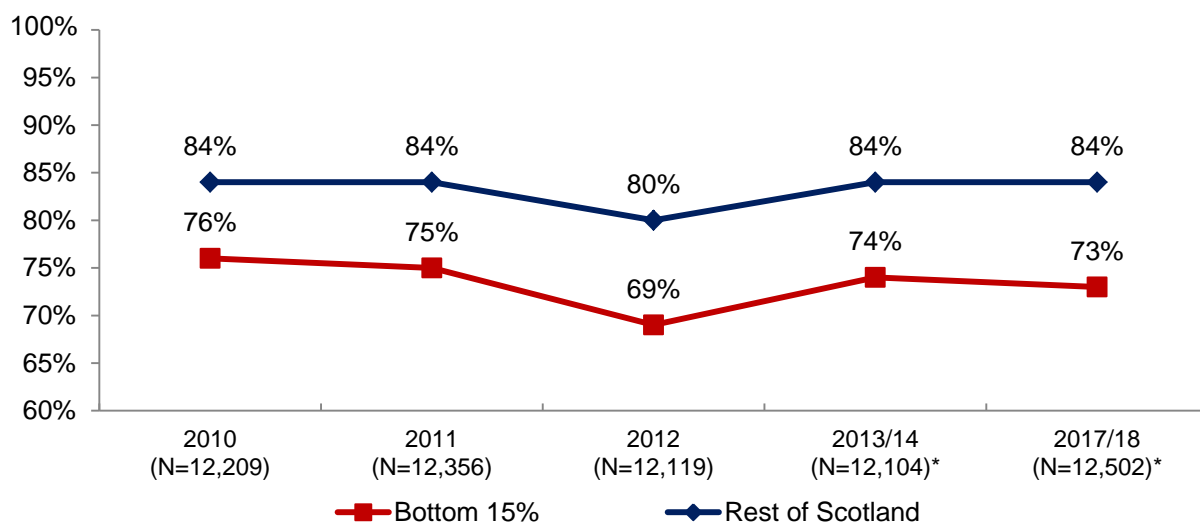
**Figure 6.4 Any visits taken to outdoors in last 12 months by social grade – ScRS 2006-2012; SPANS 2013/14 and 2017/18**

Base: All respondents (total base sizes shown in chart)

\* Note SPANS survey periods cover Mar 13 to Feb 14 and May 17 to Apr 18 while the ScRS was undertaken on a calendar year basis.

As shown in Figure 6.5 below, propensity to visit the outdoors has also remained lower among those living in the 15% most deprived areas in Scotland compared to those living outside these areas. From 2010 onwards, a consistent difference of around 10 percentage points has existed between the two groups.

People living in the 15% most deprived areas in Scotland were also significantly less likely to visit the outdoors on a weekly basis compared to those living in the rest of Scotland (44% and 60% respectively).



*Figure 6.5 Any visits taken to outdoors in last 12 months by SIMD – ScRS 2009-2012; SPANS 2013/14 and 2017/18*

Base: All who visited the outdoors in the last 4 weeks (total base sizes shown in chart)

\* Note SPANS survey periods cover Mar 13 to Feb 14 and May 17 to Apr 18 while the ScRS was undertaken on a calendar year basis.

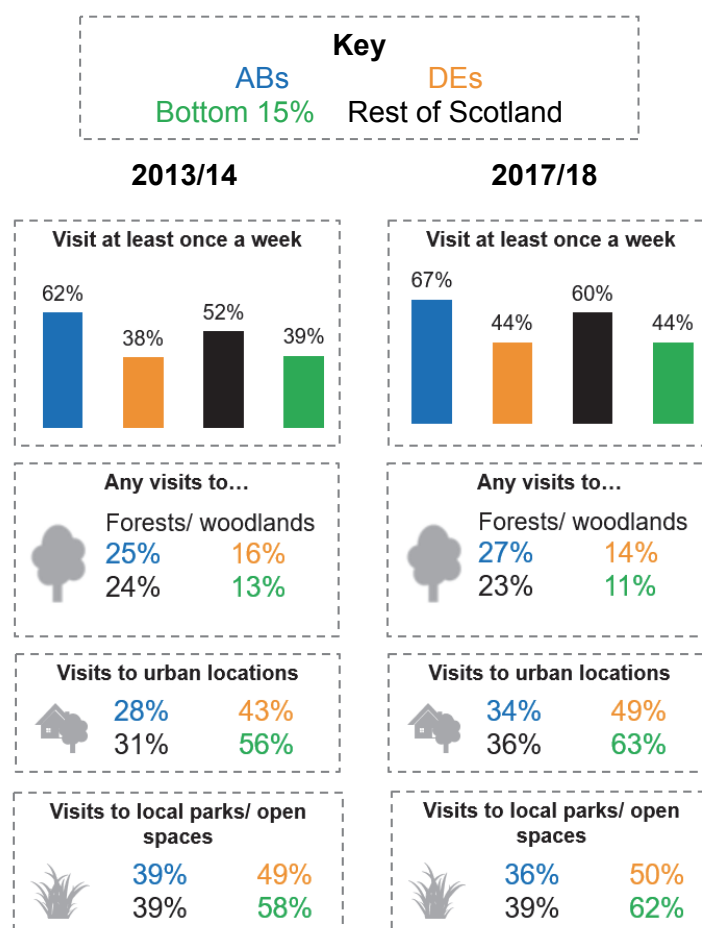
As reported in SPANS in both 2013/14 and 2017/18, the factors impacting on participation are complex. Barriers such as ill health are more likely to be mentioned by those in the less affluent social grades (31% of DEs compared to 17% of ABs in 2013/14), while the benefits of visiting the outdoors are less likely to be recognised by those in the DE social grade and by those living in the 15% most deprived areas in Scotland. In 2017/18 for example, 94% of ABs compared to 86% of DEs agreed that visiting the outdoors improved their physical health. There were, however, no significant differences between people living in the 15% most deprived areas and those living in the rest of Scotland regarding the benefits of visiting the outdoors.

#### *Visit characteristics*

As shown in Figures 6.6 and 6.7 overleaf, differences in behaviour by social grade and by level of deprivation were also recorded in relation to the types of outdoor destinations visited, the types of activities undertaken and the mode of transport used, as well as in relation to more general awareness and engagement with the natural environment.

In seeking to encourage an increase in visits amongst less affluent groups, it is useful to consider these characteristics and behaviours.





*Figure 6.6 Key variations in visit characteristics by social grade and levels of deprivation (Mar 13 to Feb 14 and May 17 to Apr 18)*

As shown in Figure 6.6 (above), the proportion of people visiting the outdoors at least once a week increased in each population sub-group between 2013/14 and 2017/18.

In both the 2013/14 and 2017/18 surveys, people living in the 15% most deprived areas of Scotland along with those in the DE social grade exhibited a stronger propensity for visiting urban areas. In 2017/18, around a half of DEs (49%) compared to a third of ABs (34%) visited urban areas, as did around two thirds of those living in the 15% most deprived areas of Scotland (63%) compared to around a third of those living outside of these areas (36%). Visits to urban areas have increased across the board, highlighting the value of these areas for outdoor recreation, particularly for the urban population.

Walking remains the main form of transport used to reach the destination of outdoor visits, particularly among those in the DE social grade 75%, (see Figure 6.7 overleaf).

The proportion of people living in the 15% most deprived areas in Scotland travelling less than two miles to reach the destination of their outdoor visit has decreased by 9 percentage points since 2013/14, down from 43% to 34% in 2017/18) while there has been a corresponding increase in the proportion of individuals from this group travelling 2 to 5 miles to reach their destination (up from 30% in 2013/14 to 38% in 2017/18.)

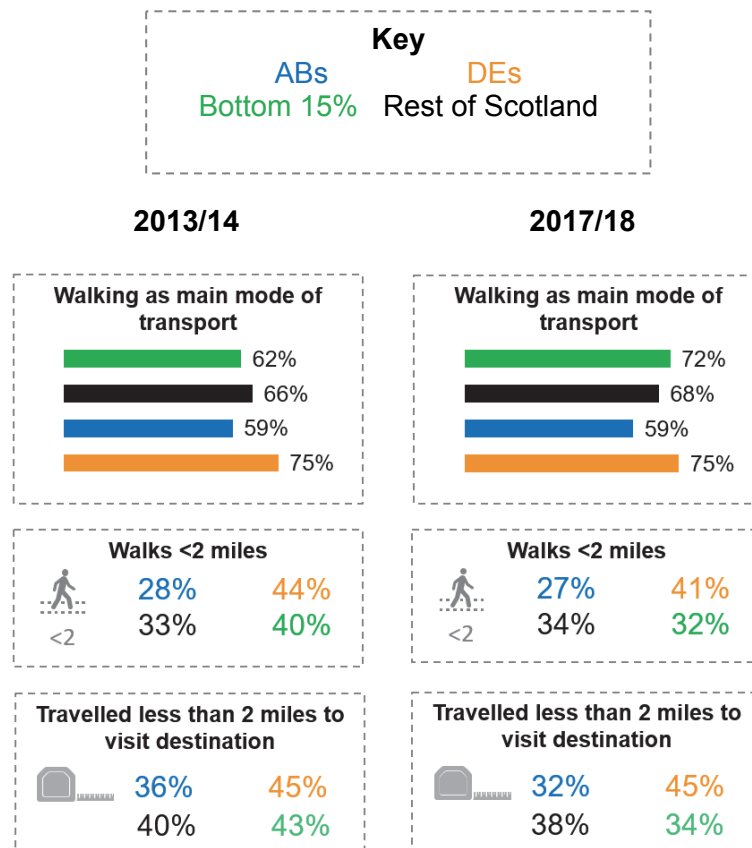
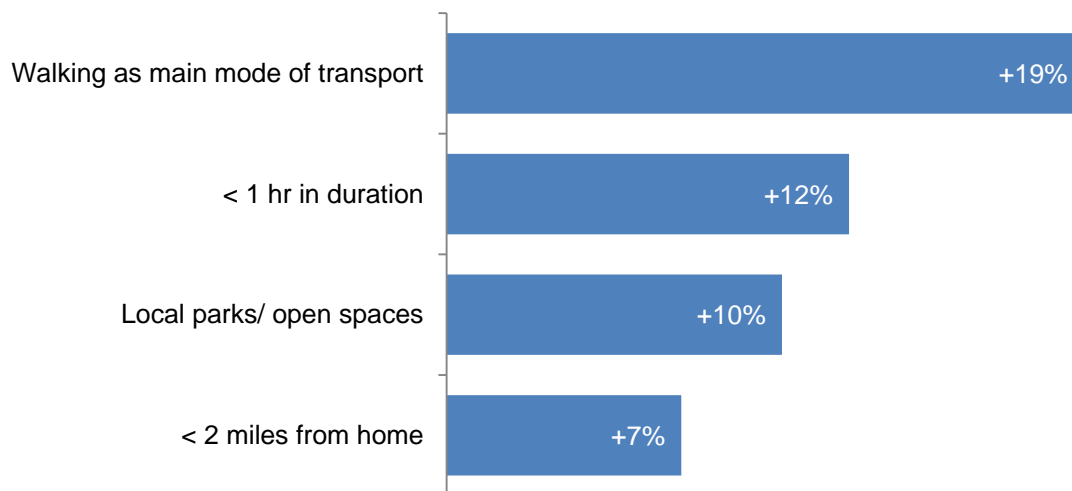


Figure 6.7 Key variations in visit characteristics by social grade and levels of deprivation (Mar 13 to Feb 14 and May 17 to Apr 18)



## Location and accessibility

An increase in the proportion of shorter outdoor visits taken close to home, has been observed in the ScRS and SPANS as well as in several other surveys of outdoor recreation in the UK. (Figure 6.8 below).



*Figure 6.8 Key changes in outdoor recreation visits in Scotland 2004 (ScRS) to 2017/18 (SPANS)*

The largest variation has been recorded for the proportion of visits where walking is the main mode of transport used to reach the destination (up by 19 percentage points from 50% to 69% between 2004 and 2017/18), a change which has been accompanied by an increase in visits lasting for less than an hour in duration (20% to 32%) and an increase in visits to local parks or open spaces (32% to 42%). Over the same period, the proportion of visits taken within 2 miles from home has also increased (30% to 37%). It should be noted, however, that between 2013/14 and 2017/18, the proportion of visits taken less than 2 miles from home decreased slightly by 3 percentage points (from 40% to 37%), although an overall increase has been recorded since 2004.

These trends have implications for those who provide outdoor recreation spaces and promote opportunities to visit the outdoors, particularly in light of the fact that the majority of the population in Scotland live in or close to an urban area.

## ANNEX 1: QUESTIONNAIRE

			SET	FREQUENCY/ MONTH
1	REC1	<p><b>ASK ALL</b></p> <p><b>REC1</b> How often on average have you taken visits to the outdoors for leisure and recreation in Scotland in the last 12 months?</p> <p>These leisure trips 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 open spaces in the countryside as well as in towns and cities such as woodland, parks, farmland, paths, beaches etc.</p> <p>More than once per day Every day Several times a week Once a week Once or twice a month</p> <hr/> <p>Once every 2-3 months Once or twice Never</p>	A	<p>MONTHLY</p> <p>JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOT ASKED IN NOVEMBER DUE TO CODE MONITORING DECEMBER</p>
2	REC3	<p><b>ASK IF ANY VISITS IN LAST 12 MONTHS AT REC1</b></p> <p><b>REC3</b> How many visits to the outdoors for leisure and recreation in Scotland have you made in the last 4 weeks?</p> <p><b>PROBE:</b> You may have made more than one visit to the outdoors for leisure and recreation each day.</p> <p><b>IF NO VISITS TAKEN IN LAST 4 WEEKS AT REC3, SKIP TO FIRST QUESTION AFTER BEN 2</b></p> <p><b>IF MORE THAN 56 VISITS TAKEN AT REC3, SHOW THE FOLLOWING:</b></p> <p><b>REC3b</b> You stated that you have taken [number of visits at REC3] visits during the last 4 weeks. As this is more than an average of two visits per day, can I check that this is correct?</p> <p>Yes No (<b>RETURN TO REC3</b>)</p>	A	<p>MONTHLY</p> <p>JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER</p>
3	REC4	<p><b>ASK IF ANY VISITS IN LAST 4 WEEKS AT REC3</b></p> <p><b>REC4</b> Thinking about your last visit to the outdoors for leisure and recreation, which of the activities listed on the screen did your visit include?</p> <p><b>MULTI-CODE</b></p> <p>Walking - less than 2 miles Walking 2-8 miles Walking - more than 8 miles Hillwalking\mountaineering Cycling - on public roads Cycling - on paths and tracks Cycling - not on paths and tracks or roads Mountainbiking Horse riding Fishing Watersports, including canoeing, windsurfing, rowing &amp; sailing Ski-ing - on piste Ski-ing - off piste Swimming in the sea, rivers, lochs Birdwatching Other wildlife\nature watching Running\jogging Wildcamping Sightseeing\ visiting attractions</p>	B	<p>BI-MONTHLY</p> <p>JANUARY MARCH MAY JULY SEPTEMBER NOVEMBER</p>

		Picnicking Family outing Other		
4	REC5	<b>ASK IF ANY VISITS IN LAST 4 WEEKS AT REC3</b> <b>REC5 Thinking about your last visit to the outdoors for leisure and recreation, which of the places on the screen best describes where you went?</b> <b>SINGLE CODE</b> A town or city The countryside (including inland villages) The seaside (a resort or the coast)	B	BI-MONTHLY JANUARY MARCH MAY JULY SEPTEMBER NOVEMBER
5	REC6	<b>ASK IF ANY VISITS IN LAST 4 WEEKS AT REC3</b> <b>REC6 On this last visit to the outdoors for leisure and recreation, what types of location or destination did you go to?</b> CODE UP TO 3 MENTIONS. <b>ALLOW MULTI-CODE</b> Woodland\forest - managed by Forestry Commission\Forest Enterprise Woodland\forest - other type of owner Woodland\forest - don't know owner Farmland - fields with crops Farmland - fields with livestock Farmland - mixed crops and livestock Mountain\hill Moorland Village Loch Sea\Sea loch River Canal Beach Cliff Local Park or open space Wildlife area/nature reserve Other	B	BI-MONTHLY JANUARY MARCH MAY JULY SEPTEMBER NOVEMBER
6	REC9	<b>ASK IF ANY VISITS IN LAST 4 WEEKS AT REC3</b> <b>REC9 Thinking of your most recent visit to the outdoors, what was the main means of transport used in this last visit? That is, the one used to get to the main destination of the visit?</b> On foot Car\van\minibus Motorcycle\scooter Public bus Private coach Train Horseback Bicycle Boat Other	D	QUARTERLY FEBRUARY MAY AUGUST NOVEMBER
7	REC10	<b>ASK IF ANY VISITS IN LAST 4 WEEKS AT REC3</b> <b>REC10 In total, how far did you travel to get to and from the main destination of this visit?</b> <b>SINGLE CODE</b> INTERVIEWER - MAKE SURE THAT THE DISTANCE RECORDED IS FOR THE ROUND TRIP TO AND FROM THE DESTINATION. Less than 2 miles 2-5 miles 6-10 miles 11-20 miles 21-30 miles	D	QUARTERLY FEBRUARY MAY AUGUST NOVEMBER

		31-40 miles 41-50 miles 51-60 miles 61-80 miles 81-100 miles More than 100 miles		
8	REC11	<b>ASK IF ANY VISITS IN LAST 4 WEEKS AT REC3</b> <b>REC11 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?</b> Less than 1 hour 1 up to 2 hours 2 up to 3 hours 3 up to 4 hours 4 up to 5 hours 5 up to 8 hours 8 hours or more	D	QUARTERLY FEBRUARY MAY AUGUST NOVEMBER
9	REC18	<b>ASK IF ANY VISITS IN LAST 4 WEEKS AT REC3</b> <b>REC18 Thinking about your last visit to the outdoors, which of the following, if any, did you encounter?</b> SHOW SCREEN ALLOW MULTI-CODE A sign that made me feel unwelcome/ unsure about what route to take (e.g. 'Private', 'No Entry', 'Keep Out')  A man-made obstruction intended to prevent me from taking my planned route (e.g. a locked gate on a well-used path or track, barbed wire across a stile)  A gate or a stile which I had difficulty opening or crossing  A dog annoying me or my party  The well-used or promoted path I was on was difficult to use (e.g. due to uneven surface or gradient that caused me problems).  The well-used or promoted path I was on was in a poorer condition than expected (e.g. wet, muddy, overgrown)  The well-used or promoted path I was on had insufficient resting places or places to sit for my needs  Other people behaving inconsiderately or irresponsibly (e.g. cyclists failing to consider the needs of walkers)  Litter, vandalism or graffiti  I experienced another type of problem ( <b>SPECIFY</b> )  None - I didn't experience any of the above	E	6 MONTHLY MAY NOVEMBER
10	REC 19	<b>ASK ALL</b> <b>REC19 Have you heard of the Scottish Outdoor Access Code?</b> Yes, definitely Yes, think so Definitely not Don't know	E	6 MONTHLY MAY NOVEMBER
11	BEN1	<b>ASK IF ANY VISITS IN LAST 4 WEEKS AT REC3</b> <b>BEN1 What reasons, if any, best describe why you made your last visit to the outdoors?</b> <b>MULTICODE</b> To spend time with family/friends To entertain a child	F	6 MONTHLY JUNE DECEMBER

		For health and exercise To challenge myself/achieve something To exercise a dog For fresh air or to enjoy pleasant weather To be somewhere I like For peace and quiet To relax and unwind To learn something about the outdoors To enjoy scenery or wildlife To help out/volunteer To take part in a sport or hobby		
12	BEN2	<b>ASK IF ANY VISITS IN LAST 4 WEEKS AT REC3</b> <b>BEN2 Thinking about your last visit, how much do you agree or disagree with each of the following statements?</b> <b>COLUMNS</b> Agree strongly Agree slightly Neither Nor Disagree slightly Disagree strongly  <b>ROWS</b> It improved my physical health (through exercise and physical activity) It helped me de-stress, relax and unwind It made me feel energised and revitalised It was a good social experience (through spending time with other people) I felt closer to nature	F	6 MONTHLY JUNE DECEMBER
13	BEN3	<b>ASK ALL</b> <b>BEN3</b> In the past week, how many minutes of physical exercise have you done in an outdoor environment, that is, activity which was enough to make you feel warmer, breath harder and make your heart beat faster? PROMPT, IF NECESSARY: <b>This could include an activity like a walk or a cycle. Remember to add up activities you may have done on different days of the week.</b>  <b>SINGLE CODE</b> Less than an hour (less than 60 minutes) Less than 2 hours (less than 120 minutes) Less than 2 and a half hours (less than 150 minutes) 2 and a half hours or more (150 minutes or more) None	F	6 MONTHLY JUNE DECEMBER
14	CLASS IF1	<b>ASK ALL</b> <b>CLASSIF1</b> How is your health in general? Would you say it was: READ OUT. SINGLE CODE ONLY.  Very good Good Fair Bad Very bad Don't know	C	QUARTERLY MARCH JUNE SEPTEMBER DECEMBER
15	CLASS IF2	<b>ASK ALL</b> <b>CLASSIF2</b> Is your ability to participate in outdoor recreational activities limited because of a long-term illness, health problem or disability which has lasted, or is expected to last, at least 12 months? <b>SINGLE CODE</b> SHOW SCREEN. SINGLE CODE	C	QUARTERLY MARCH JUNE SEPTEMBER DECEMBER

		Yes, limited a lot Yes, limited a little No, not limited at all		
16	CLASS IF3	<b>ASK ALL</b> <b>SHOW SCREEN</b> <b>CLASSIF3 What is your ethnic group?</b>  WHITE Scottish Other British Irish Gypsy/traveller Polish Any other white ethnic group ( <b>PLEASE SPECIFY</b> )  MIXED OR MULTIPLE ETHNIC GROUPS Any mixed or multiple ethnic groups ( <b>PLEASE SPECIFY</b> )  ASIAN, ASIAN SCOTTISH, ASIAN BRITISH Pakistani, Pakistani Scottish or Pakistani British Indian, Indian Scottish or Indian British Bangladeshi, Bangladeshi Scottish or Bangladeshi British Chinese, Chinese Scottish or Chinese British Other ( <b>PLEASE SPECIFY</b> )  AFRICAN African, African Scottish or African British Other ( <b>PLEASE SPECIFY</b> )  CARIBBEAN OR BLACK Caribbean, Caribbean Scottish or Caribbean British Black, Black Scottish or Black British Other ( <b>PLEASE SPECIFY</b> )  OTHER ETHNIC GROUP Arab, Arab Scottish or Arab British Other ( <b>PLEASE SPECIFY</b> ) I would prefer not to disclose my ethnic group	A	MONTHLY JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER



## ANNEX 2: QUESTIONNAIRE TIMETABLE

	<b>OUTDOOR RECREATION QUESTIONS</b>			
REC1	Set A	Frequency of visiting the outdoors in the last 12 months	Monthly	All respondents
REC3	Set A	No. visits to outdoors in last 4 weeks	Monthly	All respondents visiting the outdoors in last 12 months
REC4	Set B	Activity (ies) on last visit	Bi-monthly	All respondents visiting the outdoors in last 4 weeks
REC5	Set B	Type of environment visited on last visit (country/town/coast)	Bi-monthly	All respondents visiting the outdoors in last 4 weeks
REC6	Set B	Type of destination(s) on last visit (park, woodland, loch etc.)	Bi-monthly	All respondents visiting the outdoors in last 4 weeks
REC9	Set D	Transport used on last visit to the outdoors	Quarterly	All respondents visiting the outdoors in last 4 weeks
REC10	Set D	Distance travelled on last visit to the outdoors	Quarterly	All respondents visiting the outdoors in last 4 weeks
REC11	Set D	Duration of last visit to the outdoors	Quarterly	All respondents visiting the outdoors in last 4 weeks
REC18	Set E	Problems encountered on last visit to the outdoors	6-monthly	All respondents visiting the outdoors in last 4 weeks
REC19	Set E	Heard of Scottish Outdoor Access Code?	6-monthly	All respondents
	<b>PUBLIC BENEFITS OF ENGAGEMENT QUESTIONS</b>			
BEN1	Set F	Reasons for most recent visit to the outdoors	6-monthly	All visiting the outdoors in last 4 weeks
BEN2	Set F	Attitude statements re most recent visit	6-monthly	All visiting the outdoors in last 4 weeks
BEN3	Set F	No. days done 30 mins activity in outdoor environment in past week	6-monthly	All respondents
	<b>CLASSIFICATION QUESTIONS</b>			
CLASSIF1	Set C	Self-reported health	Quarterly	All respondents
CLASSIF2	Set C	Long-term illness/disability	Quarterly	All respondents
CLASSIF3	Set A	Ethnicity	Monthly	All respondents

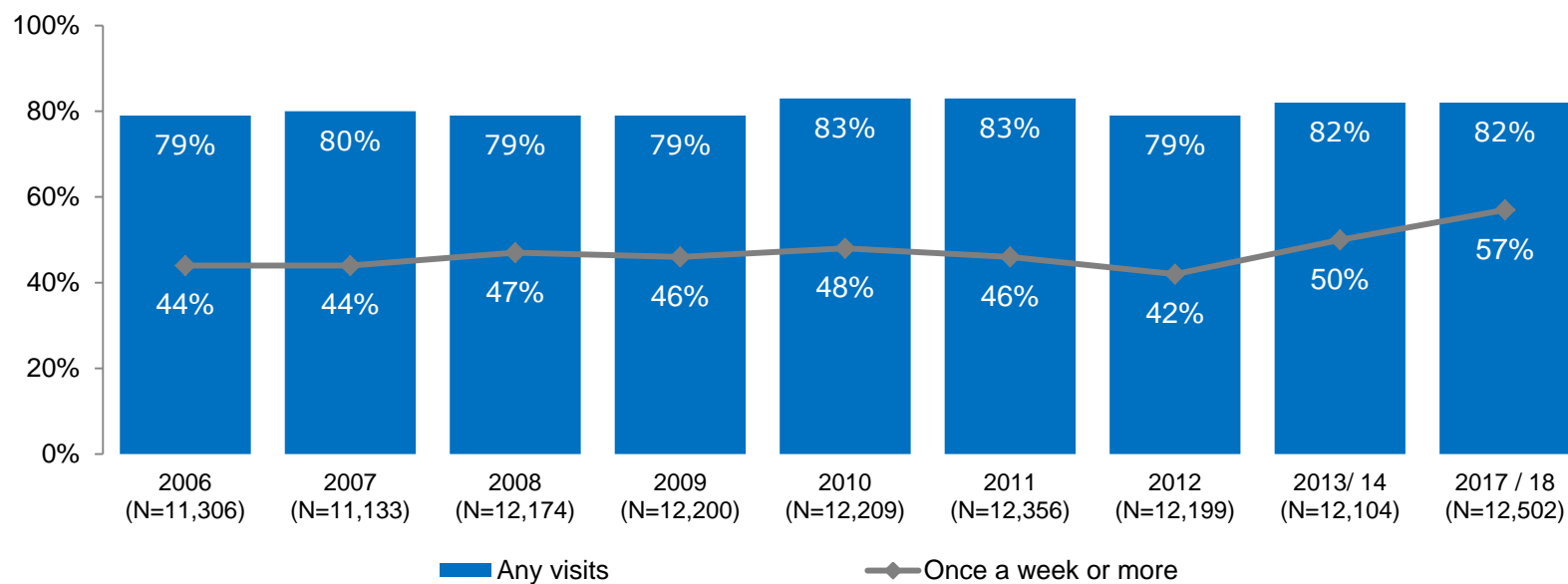
### **ANNEX 3: SOCIAL GRADE DEFINITIONS (BASED ON CHIEF INCOME EARNER)**

- 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. Widows/widowers of people previously grade A.
- 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. Widows/widowers of people previously grade B.
- 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. Widows/widowers of people previously grade C1.
- 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/widowers, if receiving pensions from their late husband's/wife'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/widowers, if receiving a pension from their late husband's/wife'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 income earner are coded in this group

#### ANNEX 4: TREND DATA – SCOTTISH RECREATION SURVEY (2003 – 2012), SPANS 2013/14 AND 2017/18

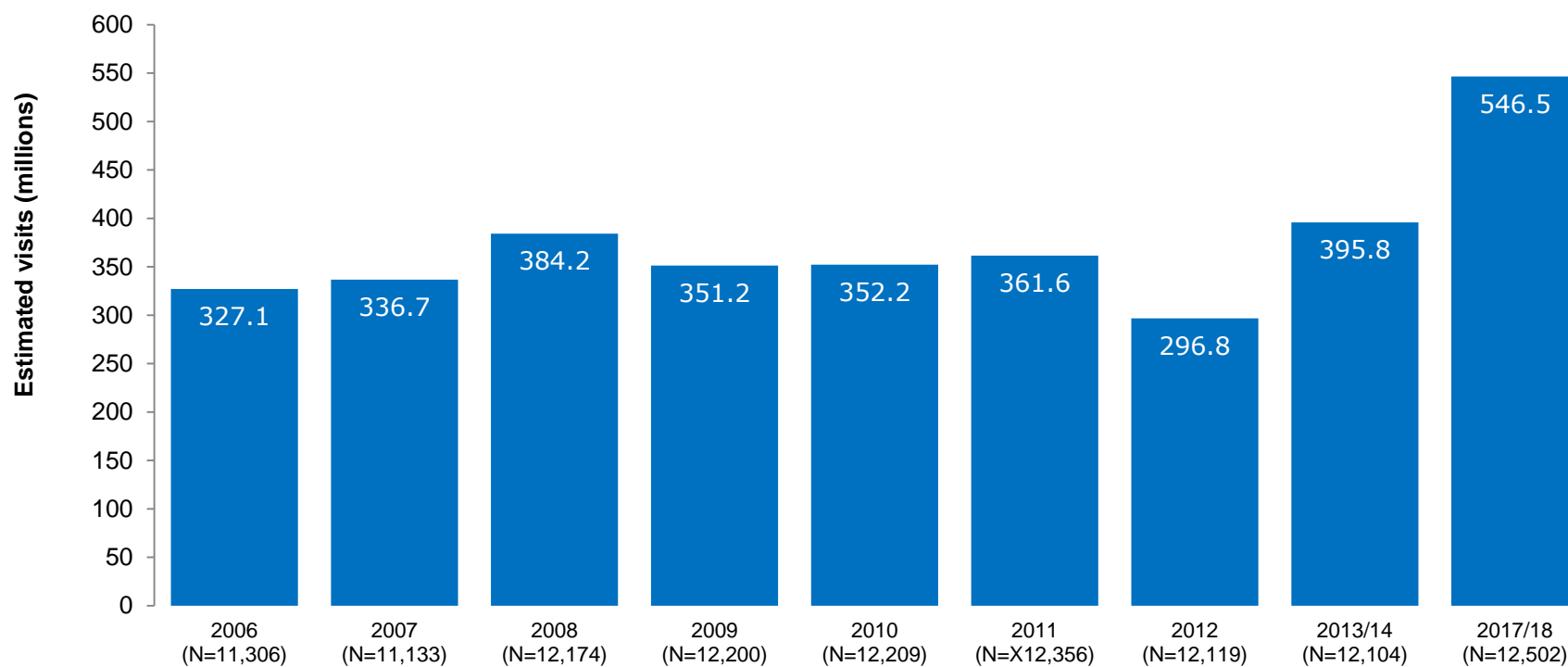
All 2006-2012 data below are taken from the ScRS while 2013/14 and 2017/18 data are taken from SPANS 2013/14 and 2017/18 (Base sizes shown on chart). Please note that SPANS survey periods cover Mar 13 to Feb 14 and May 17 to April 18, while the ScRS was undertaken on a calendar year basis.

##### 1. Proportion of adults visiting the outdoors in last 12 months



Base: All respondents (base sizes shown in chart)

## 2. Annual estimated volume of visits to the outdoors<sup>24</sup>



Base: All who visited the outdoors in the last 4 weeks (base sizes shown in chart)

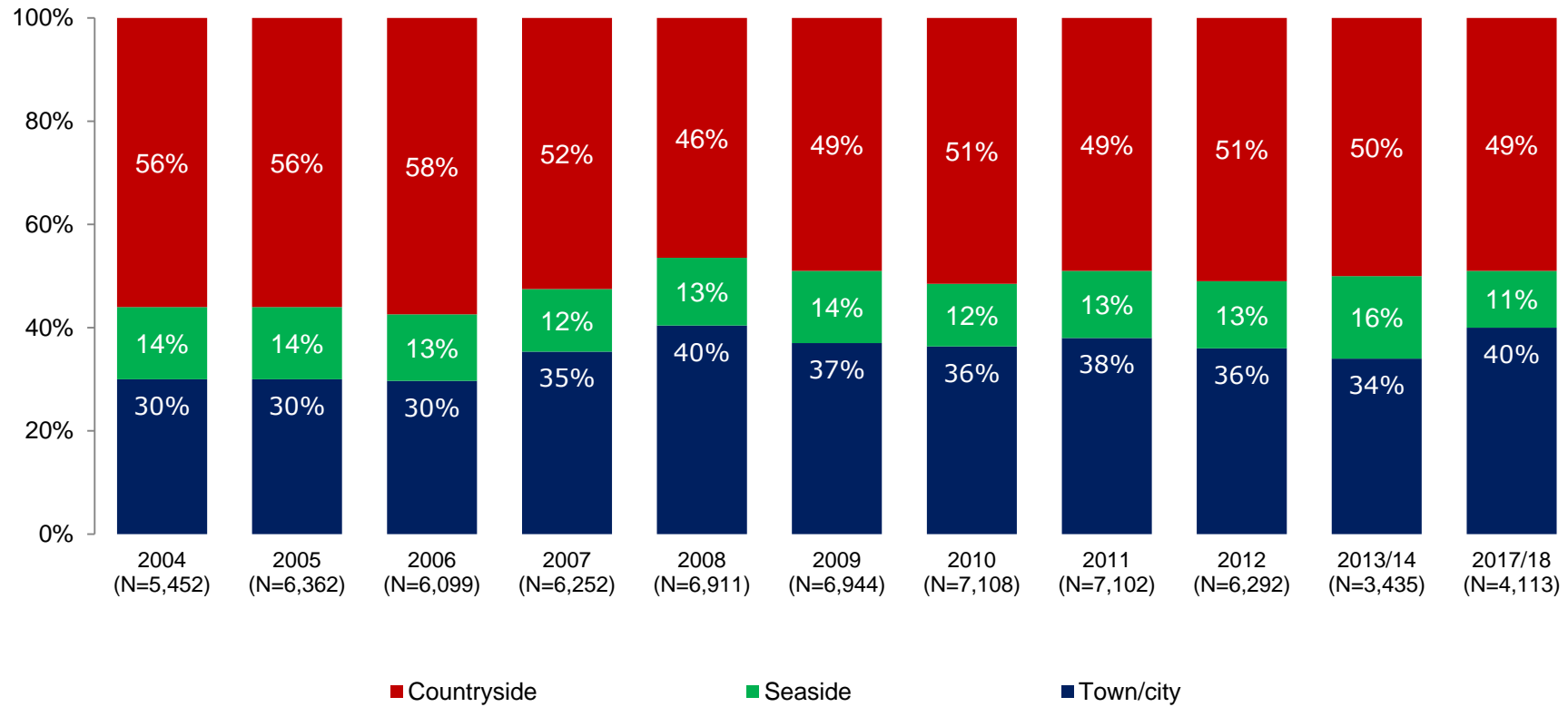
<sup>24</sup> Further details on how visit estimates are calculated and margins of error can be found in the accompanying technical report.

### 3. Reasons for not visiting outdoors in last 12 months (all who had not visited at all in last 12 months)

Please note that this question was not included in the 2017/18 survey

	2005 %	2006 %	2007 %	2008 %	2009 %	2010 %	2011 %	2012 %	2013/14 %
Poor health	27	33	28	31	31	36	35	29	33
Lack of time/ too busy	31	30	32	29	31	28	24	23	31
<i>No particular reason</i>	18	13	14	14	14	13	16	21	12
<i>Old age</i>	14	14	16	13	17	17	16	11	12
<i>Bad weather</i>	4	6	5	7	5	7	6	8	9
Not interested	11	9	6	8	8	7	9	8	7
Can't afford it	-	1	-	2	1	2	1	4	2
No access to a car	4	2	3	2	3	1	1	3	1
Have young children	2	2	1	3	2	1	2	2	2
Don't like going on my own	2	1	3	3	2	2	1	2	2
Base	1,159	960	780	865	930	745	866	892	481

#### 4. Location of outdoor recreation visits



Base: All who visited the outdoors in the last 4 weeks (base sizes shown in chart)

## 5. Types of locations visited

	2004 %	2005 %	2006 %	2007 %	2008 %	2009 %	2010 %	2011 %	2012 %	2013/14 %	2017/18 %
Park/open space	32	42	43	44	46	43	42	40	41	41	42
<b>Total woodland/ forest</b>	<b>29</b>	<b>21</b>	<b>23</b>	<b>21</b>	<b>16</b>	<b>16</b>	<b>18</b>	<b>18</b>	<b>21</b>	<b>23</b>	<b>21</b>
Beach/cliff	17	14	14	12	15	14	14	14	14	18	13
<i>Woodland/ forest – other/don't know owner</i>	18	12	13	14	10	12	12	13	12	14	8
Village	16	9	9	8	10	10	9	7	8	13	10
Farmland	14	11	11	7	8	9	9	9	8	11	9
Mountain/ hill/ moorland	11	9	9	8	8	9	8	8	10	10	10
<i>-Woodland/ forest – managed by Forestry Commission/ Forest Enterprise</i>	12	10	11	9	7	5	6	6	9	9	8
River/canal	9	10	10	11	10	10	8	8	8	8	6
Sea/Sea Loch	11	8	7	5	6	5	5	4	7	7	4
Wildlife area	5	5	4	6	7	6	7	5	5	4	8
Loch	7	6	6	4	4	5	5	5	4	4	3
<b>Base</b>	<b>5,452</b>	<b>6,362</b>	<b>6,099</b>	<b>6,252</b>	<b>6,911</b>	<b>6,944</b>	<b>7,108</b>	<b>7,102</b>	<b>6,292</b>	<b>3,435</b>	<b>4,113</b>

Note: multiple responses possible, therefore, percentages may not equal 100%

Base: All who visited the outdoors in the last 4 weeks (base sizes shown in chart)

## 6. Use of paths/ path network

Please note that this question was not included in the 2017/18 survey

	2004 %	2005 %	2006 %	2007 %	2008 %	2009 %	2010 %	2011 %	2012 %	2013/14 %
Used any path or network of paths	66	73	70	74	76	74	71	76	77	76
Used path or network of paths with waymarks or signposting	49	44	43	49	53	54	53	56	55	58
Did not use path or network of paths	34	27	29	25	24	26	28	24	23	24
<i>Base</i>	<i>534</i>	<i>2,680</i>	<i>2,013</i>	<i>2,169</i>	<i>2,284</i>	<i>2,436</i>	<i>2,370</i>	<i>2,542</i>	<i>2,038</i>	<i>2,272</i>

Base: All who visited the outdoors in the last 4 weeks (base sizes shown in chart)



## 7. Activities undertaken

	2004 %	2005 %	2006 %	2007 %	2008 %	2009 %	2010 %	2011 %	2012 %	2013/14 %	2017/18 %
<b>All walking</b>	<b>80</b>	<b>80</b>	<b>79</b>	<b>84</b>	<b>88</b>	<b>84</b>	<b>83</b>	<b>83</b>	<b>84</b>	<b>83</b>	<b>84</b>
<i>Walking &lt;2 miles</i>	35	37	33	42	44	42	36	39	36	34	33
<i>Walking 2-8 miles</i>	45	42	47	46	49	48	49	49	53	45	46
<i>Walking &gt;8 miles</i>	4	4	5	3	6	4	5	5	4	3	4
Hillwalking/ mountaineering	5	3	3	3	3	2	3	2	3	2	3
Family outing	20	18	17	14	15	13	15	16	15	15	9
Any cycling/ mountain biking	8	7	7	6	6	7	6	8	8	7	7
Running/ jogging	4	4	3	4	4	3	5	4	4	5	4
Sightseeing/ visiting attractions	10	11	6	6	7	6	6	6	5	4	3
Bird watching	8	7	3	3	5	4	4	3	4	2	1
Other wildlife watching	9	7	4	3	6	5	4	3	3	3	1
Picnicking	7	6	4	5	5	4	4	5	3	3	2
<i>Base</i>	<i>3,191</i>	<i>2,702</i>	<i>2,013</i>	<i>2,169</i>	<i>2,284</i>	<i>2,436</i>	<i>2,370</i>	<i>2,542</i>	<i>2,038</i>	<i>3,435</i>	<i>4,113</i>

Base: All who visited the outdoors in the last 4 weeks (base sizes shown in chart)

## 8. Party composition

Please note that this question was not included in the 2017/18 survey

	2004 %	2005 %	2006 %	2007 %	2008 %	2009 %	2010 %	2011 %	2012 %	2013/14 %
Alone	41	41	40	45	41	46	45	47	47	48
With family	43	41	43	40	43	40	41	39	38	39
With friends	17	18	16	15	15	14	15	14	14	12
Organised group	3	3	2	2	3	2	2	2	2	2
Base	5,452	5,213	2,958	3,090	3,429	3,551	3,486	3,559	3,221	2,294

Base: All who visited the outdoors in the last 4 weeks (base sizes shown in chart)

### 9. Children in party

**Please note that this question was not included in the 2017/18 survey**

	2004 %	2005 %	2006 %	2007 %	2008 %	2009 %	2010 %	2011 %	2012 %	2013/14 %
Any	27	27	24	24	26	23	24	24	24	23
None	73	73	76	76	74	77	76	76	76	77
Base	5,452	5,213	2,958	3,090	3,429	3,551	3,486	3,559	3,221	2,294

Base: All who visited the outdoors in the last 4 weeks (base sizes shown in chart)

### 10. Dogs on visit

**Please note that this question was not included in the 2017/18 survey**

	2004 %	2005 %	2006 %	2007 %	2008 %	2009 %	2010 %	2011 %	2012 %	2013/14 %
With a dog	41	41	41	45	41	40	43	48	45	48
Without a dog	59	59	59	55	59	60	57	52	55	52
Base	5,452	5,213	2,958	3,090	3,429	3,551	3,486	3,559	3,221	2,294

Base: All who visited the outdoors in the last 4 weeks (base sizes shown in chart)

## 11. Visit duration

	2004 %	2005 %	2006 %	2007 %	2008 %	2009 %	2010 %	2011 %	2012 %	2013/14 %	2017/18 %
<1 hour	20	23	24	27	28	27	25	25	27	32	32
1 up to 2 hours	32	33	37	40	37	38	38	40	39	35	36
2 up to 3 hours	14	15	14	13	13	13	14	14	15	13	13
3 up to 4 hours	9	9	9	7	7	7	8	7	7	7	7
4 up to 5 hours	7	6	6	5	5	5	5	5	4	4	4
5 up to 8 hours	8	7	5	5	5	4	4	5	3	5	4
8 hours or more	9	6	5	4	4	5	6	4	4	5	4
Mean	2 hrs 30 mins	2 hrs 12 mins	2 hrs 26 mins	2 hrs 16 mins	2 hrs 17 mins	2 hrs 20 mins	2 hrs 24 mins	2 hrs 19 mins	2 hrs 11 mins	2 hrs 17 mins	2 hrs 10 mins
Base	5,452	6,362	6,099	6,252	6,911	6,944	7,108	7,102	6,292	2,294	2,713

Base: All who visited the outdoors in the last 4 weeks (base sizes shown in chart)

## 12. Distance travelled

	2004 %	2005 %	2006 %	2007 %	2008 %	2009 %	2010 %	2011 %	2012 %	2013/14 %	2017/18 %
<2 miles (< 3.2 km)	30	33	36	38	39	41	41	44	44	40	37
2 - 5 miles (3.2 - 8 km)	30	31	32	29	34	32	30	31	30	34	37
5.1 - 10 miles (8.1 - 16.1km)	12	11	13	12	10	9	12	9	10	9	11
10.1 – 20 miles (16.2 – 32.2 km)	7	10	6	8	5	6	5	5	4	5	5
20.1 – 40 miles (32.3 – 64.4 km)	7	5	5	6	4	5	5	3	5	6	4
40.1 – 60 miles (64.5 – 96.5 km)	4	4	2	2	2	2	4	2	2	2	2
60.1 – 80 miles (96.6 - 128.7 km)	4	2	2	1	2	1	2	1	1	1	1
>80 miles (>128.7 km)	1	6	4	3	3	3	4	3	3	1	1
Don't know	1	*	*	1	1	1	*	1	1	2	*
<i>Mean distance – miles ~</i>	<i>16 miles</i>	<i>15 miles</i>	<i>12 miles</i>	<i>11 miles</i>	<i>9 miles</i>	<i>10 miles</i>	<i>11 miles</i>	<i>9 miles</i>	<i>9 miles</i>	<i>9.5 miles</i>	<i>8.4 miles</i>
<i>Mean distance – km ~</i>	<i>26 km</i>	<i>24 km</i>	<i>19 km</i>	<i>18 km</i>	<i>15 km</i>	<i>16 km</i>	<i>18 km</i>	<i>15 km</i>	<i>15 km</i>	<i>15 km</i>	<i>13 km</i>
<i>Base</i>	<i>1,873</i>	<i>2,231</i>	<i>2,182</i>	<i>1,915</i>	<i>2,328</i>	<i>2,273</i>	<i>2,364</i>	<i>2,279</i>	<i>2,039</i>	<i>2,294</i>	<i>2,713</i>

Base: All who visited the outdoors in the last 4 weeks (base sizes shown in chart)

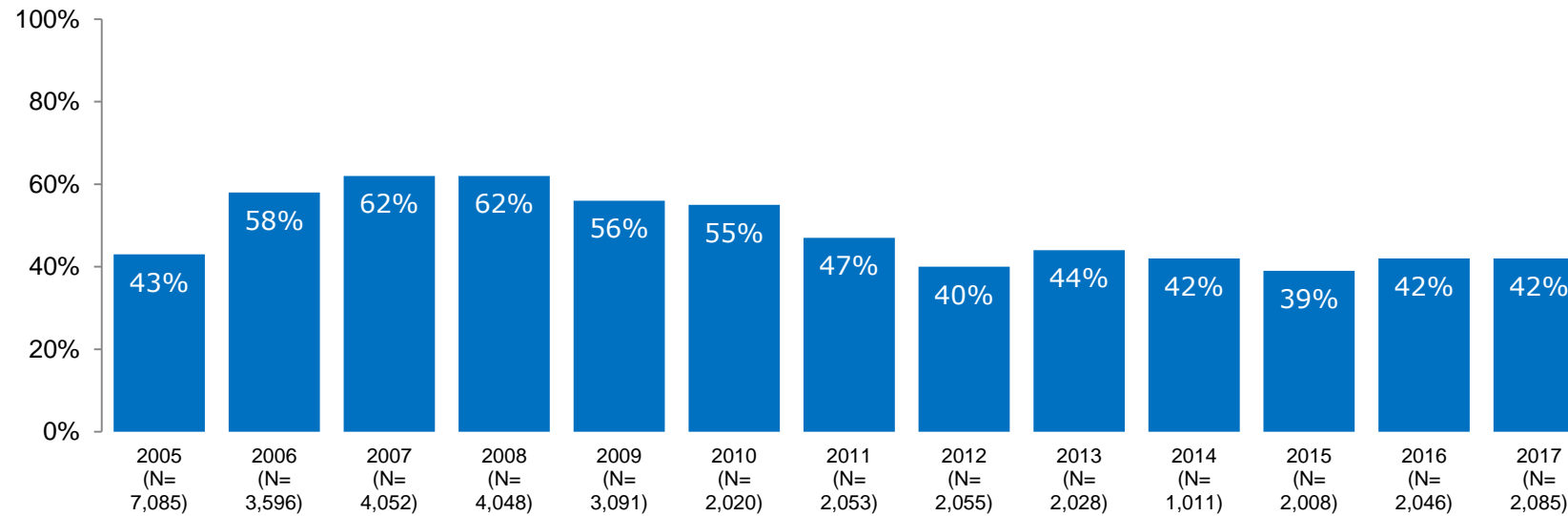
### 13. Transport used

	2004 %	2005 %	2006 %	2007 %	2008 %	2009 %	2010 %	2011 %	2012 %	2013/14 %	2017/18 %
On foot	50	55	60	61	64	65	63	67	64	66	69
Car/ van/ minibus	43	39	33	31	29	30	29	28	30	27	23
Bicycle	3	3	3	3	3	2	5	3	3	3	4
Public bus	1	2	2	3	2	1	2	1	2	3	3
Train	*	1	1	1	*	*	1	1	1	1	1
<i>Base</i>	<i>1,873</i>	<i>2,231</i>	<i>2,182</i>	<i>1,915</i>	<i>2,328</i>	<i>2,273</i>	<i>2,364</i>	<i>2,279</i>	<i>2,039</i>	<i>2,294</i>	<i>2,713</i>

\* Less than 0.5%

Base: All who visited the outdoors in the last 4 weeks (base sizes shown in chart)

#### 14. Awareness of Scottish Outdoor Access Code



Base: All respondents (base sizes shown in chart)

### 15. Reasons visited outdoors

	2013/14%	2017/18%
To spend time with family \friends	18	20
To entertain a child	14	15
For health and exercise	43	37
To challenge myself\ achieve something	4	4
To exercise a dog	42	42
For fresh air to enjoy pleasant weather	25	25
To be somewhere I like	11	13
For peace and quiet	13	17
To relax and unwind	27	29
To learn something about the outdoors	1	4
To enjoy scenery or wildlife	17	20
To help out\ volunteer	1	3
To take part in a sport or hobby	11	13
Fishing (Trip)	*	*
Other	1	3
Shopping	0	*
<i>Base</i>	<i>1,155</i>	<i>1,335</i>

Base: All who visited the outdoors in the last 4 weeks (base sizes shown in tables)

\*Denotes less than 1%



# 16. Agreement with benefits of visiting the outdoors

	It helped me de-stress, relax and unwind		It improved my physical health (through exercise and physical activity)		It made me feel energised and revitalised		It was a good social experience (through spending time with other people)		I felt closer to nature	
	2013/14 %	2017/18 %	2013/14 %	2017/18 %	2013/14 %	2017/18 %	2013/14 %	2017/18 %	2013/14 %	2017/18 %
Agree strongly	70	67	64	64	62	56	55	53	49	52
Agree slightly	24	24	28	25	28	30	21	24	31	25
Neither agree nor disagree	3	5	5	6	5	8	13	12	12	13
Disagree slightly	1	2	2	2	3	3	4	3	5	4
Disagree strongly	1	2	1	3	1	3	7	8	3	5
Base	1,155	1,335	1,155	1,335	1,155	1,335	1,155	1,335	1,155	1,335

Base: All who visited the outdoors in the last 4 weeks (base sizes shown in tables)

## ANNEX 5: CONFIDENCE LEVELS

Confidence intervals for those questions weighted using demographic weighting only (see accompanying technical report for more detail) have been estimated as being 1.5 times those which would occur with an equivalent sized simple random sample. However, due to the additional design effect caused by the application of the visit weighting, confidence intervals for these questions are estimated as being 2.5 times those which would occur with an equivalent sized simple random sample.

The table below provides the margins of error associated with an individual result given a range of different sample sizes. For example where the sample size is in excess of 10,000 respondents, the data is accurate to around  $\pm 1\%$  at the 95% confidence interval. In other words, a hypothetical result of 50% would have a range from 49% to 51%.

### *Margins of error associated with an individual result*

Sample size	Demographic weighting only	Demographic and visit weighting
10,000 or more	$\pm 1\%$	$\pm 2\%$
6,000	$\pm 2\%$	$\pm 3\%$
3,000	$\pm 3\%$	$\pm 4\%$
2,000	$\pm 3\%$	$\pm 5\%$
1,000	$\pm 5\%$	$\pm 8\%$
500	$\pm 7\%$	$\pm 11\%$

The table below provides an indication of when the differences between two results may be considered to be statistically significant (for example, when comparing two results obtained in different years of the survey). For example, when comparing two percentages where both sample sizes are around 6,000, a difference of  $\pm 2\%$  or more can be considered to be statistically significant when results have been weighted using demographic weighting only.

### *Margins of error when comparing two percentages*

Sample size	Demographic weighting only	Demographic and visit weighting
10,000 or more	$\pm 2\%$	$\pm 4\%$
6,000	$\pm 2\%$	$\pm 4\%$
3,000	$\pm 4\%$	$\pm 6\%$
2,000	$\pm 5\%$	$\pm 8\%$
1,000	$\pm 7\%$	$\pm 11\%$
500	$\pm 9\%$	$\pm 16\%$

Again, it should be noted that these margins of error are intended to be indicative only.

The margins of error shown are all for a hypothetical result of 50% at the 95% confidence levels (e.g. a margin of error of  $\pm 4\%$  represents a range from 46% to 54%). For results of below or above 50% the margin of error is smaller in terms of percentage points.

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