

More than  
**9 IN 10**  
visitors to Scotland's outdoors  
report improvements to their  
physical and mental health as  
a result.

## OF THOSE WHO VISIT THE OUTDOORS:

- 94%** Say it helps them de-stress, relax and unwind
- 92%** Found it improved their physical health
- 90%** Report that it makes them feel energised and re-vitalised
- 81%** Say they enjoy getting closer to nature
- 76%** Value the social experience

