

ENGAGING WITH THE OUTDOORS

DURING COVID-19 LOCKDOWN IN NORTHERN IRELAND



MORE PEOPLE ARE GETTING OUTDOORS



FEELING THE MENTAL & PHYSICAL BENEFITS



 **28%**
BEFORE*

 **63%**
DURING



89%

felt calm, relaxed, refreshed and revitalised



84%

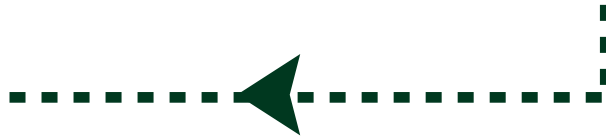
felt physically healthier/fitter



79%

felt closer to nature

GOING FORWARD WE NEED TO REMOVE THE BARRIERS

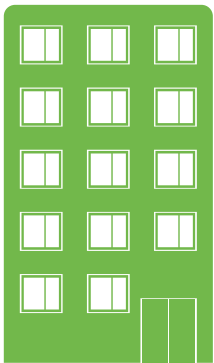


44%

walked on roads and pavements due to a lack of off-road trails



AS THE PEOPLE OF NORTHERN IRELAND WANT TO GET OUTDOORS MORE



15%
MOST DEPRIVED

People who live in the 15% most deprived areas are less likely to spend time outdoors every day



51%

51% expect to spend more free time outdoors than they did pre-lockdown

*63% of respondents report going outdoors for exercise every day during lockdown, much higher proportion than the 28% reported in the last annual household survey (CHS 2017/18)

To download the detailed report on 'Engaging with the Outdoors during COVID-19 Lockdown in Northern Ireland', visit outdoorrecreationni.com | info@outdoorrecreationni.com May 2020



OUTDOOR RECREATION
NORTHERN IRELAND