**Measuring the value of SITE – user survey**

**This short survey is being undertaken by Outdoor Recreation Northern Ireland to obtain feedback from people who have visited SITE, with a focus on any benefits it has provided.**

**Please take a few minutes to complete the questionnaire. Your responses will be treated anonymously.**

**Q1 In general over the last 12 months, how often have you visited the trail at SITE NAME?**

Every day  
4 to 6 times week  
2 or 3 times a week  
Once a week  
Once or twice a month  
Once every 2 to 3 months  
Once or twice over 12 months  
Not visited in last 12 months ROUTE TO SCREEN OUT THANK YOU PAGEIF VISITS LESS THAN ONCE A WEEK ASK Q2 OTHERWISE SKIP TO Q2

**Q2 Which of the following physical activities have you undertaken when visiting the trail at SITE NAME?**

*Select all of the physical activities you do*

Dog walking  
Walking without a dog  
Running/jogging  
Cycling  
Horse-riding  
Wheeling (i.e on wheelchair or mobility scooter)  
None of the above

**Q3 Typically how would you describe your level of activity when you are undertaking these physical activities when visiting the trail?**

Easy (easy effort, breathing normal or slightly raised)  
Moderate (moderate effort, breathing somewhat harder than normal)  
Vigorous (significantly hard effort, breathing much harder than normal)

**Q4 Typically how long do you spend taking part in these physical activities whilst visiting the trail at SITE NAME?**

*If you aren’t sure or it varies provide an estimate of how long you would typically spend taking part in the activity*

Minutes \_\_\_\_

**Q5 Compared to before you started using the trail, how would you rate your health and fitness levels?**

Much better now  
Somewhat better now  
About the same  
Somewhat worse now  
Much worse now  
Don’t know

**Q6 Which of the following best describes who you normally visit the trail at SITE NAME with?**

*Select all of those which apply to you*

No one, I normally go on my own  
My children/grandchildren  
Other family members  
Friends   
A club/organised group I am a member of  
Someone else (please specify)

**Q7 In your own words, what benefits do you gain from spending time on the trail at SITE NAME?**

**Q8 Thinking about your recent visits to the trail at SITE NAME, to what extent do you agree or disagree with the following statements?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly disagree** | **Tend to disagree** | **Neither agree nor disagree** | **Tend to agree** | **Strongly agree** |
| Visiting made me feel cheerful and good spirits |  |  |  |  |  |
| Visiting made me feel calm and relaxed |  |  |  |  |  |
| Visiting made me feel active and vigorous |  |  |  |  |  |
| I learned about the natural world |  |  |  |  |  |
| I learned about local history and heritage |  |  |  |  |  |
| I felt closer to nature |  |  |  |  |  |
| I enjoyed spending time with family |  |  |  |  |  |
| I enjoyed spending time with friends/ other people |  |  |  |  |  |
|  |  |  |  |  |  |

**Q9 How far is your home from the trail at SITE NAME?**

*If you aren’t sure provide an estimate*

Within 300 metres (5 minutes or less to walk)  
Within 1km/0.6 miles - (Less than 10-minute walk)  
Within 2km/1.2 miles – (Less than 20-minute walk)  
Within 5km/3 miles  
Within 10km/6 miles  
More than 10km/ 6 miles

**Q10 How do you normally travel from your home to the trail at SITE NAME?**

Walk  
Bicycle/e-bike  
Horseback  
Car, van or motorbike  
Other (please specify)

**Q11 How much do you agree or disagree with the following statements about the trail at SITE NAME?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly disagree** | **Tend to disagree** | **Neither agree nor disagree** | **Tend to agree** | **Strongly agree** |
| The trail is within easy walking distance of my house |  |  |  |  |  |
| The trail is of a high enough standard for me to want to continue to use it |  |  |  |  |  |
| I feel safe using the trail |  |  |  |  |  |
| If the trail didn’t exist I would probably do the same outdoor activities somewhere else instead (e.g. on another path) |  |  |  |  |  |

**Q12 What, if anything, could be done to improve the trail at SITE NAME?**  
TYPE IN

**To help us to analyse your responses please answer the following questions about you**

**Q13 Are you…?**

Male  
Female  
Other  
Prefer not to say

**Q14 What age are you?**

16-24  
25-34  
35-44  
45-54  
55-64  
65+   
Prefer not to say

**Q15 How would you describe your health in general?**

Very good  
Good  
Fair  
Bad  
Very Bad  
Prefer not to say

**Q16 Have you ever had any of the following?**

Coronary heat disease  
Cancer  
Depression  
Dementia  
Type 2 diabetes  
No, none of the above  
Don’t know

**Q17 In a typical week for how long in total do you normally take part in any form of physical activity or sport?**

**By physical activity we include things like brisk walking, cycling. Please include any activity you might do on the trail.**

Less than 30 mins  
31 mins to 1 hour and 15 minutes (75 mins)  
Between 1 hour 15 mins and 2 and a half hours (150 mins)  
More than 2 and a half hours  
Don’t know  
In a typical week for how long in total do you normally take part in any form of physical activity or sport?

**Q18 And how would you describe the normal intensity of this activity?**

Easy (easy effort, breathing normal or slightly raised)  
Moderate (moderate effort, breathing somewhat harder than normal)  
Vigorous (significantly hard effort, breathing much harder than normal)

**Q19 Please type in your full postcode (this information will only be used to allow us to analyse results).**

*Prefer not to provide*

**Q20 Finally would you be willing to provide a short video of yourself to tell us more about how you have used SITE NAME and the benefits you have obtained from using this site?**

Yes  
No

IF YES: Please type in your name, email address and/or telephone contact number so that a member of our team can contact you.

**Thank you for completing this survey. Your views matter.**