



LOCH LOMOND
& THE TROSSACHS
**COUNTRYSIDE
TRUST**





- 1 Summary and Background
- 2 Links to Existing Plans and Policies
- 3 Community Consultation
- 4 Survey Responses
- 5 Addressing Issues and Infrastructure
- 6 Recommendations
- 8 Next Steps



WHO WE ARE

Loch Lomond and The Trossachs Countryside Trust (LLTCT) & Forth Environment Link

The Loch Lomond and The Trossachs Countryside Trust supports and adds value to the work of public, private, voluntary and community organisations within the National Park. With the aim of being an effective mechanism to conserve and improve the landscape and ecology of the National Park and to enhance the visitor experience of its countryside.

- LLTCT coordinates the Walk in the Park programme, Trossachs Rural Ebike Demonstration (TRED) and delivered a key section of the National Cycling and Walking Network at Strathfillan.
- Forth Environment Link operates the Falkirk and Stirling Active Travel Hubs. The hubs are there to support anyone who wants to build more active journeys into everyday lives. In 2017 FEL also operated a pilot Callander Active Travel Hub in Main Street.
- Working with the active travel hubs, LLTCT aims to assist with route planning, bike trials, events, training and advice particularly for those living and visiting rural communities and attractions within the National Park.

Summary and Background



Cycling and walking are important activities for the local community and Callander is a popular destination for cyclists and walkers and those exploring The Loch Lomond and The Trossachs National Park. Callander sits at a key point on the National Cycle Networks Lochs and Glens North route (NCN7), a part of Eurovelo 1. Active travel provides health and economic benefits and helps reduce the carbon in our transport systems.

Through surveys, conversations and focus groups we have learned about what people who live and work in Callander think about cycling and walking. We have combined these experiences with the shared knowledge and experience of key stakeholders in active travel throughout the region, to create a set of recommendations and actions that can be used by anybody in the community who wants to contribute to making Callander cycling and walking friendly. The plan is designed to offer practical and achievable steps that can be taken by community groups, schools, families or individuals to overcome barriers to improved cycling and walking and make Callander a better place to live, work or visit.

To provide the best chance of making an impact, we hope that interested parties come together to form an active travel or cycling and walking steering group. Such a group opens up opportunities to apply for funding from various sources that can help the community make real changes and improvements. The Loch Lomond and The Trossachs Countryside Trust can help facilitate this.

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The Benefits of Active Travel in your Community?

Walking or cycling for short local journeys offers benefits to individuals, their community and visitors to the area. Some of the most significant benefits are:

- **Healthier and Happier Communities**

Walking and cycling are fantastic forms of exercise that greatly improve both physical and mental health. It is important that communities and visitors feel able to build active travel into daily routines, given that inactivity contributes to over 2,500 early deaths in Scotland each year. Our local environment should make us feel good and improve our health and wellbeing.

- **Safer and fairer places to live, work and visit**

Active travel can make a community a fairer, safer and more attractive place to live and visit by reducing the number of short journeys by low occupancy vehicles and improving mobility for all. Fewer low occupancy vehicles means less congestion on narrow rural roads and more attractive towns to visit, making roads safer for all road users. They will also improve air quality and reduce carbon emissions improving the health of both the community and the environment. Providing links to transport interchanges helps address transport inequalities and reduces carbon emissions.

- **Greener and sustainable place to live, work and visit**

As a response to Climate Change both walking and cycling provide zero carbon options to fossil-fuelled transportation. By travelling more sustainably communities can help to take action against climate change at both a local and global level. Our natural and built environment are part of the attractiveness that make Callander and the surrounding area a great place to live, work and visit, generating local wealth and employment. Our history and natural world are a part of our international standing and reputation, attracting many visitors. We can provide an attractive place for doing business, helping realise our full economic potential, with improved active travel links to employment, services and visitor attractions.



Links to Existing Plans and Policies

This action plan is designed to complement the existing Callander Community Action Plan (CAP). Sharing some common goals and outcomes, effective communication and collaboration lie at the heart of these actions.



Transport Scotland –
“A Long-Term Vision for Active Travel in Scotland (2030)”

- Scotland’s communities are shaped around people, with walking or cycling the most popular choice for shorter everyday journeys

Stirling Council –
“Walking and Cycling to a Healthier Stirling”

- To increase the percentage of people walking and cycling in Stirling
- To increase the percentage of children and students walking and cycling to/from places of education in Stirling

Callander Community Action Plan – 2017-2022

Of the top ten priorities identified by the community in their CAP the following have strong and direct links to active travel and the development of cycling and walking.

- Promote Callander and the wider area as an outdoor activity destination
- Improve public transport
- Improve the town centre environment
- Improve and maintain walking, cycling and all abilities access routes
- Better signage and maps promoting, activities, attractions and heritage
- Build a road bridge linking eastern approaches to the south across the river

Callander Primary School Travel Plan and
Mclaren High School Travel Plan

The main priorities for the schools in terms of travel planning are to promote:

- Safe travel to school
- Active travel to school; and
- Sustainable travel to school

Community Consultation



Over a period of a few months LLTCT has collected the views of people living and working in Callander, through work with Callander Summerfest, in Callander (Callander Enterprise) Callander Community Development Trust and Community Council, Primary School, feedback from the Walk in the Park and cycling groups, community surveys, direct interactions with key stakeholder groups and a review of existing reports on active travel for the area.



Top five concerns raised by the community

1

Traffic & Safety

Particularly perceived road safety due to traffic speed, volume and driver behaviour, of particular concern was the A84 trunk road which is managed by Transport Scotland through the Main St of the town. Timber lorries, heavy goods vehicles, road side parking and lack of crossing points were all mentioned

2

Infrastructure

Lack of dedicated active travel facilities, not enough segregation from other traffic, desire for connections between key destinations, such as the school, leisure centre, health centre and shops). Unsafe or no connections to other key destinations and neighbouring towns

3

Accessibility

Uneven pavements, poor lighting, access to affordable bikes, coherence of the network) Poor surfaces particularly for wheelchair users, lighting issues at night. Public transport availability & cost prohibits using it for journeys further afield

4

Connectivity

Not a coherent connected network that links key destinations, sometimes unclear signage. No safe connections to Doune or Stirling

5

Weather and Distance

Weather was perceived as a key barrier as was the distance to key destinations and neighbouring towns and villages



Top three most helpful activities suggested by the community to encourage more active travel

1

Free bike checks and bike maintenance sessions

2

Greater knowledge of routes, free maps, custom route planning

3

More led and guided bike rides and access to a bike share scheme



Survey Responses

80%

currently walk for
pleasure/fitness at
least once a week

39%

currently walk to work
or education at least
once a week

66%

currently own or have
access to a bike

43%

currently cycle for
fitness or pleasure at
least once a week

“The Main Road through Callander. Traffic too fast to feel safe on the pavements especially towards Stirling end of town where a lot of families live and come in to centre reach school, shops, etc. There’s also very few crossings and no crossings on side roads (north/south church st).”

“The really busy, car centric Main St through town is really scary to cycle along. Too many cars parked along the road, limits space for bikes and other transport to share the road. The Main St is a trunk road with currently no alternative route for HGVs.”

The most common concerns were about perceived road safety with concerns about speed, quantity and driver behaviour. The fear of sharing space and the confidence to cycle and walk alongside other traffic acts as a significant barrier to the community as a whole. Active travel to the school can be extremely challenging, due to the area being busy with traffic and the lack of segregation or dedicated paths.

Safety concerns are foremost in why most people decide not to travel by bike. While there is a perception that cycling is unsafe, in reality the chances of being involved in a serious accident are low. However perceptions are hugely important in how we make decisions and work is needed to change how cycling is viewed. Behaviour change activities and high quality accessible infrastructure can help achieve this.

“Better quiet or traffic free routes between main points in town i.e. Tesco, schools, McLaren leisure centre and health centre would also help.”

“The issue is when you want to go to South to Doune, Dunblane and Stirling. The road towards Stirling is far too dangerous to cycle along we need a direct cycle path to Doune.”

While NCN7 runs directly through the town there is very little other segregated infrastructure that connects the town to destinations with services, the school, visitor attractions and main transport interchanges such as Doune, Dunblane and Stirling.

There is a significant network of forest roads and tracks in the area, however a lack of information, maps, waymarking and signposting means that they are not considered by many for active travel or recreation.

“Weather, distances between towns and villages, fitness level and ability. My journey to work in Callander is 15 miles, public transport availability & cost prohibits using it!! ”

These are all common blockers to active travel. However most of them can be overcome through planning and simple strategies. Often being part of a group or using a buddy helps overcome many of these. Some ideas to get people motivated again are trying a new bike eg an e-bike, finding a new activity tracker app, cycling or walking with a buddy, signing up for an event, a structured fitness programme. Our Walk in the Park programme and the local led ride programmes run help address many of these issues.

Weather is what makes where we live so attractive, there is suitable clothing available to cover almost all weather conditions with some forward planning.

Addressing Issues and Infrastructure



Addressing Issues

- Good collaboration and communication between key players is essential in addressing and implementing actions that address the capability, opportunities and motivation to encourage and support behaviour change towards more active travel and sustainable transport. There needs to be a range of action that vary over time, there is no one silver bullet.
- To achieve the vision of more people travelling actively and sustainably the local community needs to work with various organisations and groups across the National Park, including the Loch Lomond and Trossachs National Park Authority, Forestry and Land Scotland, Stirling Council, Scottish Natural Heritage, the Community Partnership and the Loch Lomond and Trossachs Countryside Trust, Paths for All, Tactrans, Sustrans, Community Development Trust and Transport Scotland.
- Locally effective collaboration between key stakeholders is likely to have the most effect in improving infrastructure and supporting behaviour change. Community groups, local traders and individuals including Wheels of Callander, Callander Enterprise, Callander Countryside Group, Callander Landscape Partnership, Community Development Trust, Community Council, Callander Walk in the Park and the local Meander Group can all play a part.



Infrastructure

- Callander benefits from being located on National Cycle Network 7 which is part of a Eurovelo Route 1. There is an established traffic free and limited traffic use route east from the town square north, NCN765, the long term plan is for this route to continue on the line of the old railway to Burn of Cambus and Doune, which could prove a significant active gateway to the town.
- Pedestrian access to pavements and safe active travel options along the A84 soon run out at either end of the town. A mud track leads west to the Woolen Mill, there is no return crossing to access the A821 or NCN 7. Any improvements to the A84 trunk road require cooperation with Transport Scotland.
- There is a desire to see an additional crossing of the River Teith at the east end of the town, identified in the Callander charrette in 2011. This would take travellers away from the main road area and provide improved access to the High School and the Mollands estate and support proposed new development to the south side of the river.
- Significant use is made of the quieter rural roads in the area particularly by cyclists, these can sometimes prove hazardous from vehicular traffic travelling at speed. There is a case for advisory signs to inform drivers that these are shared use roads regularly used by more vulnerable road users. Roads around Invertrossachs have these signs already.





Recommendations

ISSUES	ACTION(S)	Cycling Friendly Award Criteria
Concerns over road safety, due to speed and volume of traffic, desire to increase active travel and promote more cycling and walking	1. School and community to work together to implement school travel plans 2. Offer confidence building sessions for adults returning to cycling 3. Promote road safety and sharing of road space with appropriate signage and campaign 4. Re-examine reallocation of road space on Main Road and addressing safety concerns	Barriers, needs and opportunities Community Engagement
Lack of promotion of existing infrastructure, limited segregated active travel network. Lack of routes that go places and connect destinations	5. Develop and implement a plan for signage and mapping of local path network. 6. Promote Callander as a destination on NCN 7 and EV1 with local itineraries 7. Free maps and route planning 8. Led walking and cycling events 9. Develop local itineraries that connect key destinations	Communication and Promotion Partnership and Stakeholder Working Community Engagement
Topography, accessibility and weather	10. Provide access to a bike and e-bike share or loan scheme, a bike library 11. Dr Bike sessions 12. Provide maintenance classes 13. Develop "all abilities" fully accessible routes	Barriers Needs and Opportunities Partnership and Stakeholder Working Community Engagement



WHO?

Community Council
Community
Development Trust
Stirling Council
LLTCT & Community
Development Trust

WHAT?

Work with SC to ensure STP is in place
and implemented
Develop incentives for cyclists and
walkers in Callander
Promote road safety and signage
Offer adult training sessions and
led rides

FUNDING?

www.transport.gov.scot/active-travel/active-travel-funding-opportunities/

Callander Landscape
Partnership
Community Council
Community
Development Trust
LLTCT
Forestry and Land
Scotland
LLTNP
Sustrans
Forth Valley & Lomond
Leader
Callander Meander
Group

Convene Callander CDT Active Travel
and Cycling Group
Coordinate community management of
trail signs
Walk in the Park, e-bike tasters, maps,
route planning
Funding and promotion
Regular led ride programme

www.transport.gov.scot/active-travel/active-travel-funding-opportunities/

LLTCT, McLaren Leisure,
local traders
Community
Development
Trust
Sustrans

Provide bike library/bike share scheme
Bike Hire, Dr Bike and maintenance
classes
Develop all abilities routes

www.transport.gov.scot/active-travel/active-travel-funding-opportunities/



Next Steps

This Active Travel Action Plan outlines some of the barriers faced by the community and actions which may help to overcome them and complements the actions in the Community Action Plan. We can reduce our carbon emissions, improve our environment and enhance our health and wellbeing through improvements in active travel.

Working together we can deliver a sustainable, inclusive and accessible transport system which helps to deliver a healthier, fairer and more prosperous community, for residents, businesses and visitors.

Small changes to get you started.

I WANT TO...	WHO CAN HELP?	PHONE / EMAIL / WEBSITE / SOCIAL MEDIA
Work with others in my community for active travel improvements	LL&TCT, Community Development Trust, Callander Meander Group all provide volunteering opportunities. LL&TCT can help bring people together to form a steering group to work towards a Cycling Scotland Cycle Friendly Community Award	01389 722648 http://trustinthepark.org/contact-us Facebook @trustinthepark Callander Community Development Trust https://incallander.co.uk/ccdt_home secretary@callandercdt.org.uk
Comment on existing and/or future cycling and walking infrastructure	LL&TCT can collate comments and share them with the Cycle Stirling group, Stirling Council and Tactran	01389 722648 http://trustinthepark.org/contact-us/ Facebook @trustinthepark
Report a problem with roads, pavements or paths in my community	Contact Stirling Council online Raise issues with your Community Council	01786 484040 info@stirling.gov.uk my.stirling.gov.uk/forms/
Get my bike repaired and/or learn how to fix it myself	Wheels of Callander provides a repair service Dr Bike sessions and evening bike repair sessions are delivered from time to time by Stirling Active Travel Hub	mark@wheelscyclingcentre.com Tel: 01877 331100 stirlingath@fortheenvironmentlink.org 01786 474160

Delivery Partners



Local Partners

Callander Community Council

Callander MTB Trails Group

Callander Meander Group

Callander Landscape Partnership

Callander Enterprise

Callander Community Development Trust

Wheels of Callander

Loch Lomond and The Trossachs Countryside Trust

Loch Lomond and The Trossachs National Park

Loch Lomond and The Trossachs Community Partnership

Stirling Council



Regional and National Partners

Sustrans Scotland

Rosebery House
9 Haymarket Terrace
Edinburgh EH12 5EZ
T: 0131 346 1384
E: scotland@sustrans.org.uk



Forth Environment Link

Unit 4, Ground Floor
Cameron House
Forthside Way
Stirling FK8 1QZ
T: 01786 449215



Transport Scotland

Buchanan House
58 Port Dundas Road
Glasgow G4 0HF
T: 0141 272 7100
E: info@transport.gov.scot



Cycling Scotland

24 Blythswood Square
Glasgow G2 4BG
T: 0141 229 5350
E: info@cycling.scot

Cycling Scotland

Paths for All

Kintail House, Forthside Way
Stirling FK8 1QZ
T: 01786 641851
E: info@pathsforall.org.uk



Living Streets Scotland

5 Rose Street
Edinburgh EH2 2PR
T: 0131 243 2645
E: Scotland@livingstreets.org.uk



Funding www.transport.gov.scot/active-travel/active-travel-funding-opportunities/

Policy www.transport.gov.scot/active-travel/about-walking-and-cycling-policy/#42960

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