

Draft for consultation

## Essex Walking Strategy

A strategy to promote more walking and improve the pedestrian environment (2019-2025)

Have your say by Wednesday 17th July 2019 - If you have any queries, please contact us at: [walking.strategy@essex.gov.uk](mailto:walking.strategy@essex.gov.uk)

We would really like to hear your views, a summary of the draft Strategy, including Objectives, Strategy Priorities and a Draft Action Plan is available at:

<https://consultations.essex.gov.uk/rci/walking-strategywalking-strategy>



Essex County Council



# Essex County Council would like to hear your views on our plan to get more people in Essex walking

<https://consultations.essex.gov.uk/rci/walking-strategywalking-strategy>



Essex has a vision for walking to be:

*Easy, Safe and a Normal part of our everyday lives*

For most people, walking is the healthiest and easiest way of getting around. We can get to the local shops, doctors, school or the nearest bus stop most easily on foot. Some of us walk to work or college as walking is often the cheapest and most convenient way of getting around.

Yet not everyone is able to enjoy the benefits of walking, some people are not walking enough, or as much as they would like to. This is having an impact on both their physical and mental health as a result of more sedentary lifestyles.

We would like to get more people walking as the benefits are not just to the individual person, but to the whole

community. If more people were to walk for short journeys around our towns or walk as part of a journey with public transport, we could achieve a number of benefits including:

- Less congestion and better air quality
- Support our local High Streets and Town Centres by promoting access and ongoing improvements
- Improve our walking networks and infrastructure
- More people active including children and older people
- Reduction in obesity and related risks for physical and mental health
- More interaction with our neighbours and local community - help to reduce isolation and support community



Walking for leisure purposes is also an important part of encouraging more people to walk in a largely rural county like Essex. Not everyone is able to walk for travel purposes, including work and shopping, many people enjoy the freedom to walk during their leisure time.

It is important that walking for leisure is enabled and promoted, Essex is fortunate to have a beautiful natural environment which enables people to interact with culture and history, through an extensive public rights of way network across the county and through its country parks, coastal paths and working farmland.



## The wider benefits to society associated with increased walking

Issue	Impact of active travel
Traffic congestion	↓ Reduces
Local air quality	↑ Improves
Carbon emissions	↓ Reduces
Road casualties	↓ Reduces
Social cohesion	↑ Improves
Public realm	↑ Improves
Quality of life	↑ Improves

## We would really like to know more about

- How often do you walk?
- Your main motivations for walking?
- If you experience any barriers to walking/is there something which is currently stopping, you from walking more?
- How can we encourage you to walk more?