



Central Scotland Green Network



CSGN CASE STUDY:

PATHS FOR ALL - LEVENMOUTH

PROJECT OVERVIEW

Part of the Leven Programme, Paths for All – Levenmouth supported the local community to develop more positive attitudes towards sustainable transport choices

Engaging activities were for all demographics but specifically targeted those who may lack confidence or knowledge of places to partake in active travel in (e.g., younger people and women, based on previous consultations in Levenmouth).

Participants were introduced to active travel in positive, accessible, and enjoyable ways to build skills and confidence. As a result, perceptions shifted positively within the community.

INTRODUCTION

Through a series of workshops and activities, the project team encouraged the local community to walk and cycle in ways that felt accessible, enjoyable and beneficial to both their health and the environment.

During a development phase, the project team consulted the local community about the barriers preventing active travel and the use of outdoor spaces. These included: lack of support for gendered groups, lack of activities for young people and teenagers, lack of skills and knowledge about active travel, and financial and safety concerns.

Over a six-month period, a series of activities were delivered around Levenmouth, including skills and development workshops, community events and nature-themed activities. Participation increased over time, and locals began incorporating active travel into their lives. It was noted that attendance was high compared to traditional active travel events, suggesting that the project's creative and inclusive approach helped to break down barriers and attract a broader audience.

PROJECT OUTPUTS

Skills and Development: activities such as Dr Bike maintenance workshops and bike lessons supported participants to learn basic bike skills, helping people to feel more confident and self-sufficient, encouraging the uptake of long-term active travel habits.

Community events: bicycle-powered cinema session and family active travel days encouraged a broader attendance helped to foster a sense of community, showing that active travel can be an enjoyable and social experience. Guided bike rides also helped participants to build confidence and learn new routes in a safe space.

Nature Walks: guided walks not only promoted physical activity but also educated participants about their natural surroundings, combining exercises with cultural enrichment.



Bike lessons helped to develop confidence and skills to support active travel activities

CSGN & NPF OUTCOMES

In delivering CSGN outcomes, the project also contributes to several outcomes within Scotland's National Performance Framework.

- **Communities:** activities encouraged active travel, building capacity for existing community groups in the area. Creative events attracted wider audiences and helped to foster a sense of community around active travel amongst demographics previously underrepresented.
- **Health:** more people are spending time outdoors, taking exercise and enjoying nature. This delivers multiple mental and physical wellbeing benefits in an area with above-average declaration of long-term health conditions.
- **Poverty:** tackling environmental inequality by encouraging provided access to local amenities through active travel.



Guided cycle rides boosted confidence and developed skills

PARTNERS & FUNDING

The project was part of The Leven Programme.

The project also support from Paths for All via the Community Project Transition fund. Transport Scotland and Green Action Trust also supported.

Bike maintenance sessions were delivered by Greener Kirkcaldy and the nature-themed walks were delivered in partnership with the Ecology Centre.



Guided walks promoted physical activity and encourage participants to learn about their local area