

## NSPACTS Vision

Create Active, Healthy and Sustainable Community Trails and Pathways for all Nova Scotians.

1. Promote and create sustainable trails and pathways that accommodate all forms of Active Transportation including mobility aids.
2. Actively advocate and promote people powered trails.
3. Challenge trail policies within government that fail to embrace and promote active living.
4. Advocate for policies that protect the health of our communities by promoting laws that prohibit excessive noise and other forms of pollution.
5. Promote the use of trails and pathways in active living educational programs.
6. Support affiliated organization, groups, towns and municipalities that advance the above goals.
7. Establish a library of reference material.
8. Support the development of trails and pathways through the community development model.
9. Recognize human powered forms of travel.
10. Support each other, share information, and develop strategies to create a common voice for our goals.

## A Greenway Call to Action in Nova Scotia

Nova Scotians Promoting Active-Transportation on Community Trails (NSPACTS) is calling on the Provincial government to create a *Greenway* on the abandoned Rail Line Corridor that runs throughout Nova Scotia. Supported by community, town and municipal groups from across the province, the proposal, *Creating Greenway Nova Scotia*, seeks immediate action to designate this trail system as a non-motorized *Greenway* corridor under the Provincial Trails Act. The creation of a *Greenway* recognizes the value of this unique environmental asset as a key community health, economic and environmental resource that needs to be protected and managed for the benefit of all Nova Scotians.

For a full text, factual report download at:

<http://nspacts.ca/docs/greenwaynsnov19x.pdf>



# Creating Greenway Nova Scotia



Nova Scotians Promoting Active-transportation on  
Community Trails

<http://www.nspacts.ca/>



## What is the Big Picture?

### Climate Change

"Rapid environmental change is all around us. The most obvious example is climate change . . . . Many other clouds are on the horizon, including . . . degraded land and loss of biodiversity." (UN Geo<sub>4</sub>)

### Inactive Population

Physical activity improves health and well-being. It reduces stress, strengthens the heart and lungs, increases energy levels, helps you maintain and achieve a healthy body weight and it improves your outlook on life. . . . Research shows that physical inactivity can cause premature death, chronic disease and disability. (Health Canada)

### Aging Population

One in eight Canadians is now 65 or older. By 2020 that ratio will be one in five. Physically active seniors are healthier and create a smaller health cost burden on taxpayers. (Canada Public Health Agency, 2009).

### Vulnerable Pedestrians & Cyclists

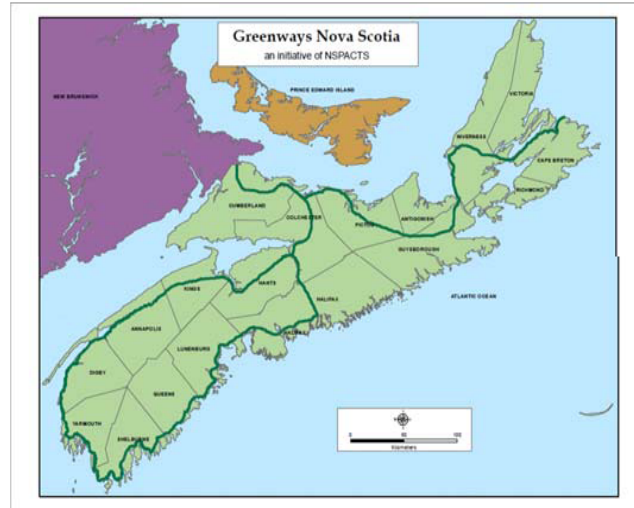
The World Health Organization (WHO, 2004) cites a pandemic in injuries and deaths resulting from collisions of cyclists and pedestrians with motor vehicles. It encourages separating Active Transportation from motorized vehicles. (World Health Organization, 2004)

### Economic Imperatives

The economic impact of inactivity in Nova Scotia exceeds \$350 million annually (Colman, 2002). Active transportation trails are one of the most cost effective ways for government to invest in physical activity infrastructure. Walking and biking trails cost a fraction of the cost of development and maintenance of motorized trails and in Quebec and other provinces, are a proven eco-tourism asset.

### Persistent Pollution

"The lack of adequate infrastructure for walking and cycling, which are the most environmentally friendly transport modes, also contributes to increased vehicle use." (UN Geo<sub>4</sub>) This increases pollution with substantial healthcare implications.



## What is Active Transportation?

Active Transportation is any form of human-powered transportation. It is any trip made for the purposes of getting yourself, or others, to a particular destination - to work, to school, to the store or to visit friends.

As long as it is "active", you can choose the mode - walking, cycling, wheeling, in-line skating, skateboarding, snowshoeing, and ice skating such as on a canal.

Walking and cycling are the most popular forms of Active Transportation. It can also involve combining modes such as walking/cycling with public transit.

Health Canada

[http://www.phac-aspc.gc.ca/pau-uap/fitness/active\\_trans.htm](http://www.phac-aspc.gc.ca/pau-uap/fitness/active_trans.htm)

## What is a Greenway?

*"Some greenways connect population centers with a non-motorized, natural corridor that provides an unrivalled commute experience. Other Greenways connect the best natural gems our region has to offer and draw both residents and visitors for long recreational excursions. In either case, Greenways play a special role in the region's mobility strategy.*

Greenways are like parks. They are places for families and friends to be together and places to find the solitude and connect with nature. But unlike parks, they facilitate travel through the urban area, from neighbourhood to neighbourhood, or from park to school, or from home to work.

Greenways are like roads. They give us a way to get where we need to go. But unlike roads, they are built for non-motorized travel and so they are safer, less stressful and truly enjoyable. They are places where you can experience the wind in your hair or the sun on your shoulders as you travel.

Greenways are like public squares. They are places for community to gather and can be good locations for shops, restaurants, museums, benches, fountains or works of art. But unlike public squares, they extend in either direction as gateways to additional urban and natural experiences.

Greenways are like a local gym; except that the scenery is better and you can exercise while you get to work rather than before or after.

Greenways may pass through a park, natural area or stream corridor. The land may be newly developed, but usually it is redeveloped, having been formerly occupied by a railroad, highway, or other transportation route. Many greenways in urban centers or developed areas are linear parks. Greenways are the premier travel corridor for walking and riding because they are safe and fast, and because they offer a natural experience that is removed from the noise and frenzy of the urban environment."

Oregon State Parks .

