

**ACTIVE  
TRAVEL HUB**  
STIRLING

# Cornton Community

**ACTIVE TRAVEL ACTION PLAN 2018**



Produced by

in partnership with



**Forth  
Environment  
Link**  
LINKING PEOPLE AND  
THE ENVIRONMENT





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# Summary and background

This action plan has been created with the input of your community, to benefit your community. Through surveys, conversations and focus groups, we have learned about what people who live and work in Cornton think about walking and cycling. We have combined this information with our own knowledge and experience of active travel in Stirling, to create a set of recommendations that can be used by anybody in the community who wants to help make Stirling a Cycle Friendly City.

The plan is designed to offer practical and achievable advice that can be taken by community councils, schools, groups, families or individuals to help overcome local barriers to walking and cycling.

There are many ways that groups and individuals can get involved in promoting active travel, learning new skills and making connections with others. This plan has a list of practical recommendations to overcome barriers to active travel within your community. The data collected through consultation will be shared directly with Stirling Council's Active Travel team. **To provide the best chance of making an impact, we advise strongly that interested parties come together and form an active travel steering group. Forming a group would open up opportunities to apply for funding from various sources that could help the community to make real changes and improvements that could benefit all who live and work in the area.** Stirling Active Travel Hub (Stirling AT Hub/The Hub) can help to make this happen.

## Why promote active travel in your community?

Walking or cycling for everyday journeys (active travel) offers benefits to both individuals and their community. 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 feel able to build active travel into their daily routines, given that physical inactivity contributes to over 2,500 early deaths in Scotland each year.

- **Safe routes to schools and nursery**

All Stirling Council schools and nurseries are in the process of implementing new school travel plans. Every plan emphasises the importance of increasing walking and cycling. An environment that supports active travel to school offers huge physical, psychological and environmental benefits to the pupils, their families and the wider community.

- **Better places to live and work**

Active travel can make your community a more attractive and safer place to live by reducing the number of short journeys made by car. Fewer cars mean less congestion, easier journeys and roads that are safer for all road users. This will also improve air quality, which will help to improve the health of everybody in the community.

## WHO WE ARE

### Forth Environment Link & Stirling Active Travel Hub

Forth Environment Link (FEL) works with communities on a range of environmental, active travel and local food issues. FEL's vision is to link people and the environment for a greener, healthier future. With funding from Transport Scotland, FEL has operated the Stirling AT Hub since early 2013. The hub is there to support anyone who wants to build more active journeys into their everyday lives. We can assist with route planning, bike trails, events, training and advice – all of our services are free of charge and accessible to all.

# Links to existing plans and policies

This action plan is designed to complement existing community plans. With many common goals and outcomes, it would be sensible to communicate and collaborate as much as possible in our actions.

## **Stirling Council – “Walking and Cycling to a Healthier Stirling” (2017)**

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

## **Cornton Action Planning Partnership**

- ‘Working together to make the Cornton better’ - to achieve the best physical and social improvements in Cornton

## **Cornton Nursery Travel Plan (June 2017)**

- Establish safer walking and cycling routes to nursery
- Increase the number of journeys undertaken on foot, bike and scooter
- Promote safer travel to and from the nursery

## **Cornton Primary School Travel Plan 2017-18**

- Increase the number of pupils making active travel choices
- Establish walking buses within the local community along identified banded routes
- Contact Network Rail to enquire about crossing timings to ensure that children have adequate time to cross

## **Wallace High School Travel Plan (2015)**

- Promote procedures to protect the security of bicycles brought to school, and encourage active, safe travel through the use of bicycles
- Continue to investigate safe walking and cycling routes to school, taking into account distance and traffic, and responding to community and transport route changes over time

# Community consultation

Over the last few months Stirling AT Hub has collected the views of people living and working in Cornton through dedicated community meals, pop-up hub events, parents' evenings at Cornton Primary School and Wallace High School, with Cornton Nursery, and a focus group with Wallace High School pupils.

## Top five concerns raised in Cornton

- 1** Infrastructure  
(lack of dedicated - especially traffic-free - active travel facilities)
- 2** Traffic  
(amount and speeding)
- 3** Quality of infrastructure  
(e.g. litter, dog mess, potholes)
- 4** Time/distance  
(limiting active travel participation for usual everyday journeys)
- 5** Bike parking/security  
(more places to lock a bike securely in community and at home)

## Top three most helpful activities to encourage cycling

- 1** Dr Bike - free bike check-ups
- 2** Bike maintenance sessions
- 3** Cycle training for children

**321**  
**FACE** **FACE**  
TO  
interactions

**131**  
SURVEYS

**151**  
comments



Dr Bike worked on  
**52 bikes**  
@ 5 pop-up  
Stirling Active  
Travel Hub  
events

# Survey responses

Of the 131 survey responses:

## 39%

don't have access to a bike

## 27%

would like to make everyday journeys by bike, but currently don't

## 52%

currently walk for everyday journeys at least once a week

## 89%

taking part in the consultation was their first interaction with FEL/Stirling AT Hub

“Poorly maintained paths, glass on cycle paths, not enough bike stands available in town to lock bike up.”

“No good routes in Stirling or I just don't know about them.”

Although Cornton is fairly well connected through active travel infrastructure, it is seemingly let down by the condition of these paths, which discourages active travel and impacts on access for everyone. Some of the concerns over a lack of infrastructure appear to be due to people not being aware of what exists and how different sections can be linked together for longer journeys.

“I have a seat on my bike for my little girl, but I wouldn't feel happy going on the road with her...cycle paths are limited but my main concern is sharing with motorists on the road.”

“Cars go way too fast, not safe on a bike.”

The speed of traffic and the behaviour of drivers towards people cycling is a significant concern. Several comments suggest that they would never cycle where space is shared with traffic as they feel it is too dangerous. This highlights the importance of establishing traffic-free routes in encouraging active journeys. It is also everyone's responsibility to treat other road and path users in the community with respect.

“I am unable to walk or cycle to work due to the distance/motorway I have to travel to get there.”

There was a fairly common perception that it is difficult to find enough time to travel actively. The distance of typical journeys, and the need to co-ordinate journeys with other people were also problems. It is possible that some of these barriers could be overcome with some planning and changes in habit.

“Cornton Nursery is committed to promoting a healthy lifestyle in many ways with our children. Recently we started working to promote our staff team's health. We have been focussing on healthy eating and working alongside NHS Scotland on their 'Choose to Lose' initiative, which is looking very promising already. To enhance this positive start, we would like to work alongside [Stirling Active Travel Hub] to help us to promote walking and cycling routes in and around Cornton.”

The nursery has been extremely supportive and are keen to get their staff, children and their families, more active.

# Infrastructure issues

- **The blue footbridge** over the railway line has steps on both sides, which makes access extremely challenging for those with bikes, limited mobility, pushchairs, etc. Small ramps for each step could be an easy fix and provide a safer alternative than either the level crossing or travelling via Causewayhead Road.

- **The shared-use path** from Cornton Primary School to Stirling Old Bridge is a useful link into the city centre. There were some issues reported with this stretch however, which may be helped by additional signage.

“The crossing place on Cornton Road (near to Bracken Lane) is not wide enough for an adult bike to wait in the middle as the tyres take up space on the road and this annoys drivers as they have to stop.”

“[Users] don’t often share the path willingly despite this section of path being multi-use.”

- **nextbike UK**. Cornton is currently a gap in the network, and responses were relatively positive around the idea - 37% suggesting that they would find nextbike UK ‘helpful’ or ‘very helpful’ in encouraging them to cycle. The nursery staff, eligible for free membership to the scheme as Stirling Council employees, expressed a strong interest in the idea.

“We are keen to see if there would be the possibility to introduce a nextbike station in the middle of Cornton. Some staff have already commented that they would use the bikes. Using the scheme would make us visible to families in the community, promoting this resource and helping to inspire others who would like to contribute towards making their community more walking and cycling friendly.”

- **Level crossing**. Cornton Primary School will contact Network Rail about increasing the number of crossing windows.
- **Cornton Road cycle path**. Through consultation, it was generally agreed that the current prioritisation at junctions (i.e. that cyclists give way to turning traffic) is dangerous, and does little to encourage cycling on this piece of infrastructure. Several current cyclists indicated that they will not be using this infrastructure as a result. The preferred solution would be to give cyclists and pedestrians priority at the six occasions where the path crosses a side road.

From **Making Space for Cycling** guidance:

“All cycle tracks along primary streets should have priority over side roads, including junctions with secondary streets. The cycle track and footway must not change height across this junction.”

This is a summary of some features that could be improved, reflecting comments collected through consultation and the experiences of Stirling AT Hub, Stirling Council and Cycling UK staff that are familiar with the network.

# Recommendations

This Action Plan should contribute towards the “**Plan of Action**” component of Cycling Scotland’s Cycle Friendly Community Award.

ISSUE	ACTION	CYCLE FRIENDLY COMMUNITY AWARD CRITERIA
Lack of knowledge on bike maintenance and local infrastructure; improve access to bikes	Pop-up Stirling AT Hub sessions with Dr Bike; free maps and route planning; bike maintenance classes; bike library	Barriers Needs & Opportunities
Litter and dog mess on paths in and around Cornton	Project to clean up paths and discourage further problems	Community Engagement
Safer and greater levels of active travel to schools; cycle training; school travel plan outcomes	Schools and nursery to implement Play on Pedals and Bikeability programmes; implement travel plan actions	Partnership & Stakeholder Working
Small issues with existing infrastructure	Council to assess potential for small-scale improvements	Partnership & Stakeholder Working Funding
Cornton Road Cycle Path	Establish steering group to work with Stirling Council on implementing changes to junctions as part of wider community work	Community Engagement Partnership & Stakeholder Working



**WHO?**

**WHAT?**

**FUNDING?**

Stirling AT Hub,  
Recycle-a-bike

Stirling AT Hub to organise pop-up hubs and classes as part of outreach programme 2018/19

**These services will be provided free of charge through Stirling ATH's funded outreach programme.**

Cornton Primary School,  
Stirling Council, Cornton  
Community Council

"School to hold a community litter pick each term"; all partners work together on raising awareness; installing additional bins/signage

**Stirling Council Community Pride Fund**  
– up to £1,500 for local and physical environmental improvement projects

Cornton Primary School,  
Wallace High School,  
Cornton Nursery

Liaise with Stirling Council if any further training or guidance needed;  
Contact Jennifer Abernethy  
(abernethyj@stirling.gov.uk)

Please contact Stirling AT Hub for the latest information on the different funding sources available

Stirling Council

Council looking to build capacity for "small fixes" project into 2018/19 programme; consultation will be directly fed to council

Please contact Stirling AT Hub for the latest information on the different funding sources available

Stirling Council, Cornton  
and Bridge of Allan  
Community Councils,  
Stirling AT Hub

Campaign to have changes included in 2018/19 programme; existing consultation will be directly fed to council

Subject to council prioritisation process; may be aided by community taking initiative through steering group; **consider Sustrans CL+ bid and/or Cycling Scotland Cycle Friendly Community Award**

# Next steps

This Active Travel Action Plan offers some suggestions of the barriers faced by the community, and some actions which may help to overcome them. While some of these actions are undeniably large, especially around infrastructure, there are things that every individual can do to contribute towards making Stirling a more active, healthier and greener place to live and work.

**Small changes can make a big difference;** from learning a new skill to helping report problems you encounter or taking part in activities with like-minded individuals to apply for funding - there is something for everyone to get involved in. Here are some useful places to get started:

I WANT TO...	WHO CAN HELP?	PHONE / EMAIL / WEBSITE
Work with others in my community to secure funding for active travel improvements	There is funding available for communities who want to see changes in infrastructure, or gain access to training and activities. The Stirling AT Hub can help to bring people together to form a steering group who can work towards Cycling Scotland Cycle Friendly Community Award and assist with funding applications	01786 474160 stirlingath@forthenvironmentlink.org More info on award: <a href="http://cycling.scot/our-programmes/cycle-friendly/community">cycling.scot/our-programmes/cycle-friendly/community</a> Details of funding opportunities will be on this page when the fund is open
Comment on existing and/or future walking and cycling infrastructure (paths, crossing points etc)	Speak to the Stirling AT Hub at Stirling train station or via contact details. They will collect comments and periodically pass on queries to Stirling Council	01786 474160 stirlingath@forthenvironmentlink.org stirlingactivetravelhub.org
Report a problem with roads, pavements or paths in my community	Contact Stirling Council online. Forms exist for reporting all manner of environmental problems	01786 404040 info@stirling.gov.uk my.stirling.gov.uk/forms/
Get my bike repaired and/or learn how to fix it myself	Stirling AT Hub and Recyke-a-bike regularly hold free Dr Bike sessions and Mug O' Tea and a Spanner evening classes to teach basic bike repair skills	01786 474160 stirlingath@forthenvironmentlink.org To book: <a href="http://eventbrite.co.uk">eventbrite.co.uk</a> and search for 'Stirling Active Travel Hub'

# National Active Travel Delivery Partners

## Sustrans

"The national walking and cycling charity."  
[sustrans.org.uk](http://sustrans.org.uk)



## Cycling UK

"The national cycling charity. Our mission is to enable millions more people to cycle"  
[cyclinguk.org](http://cyclinguk.org)



## Cycling Scotland

"Cycling Scotland is the nation's cycling organisation. We help create and deliver opportunities and an environment so anyone anywhere in Scotland can cycle easily and safely."  
[cycling.scot](http://cycling.scot)



## Energy Saving Trust

"From planning your journey with any mode of transports to living with an electric car, our experts' tips should be your first stop to achieving a greener journey."  
[energysavingtrust.org.uk](http://energysavingtrust.org.uk)



## Paths for All

"We want to get Scotland walking, everyone, everyday, everywhere."  
[pathsforall.org.uk](http://pathsforall.org.uk)



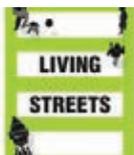
## Forth Environment Link

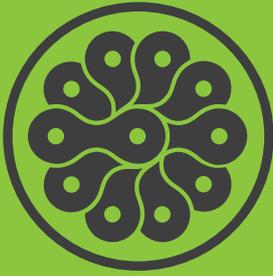
"Forth Environment Link (FEL) works with communities on a range of environmental, active travel and local food issues. FEL's vision is to link people and the environment for a greener, healthier future"  
[forthenvironmentlink.org](http://forthenvironmentlink.org)



## Living Streets

"The UK charity for everyday walking. We want a nation where walking is the natural choice for everyday local journeys."  
[livingstreets.org.uk](http://livingstreets.org.uk)





**ACTIVE  
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STIRLING

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