

Walk Leicester Action Plan

Foreword

Walking is the first means of transport; every trip begins and ends with walking. It goes beyond good design of pavements and crossings.

The city has been investing in safe and attractive places to walk and programmes to encourage walking to work and school since 2011 and by continuing to place walking at the heart of all built environment and welfare decisions, we will create a healthier city that has less congestion, pollution and social isolation.

We will do this by ensuring that:

- all street improvements are planned and designed to make walking convenient and attractive; for example we will continue to audit new infrastructure schemes using the Healthy Street Audit Tool.
- we continue to invest in new good quality public realm around workplaces, schools and local centres; for example we will continue to invest in public spaces like Jubilee and New Market Square
- people are encouraged to walk through a programme of activities such as Walk To and the Walk Leicester Festival launched in 2018

The people of Leicester enjoy walking with 39% of all journeys being made on foot and almost 70% of people wanting to walk more. We have some well-known places that have been a great place for people to walk for generations, such as New Walk and Abbey Park, and the Connecting Leicester programme has provided some equally attractive places to walk such as the Lanes and Mill Lane.

Strong partnership working will continue to be central to encouraging people to walk and we will continue to seek funding to attract the resources and skills required to encourage more walking.

More walking will help make Leicester a great city.

City Mayor



If a medication existed which had a similar effect to physical activity [like walking], it would be regarded as a “wonder drug” or a “miracle cure” (England’s Chief Medical Officer 2010).

Walking for 10 minutes a day can contribute to the recommended 150 minutes of moderate physical activity per week as recommended by Chief Medical officers.

Regular brisk walking will

- Improve performance of the heart, lungs and circulation
- Lower blood pressure
- Reduce the risk of coronary heart disease and strokes – inactive and unfit people have double the risk of dying from CHD

Walking regularly at any speed will

- Help manage weight.
- Reduce the risk of Type 2 diabetes
- Reduce the risk of certain cancers such colon, breast and lung cancer
- Improve flexibility and strength of joints, muscles and bones, and reduce the risk of osteoporosis.
- Increase “good” cholesterol
- Boost the immune system
- Improve mood, reduce anxiety, aid sleep and improve self-image

Inactivity costs the UK economy £20billion pa and it costs Leicester hospitals **£6million pa**. Studies have shown that if we spend £1 on encouraging more people to walk, we save £8 in health care and congestion costs. Getting one more person to walk to school could generate £768 in terms of NHS savings, productivity, reduction in congestion and air pollution. So the city has a financial incentive to get more people walking.

Whilst the percentage of people in Leicester reporting that their health is bad has gone down since 2015, 50% of residents have an overweight BMI. 58% of residents of Leicester are physically active compared to a national average of 61%

37% of residents are thinking of increasing the amount of physical activity they take in the next 6 months, walking for leisure (47%) and travel (35%) are by far the most popular form of physical activity.

A quarter of all car journeys are less than 2 miles and ¾ of all shopping trips are made by car, swapping more of these short car trips to walking trips will reduce air pollution and the health risks associated with it.

Therefore, to improve the health of people living and working in Leicester, we all need to be walking more.

Deputy City Mayor – Adam Clarke



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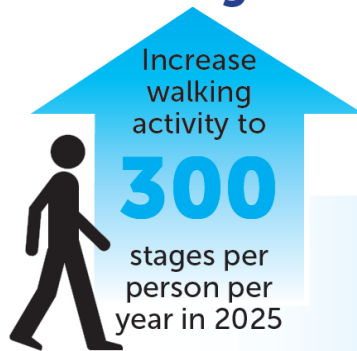
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Chapter 1 – 2025 ambitions

Targets set out by the Department for Transport's Cycling and Walking Investment Strategy in 2017:

Walking activity is measured as the total number of walking stages per person per year



Increase percentage of 5-10 year olds walking to school from



49%
in 2014

55%
in 2025

Leicester's Targets: Increase trips in the city from:

133,000
at present

159,600
by end of 2024

33%

increase
per year

20%

increase from
2018 baseline
to 2024

To support **¾** of all primary schools children to walk to

Encourage walking in the **outer neighbourhoods** and **local centres**

Substantially **improve people's health and wellbeing** and **reduce premature deaths** by increasing physical activity and improving air quality

Roll out delivery of the **Connecting Leicester Programme** by 2025 with a network of high capacity, **quality walking and cycling routes** and a series of **high quality walking zones**

Make all city residents aware of the **opportunities to walk more**

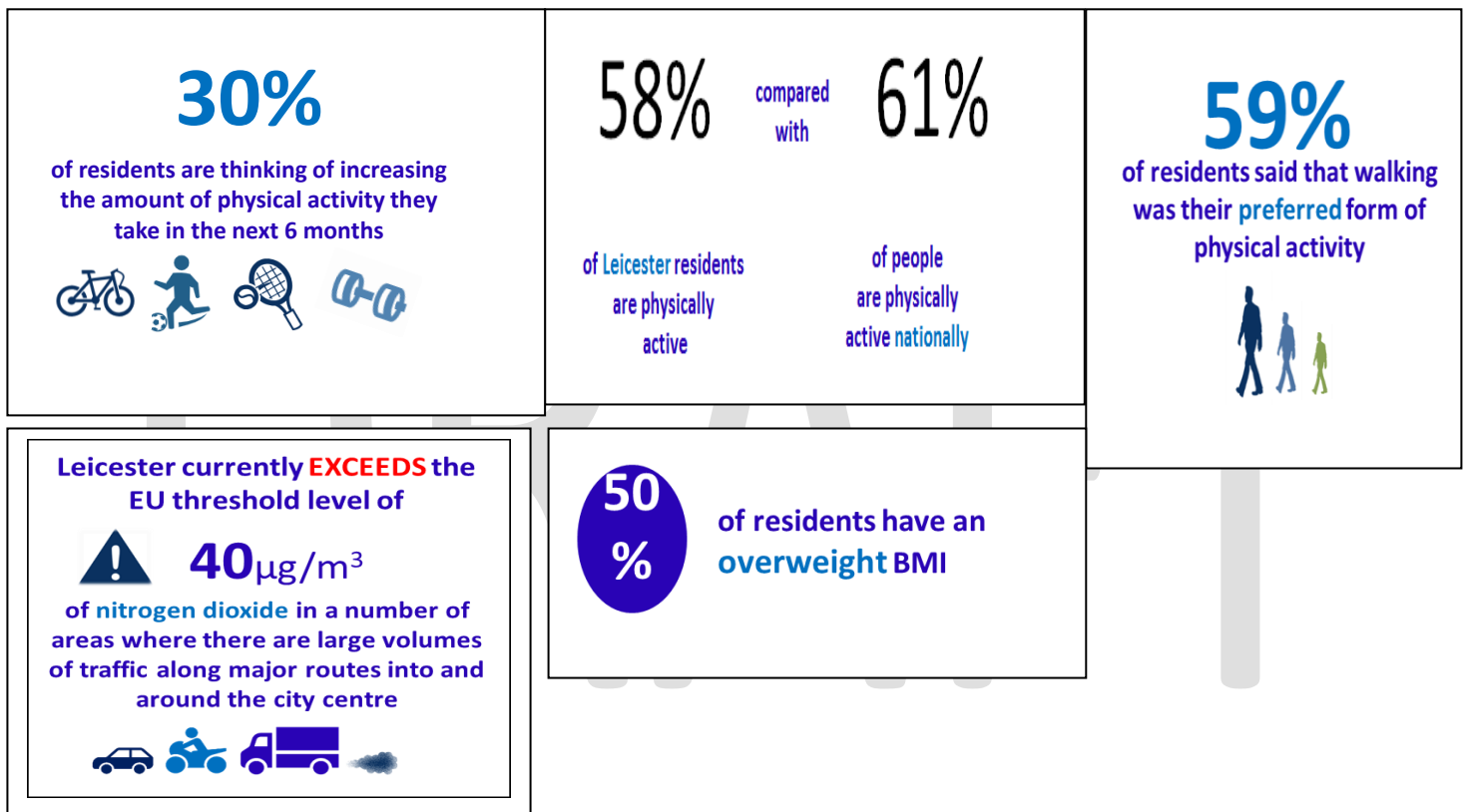
All street improvements are subject to a **healthy street design audit**

Chapter 2 – Great City Priorities


Health, Transport and the Economy

In order to be a great city, Leicester's residents, workers and visitors should be given the opportunity to live a healthy lifestyle; be able to move around the city easily and; have confidence in the strength of the economy of the city.


Priority 1: How **healthy** are the residents of Leicester?:



How can more walking help improve the **health** of the residents of Leicester?

Studies have shown that **£1** spent on encouraging walking 



Saves **£8** in health care and congestion costs 



Getting **ONE** more person to walk to school




could generate

£768

in terms of NHS savings, productivity, reduction in congestion and air pollution

Priority 2: What does travelling around Leicester look like?



Whilst car and LGV numbers entering the city centre have fallen, car usage in outer areas of the city has risen each year  **2%** since 2014

Housing is predicted to increase by a total of

 **15,806**

in Leicester's Strategic Regeneration Area, resulting in an extra 16,000 trips



Housing growth from the Ashton Green Sustainable Urban Extension and the city centre will contribute an additional

6350 tonnes

of carbon per annum to the area if journeys are not made sustainably

Average trip in Leicester is **< 5km**

¼ of all car journeys are **< 2 miles** 

¼ of all shopping trips are made by car 

How more walking can make **travelling** around Leicester Better?

Level of walking in Leicester has increased

 **20%**

between 2008 and 2017 across the 3 cordon zone counts

Pedestrian counts across the 3 cordon zones have increased:

131,000 in 2015  **141,000** in 2017



Level of walking in the Central Transport Zone has seen the biggest increase

  **23%**

between 2015 and 2017.

Walking within the inner ring road

 **4%**

between 2015 and 2017

Level of walking in the Outer Ring Road Zone has decreased

  **16%**

between 2015 and 2017

Walking as a modal share in the Central Transport Zone has risen:

17% in 2002  **36%** in 2017

Priority 3: How can walking help the economy of Leicester?

Leicester's Economy

Congestion continues to be an issue with local businesses



Over a month, people who walk to the high street spend up to

40% more

than people who drive to the high street

Source: 16, 2017



People who walk and cycle take more trips to the high street over the course of a month

Average number of visits to local business centre each month, by mode



Source: 16, 2016

Public realm improvements have been a contributing factor in bringing companies such as IBM, Hastings Direct and Mattioli Woods to Leicester city centre



Over the last two years, walking in the city centre cordon zone has increased by

 **23%**

and is likely to be a result of Connecting Leicester public realm improvements



	2012/13	2013/14	2014/15
Leicester	50	61	63
England	55	58	62
East Midlands	53	57	60
Derby	53	59	61
Nottingham	53	58	58

Table 1: Percentage of adults that walk 3 times a week



Leicester City Council

Who is (or isn't) walking

- women are more likely to do brisk walking
- men who are more likely to cycle recreationally or as their commute to work. The
- no activity are female residents, those aged 65+, those with a disability, very obese BMI, poor mental health and social tenants.
- 30% of residents recognise that they should be doing more physical activity
- main barrier to increasing the amount of physical activity quoted is too busy/no time and lack of attractive and safe routes..
- Women make more trips and of shorter distances than men.
- Shopping and personal business are the most common reason for a short trip
- the average commute trip is getting longer.

How are we doing?

Level of walking in Leicester has increased


 **20%**

between 2008 and 2017 across the 3 cordon zone counts

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in 2015 in 2017

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Chapter 3 – Walk Leicester Action Plan

To realise our ambitions for the city, the Council will focus on three themes centred on making Leicester a great walking city.

Theme 1 – Planning and Design for walking

Theme 2 – Infrastructure in the neighbourhoods (city centre, central zone and outer Leicester)

Theme 3 – Encouraging people to walk

Theme 1 – Planning and Design for walking - Actions

- Action PD1** Integration of walking infrastructure and priorities in the local plan by 2019
- Action PD2** Development of a Local Cycling and Walking Infrastructure Plan (LCWIP) by 2019
- Action PD3** Adoption of a health streets design guide for Leicester by 2019
- Action PD4** Integration of walking in the Health and Wellbeing Strategy for Leicester by 2019
- Action PD5** Improve evidence and monitoring on walking in Leicester by 2020

Theme 2 – Infrastructure in the Neighbourhoods - Actions

- Action IN1** Continuation of the Connecting Leicester Programme – 6 new walking and cycling routes by 2020 and the introduction of 30 new walking and cycling routes and 6 walking zones by 2025
- Action IN2** Improved walking connections to 120 schools as part of the school run parking programme
- Action IN3** Development of 21 new 20mph zones by 2025
- Action IN4** Implementation a pavement parking zone in 2019 and a further 5 zones by 2025 as part of the Parking Improvement Action Plan

Theme 3 – Encouraging people to walk - Actions

- Action EPW1** Organised activities to promote walking in 20 workplace per year
- Action EPW2** Register 2500 residents on to a walking programme by 2025
- Action EPW3** Deliver a walk to school programme in 55 schools per year
- Action EPW4** Promote walking through a combination of monthly newsletters, annual walking festivals and other festivals such the Riverside Festival
- Action EPW4** Encourage more walking through Personalised Travel Planning with 10,000 households per year

Chapter 4 – Theme 1 – Planning and Design for Leicester

How are we doing?

Walking projects have been prioritised through a combination of programmes such as the Highway Improvement Plan, Local Environmental Works, pedestrian crossing programmes, 20mph programmes, new developments, externally funded programmes and more recently the Connecting Leicester programme. Projects were designed in accordance with the 6 C’s design guide and audited using safety audits and equality design audits. Delivering the following actions will ensure that walking is included in the planning processes and walking infrastructure is designed to a good standard.



Action PD1 Integration of walking infrastructure and priorities in the local plan

Leicester’s emerging Local Plan will play a role in encouraging walking and better accessibility for all through ensuring new development schemes include the necessary infrastructure and are well connected and designed.

Leicester has been involved in the pilot of the Walkability Tool being developed by the Department for Transport which shows which areas in Leicester are more likely to have more people walking and which areas might need changes in land use planning if we want people to walk more.

Action PD 2 Development of a Local Cycling and Walking Infrastructure Plan People walking need good routes and crossings and uncluttered, attractive and safe streets. The Local Cycling and Walking Infrastructure Plan (LCWIP) is identifying important walking routes walking zones.

Action PD3 Adoption of a health streets design guide for Leicester – including designing for all.

People in Leicester use walking as their biggest form of exercise, however the wrong kind of infrastructure in the streets form a barrier to walking, particularly those with disabilities. Healthy Street have already been completed recent new designs such as London Road scheme, which the Railway Station to Clarendon Park. All new design will be subjected to a healthy street audit by 2025.



people with audits on the links street

Action PD4 Integration into the Health and Wellbeing Strategy

Leicester's draft Health and Wellbeing Strategy has five main themes: **Healthy Places; Healthy Lives; Healthy Start; Healthy Minds** and; **Healthy Ageing**. The ambitions of the Walking Action Plan supports all five of these themes by encouraging more physical activity through behaviour change and changes to the physical environment.



Chapter 5 -Theme 2 – Infrastructure in the Neighbourhoods (city centre, central and outer Leicester)

How are we doing?

Leicester has invested considerably into the Connecting Leicester programme within the city centre which has seen large increases in the number of people walking in the area. The Connecting Leicester programme is moving outwards to central Leicester. Walking zones identified through the LCWIP process will be designed using the Healthy streets design guide to reduce traffic dominance and enhance conditions for people walking allowing for more 'open streets' events.

New Walk

It is thought that New Walk (originally Queen's Walk, sometimes Ladies' Walk) was laid out in 1785. It was designated as one of Leicester's first conservation areas in 1969 updated in 1974, 1980, 2004 and 2015, which has meant that it has kept its historical nature.

A pedestrian counter was installed on the Waterloo Way Bridge in November 2017 Daily Average: 1,276 Weekdays: 1,467 / Weekend days: 798 Busiest day is Tuesday. New Walk features on Trip Advisor as number 34 of 115 things to do in Leicester. 84% of those visiting New Walk rate it as very good or excellent.



Simpson53
Bewdley,
United
Kingdom
50 13



Reviewed 1 November 2017

Lovely walkway

Very pleasant walk near the middle of Leicester based on a Victorian promenade, so like walking back in time.

[Ask Simpson53 about New Walk](#)

[Thank Simpson53](#)

This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC



MalcH
Loughborough,
United
Kingdom
944 419



Reviewed 31 October 2017

Step Back In Time

Fabulous little area which reminds me of those movies set in Victorian or Edwardian times. Great architecture and great just to wander and look. It really is one of those hidden gems and some nice little cafes/coffee shops on the route.

[Ask MalcH about New Walk](#)

[Thank MalcH](#)

This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC

Mill Lane



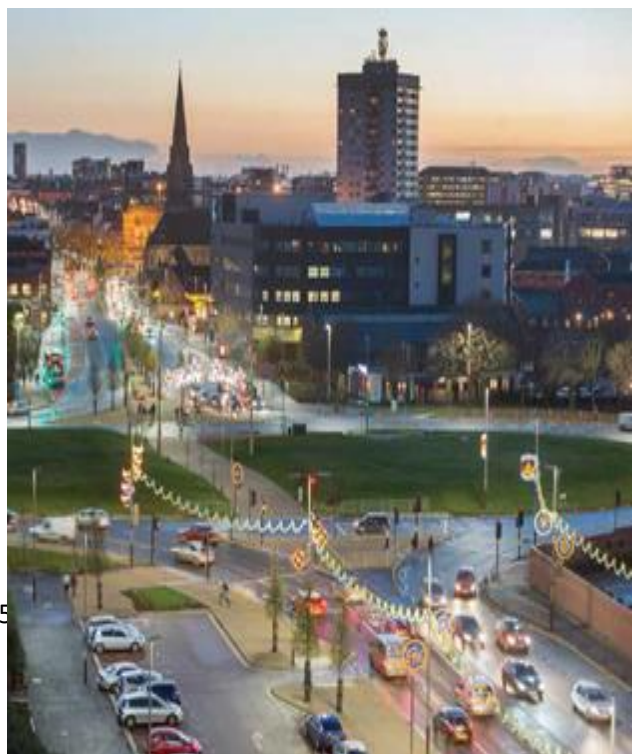
The aim of the project was to create a vibrant heart of the university, both for the university and to provide a link with recent works in the city; the 'Connecting Leicester' programme. An average of 3000 pedestrians use the area a day.

Belgrave Road

The Belgrave Road schemes link the city centre connecting Leicester programme to the Belgrave Road local centre locally known as the Golden Mile. New pedestrian and cycling facilities across the Belgrave Circle roundabout following the removal of the Belgrave Flyover have created an attractive route which is used by over 2000 pedestrians per day.

Action IN1 Continuation of the Connecting Leicester Programme

Leicester has invested considerably into the **Connecting Leicester** programme within the city centre which has seen large increases in the



number of people walking in the area. The **Connecting Leicester** programme is continuing to focus on pedestrian and cycle friendly zones in the city centre and extending segregated cycle routes and pedestrian friendly zones to the local neighbourhoods. The Healthy Streets assessment will be applied to these programmes to ensure the designs are encouraging for all to use regardless of age, gender or disability. We will continue to roll out the programme of signage and information enhancements (**Legible Leicester**) for pedestrians and cyclist beyond the city centre to ensure that pedestrians find it easy to navigate the city and to find their way to public transport.

Action IN2 Expansion of the school run parking programme

Increasing concerns around parking chaos on the school run led to the introduction of the school run parking programme in 2017. The programme prioritises schools with the worst school run issues. Infrastructure such as bollards to prevent pavement parking and pedestrian crossings are delivered along with encouraging less car travel to school. In 2018, 50 of the 120 schools on the priority list have benefitted from the programme. The remaining 70 will be delivered by 2025.

Action IN3 Development of 20mph zones

Since 1999 we have created 39 20mph zones in Leicester. Whilst the primary aim of a 20mph zone is for road safety improvements it can bring about other local environmental improvements including encouraging walking and cycling trips and improving air quality. We will continue our programme of introducing 20mph zones in residential areas across the city and a further 21 schemes are planned by the end of 2022.

Action IN4 Improving pavement parking

As part of Leicester’s Parking Improvement Action Plan 2016 - 2019, pavement parking is being tackled through a combination of enforcement and marked pavement parking bays. A trial zone has been implemented in Rushey Mead. A zone in Aylestone is planned for 2019 with a subsequent programme of city wide measures.

Chapter 6 - Theme 3 – Encouraging people to walk

How are we doing?

Walking with employees

Discovery led walks are a 6 week programme in local businesses, commencing with a feet or fleet challenge and a session on the body composition machine. Of those attending the Discovery led walks programme 27% live within 2.5 miles of their workplace, 83% are female, 48% are White British, 39% are Asian or Asian British/Indian and 69% are over the age of 45.

It was nice to get out and see parts of the city centre I don't normally visit. You can cover quite a distance in 25-30 minutes!

I have to walk 12-15 minutes every morning to catch my bus to work and since I've been doing the walk, my walking pace has increased and I can do the walk in 9-12 minutes and since most of them are 'brisk' minutes, it gives my heart and lungs a good work out.

Try it! It's a great introduction for people who don't usually exercise, a nice way to connect with like minded people and group walking is a great motivator.

I did used to go for a short walk but I



Community led walks

Since 2011 we have delivered a walking programme to over 10,000 people. Analysis shows that 25% of the participants increase the number of days that they were doing 30 mins or more of physical activity and 35% reduce the number of car journeys they take per week, when asked 3 months after the intervention.

The majority of participants are White British or Asian Indian, between 55 and 64, female and in employment. The travel patterns of the walking participants on registration show that walking and driving is generally their most common mode of travel.

“My friend and I are still using the pedometers [we received] last October on the Beaumont Leys walk. In fact, she wears hers most days, and is doing more walking. And our 25 year friendship, which mostly consisted of drinking tea and talking about our children, has evolved into regular walks - we saw some fantastic bluebell woods last week.”



Walk to School

The percentage of children walking to school in Leicester has remained consistent at 64% since 2014. WOW – Living Streets’ year-round walk to challenge, rewards pupils for walking, scooting, and park and striding to school. Pupils record they get to school on a paper-based or digital Tracker and those who travel to school actively once per week are rewarded with a monthly badge.

Of those schools in Leicester that participate in school activities the percentage of children to school has gone from an average of 62% to 74%. On average WOW results in 23% increase in pupils’ rates in the first five weeks and 30% fewer cars at school reducing congestion issues.

Over the last 6 years, approximately 76 schools have participated in walk to school activities. There are 4 operational walking buses. Schools in Leicester are to take up park and stride activities.



“It has been a huge success and there is a really noticeable difference in the amount of traffic at the school gate. This is great

school cycling how Travel at least themed

walk to walking 74%.

walking gates,

reluctant



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Action EPW1 Organised activities in communities and workplace

We will register 1500 participants on to a walking programme by 2025. We will enrol 5 businesses per year onto a walking programme with the aim of a year round programme of encouraging their staff to walk as part of their journey to work. We will support other organisations, such a walking for health to deliver walking programmes.

Action EPW2 Register 2500 residents on to a walking programme by 2025. This will be through a combination of delivering our own programmes and other programmes such as Walking for Health. Between 2011, and 2018, we have registered 2500 people onto our walking programmes

Action EPW3 School activities

We will aim to have 75% of primary school children walking to school through a combination of activities such as the Healthy Air Awards Launched in 2018, 10 schools signed up to park and stride by 2025, three significant walk to school events per year eg. Happy Shoes Day, Clean Air Day, Safe Happy Families and the continuation of the school run parking programme to reduce congestion around schools

Action EPW4 Communications and Events

We will continue to produce monthly Walk Leicester newsletters and use Choose How You Move and Active Leicester social media to promote activities and programmes. We will continue to promote Leicester as a walking friendly city.

By 2025 we will have produced a local walking map for 120 schools, and promoted 10 self guided maps, five online maps and two audio routes.

We will continue to grow the Walk Leicester Festival with the aim of 5000 participants per year by 2025. Walking activities will be delivered at seven Open Streets Festivals per year.

Walking will be promoted on an ongoing basis through the Betterpoints Challenge and three walking challenges will be delivered per year.

Action EPW5 Personalised Travel Planning

We will promote walking as part or all of a commute and as the entire trip mode for shopping, school and other local trips to 10,000 households per year.