



Why trails?



People love them



Favorite Outdoor Activities



#1 **#2**

Frequency of Participation

Outdoor Recreation Participation Topline Report, 2016, Outdoor Foundation



What can trails do for your community?



A Multiplicity of Benefits



Safe, active transportation

27%

New York is worst state in the nation for pedestrian and bicyclist fatalities

Bicycling and Walking in the United States, 2016 Benchmarking Report, Alliance for Biking & Walking



Health

New York adults

60.9% **47%**

Overweight or obese **150+ min. aerobic activity/wk.**

Finger Lake Region: **60.6%**

New York State Department of Health, Expanded Behavioral Risk Factor Surveillance System, 2013-2014 Behavior Risk Factor Surveillance System, 2013



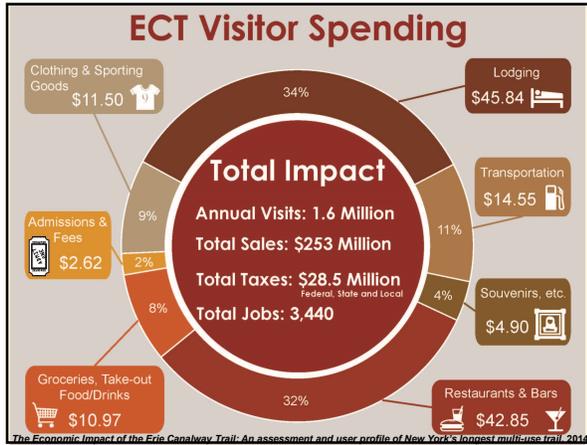
Obesity-related Medical Costs

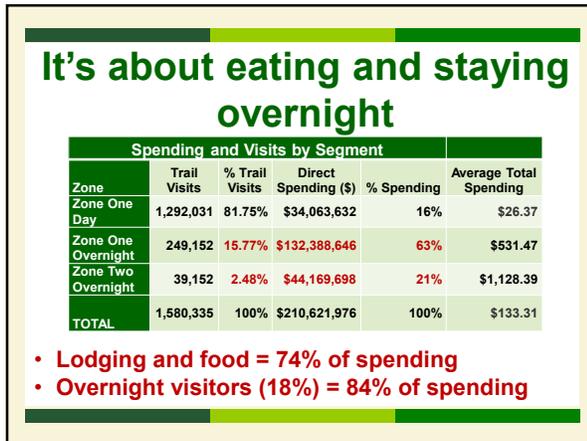
\$8.7 billion/yr.

Finger Lakes Region: **\$501 million/yr.**

Overweight and obesity rates among upstate New York adults, 2013-2014, Excellus







User Spending (Local and Non-local)

Trail	Users indicating an amount spent			All users	
	Average	Median	n	Average	n
Catharine Valley	\$42.80	\$7.70	68	\$35.50	82
Chautauqua Rails to Trail	\$53.70	\$8.60	53	\$40.60	70
Erie Canalway	\$48.60	\$5.30	146	\$33.50	212
Genesee Valley	\$36.60	\$4.40	170	\$26.30	236
Lehigh & Auburn	\$23.60	\$2.80	96	\$13.80	165
Mohawk Hike & Bike	\$18.40	\$2.20	190	\$13.50	259
North & South County Trail	\$17.60	\$2.10	234	\$13.70	300
O&WD&H	\$18.70	\$2.20	120	\$14.60	164
Statewide	\$28.90	\$3.10	1077	\$21.20	1478

note: "Users indicating \$ spent" are those people who responded to questions concerning money spent on their trail visit, (even those indicating \$0 spent). "All users" assumed non-respondents, those who left the answer blank, had spent \$0.

Every Mile Counts: An Analysis of the 2008 Trail User Surveys, September 2010, NYS Office of Parks, Recreation, and Historic Preservation
