

Paths to Wellbeing

Putting walking at the heart of communities

Paths to Wellbeing is giving 18 communities across Wales the tools and training to improve nature and access to walking in their local areas!



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Ramblers Cymru

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Rhys

- Introduction to Ramblers Cymru
- Overview of Paths to Wellbeing

Matt

- Requirements
- Demo
- Technical Overview
- Data Capture
- ETL
- Web Technologies
- Hosting & Maintenance



Paths to Wellbeing



Our Vision in Wales

- To help everyone find their feet
- A Wales designed for walking
- Putting walking at the heart of communities

Aims →

To establish a Wales-wide place-based approach to green infrastructure

To get communities to take ownership and management of their green spaces

To equip the community volunteers for future sustainability

To improve community wellbeing by getting more people active in the outdoors



12
Outcomes

Achieved through

55
Project
Outputs



Physical Improvements

- Communities starting to take ownership of their path network and understand access better.
- 18 sets of community tools delivered to support ongoing activities.
- 15,000m of vegetation clearance from paths
- Over 100 gates installed by Ramblers Cymru staff, community volunteers and LA's
- 36 benches installed.



Bench Installations



Youth Engagement

- Working with Scouts, Guides, Brownies
- Engaging with the local schools within our chosen communities.
- Hosting family friendly activities alongside shorter walks to attract families and younger walkers .
- Promoting our Ramble and Scramble youth activity packs to further encourage walking from home.
- Developing and promoting our family friendly walks



Waymarking



Citizen science days

- 36 citizen science days with 421 participants
- Partnerships with:
 - RSPB
 - Butterfly Conservations
 - Wildlife Trust Wales
 - Wales Nature Partnerships
 - Woodland Trust
 - National Trust
 - The Natural History Consortium



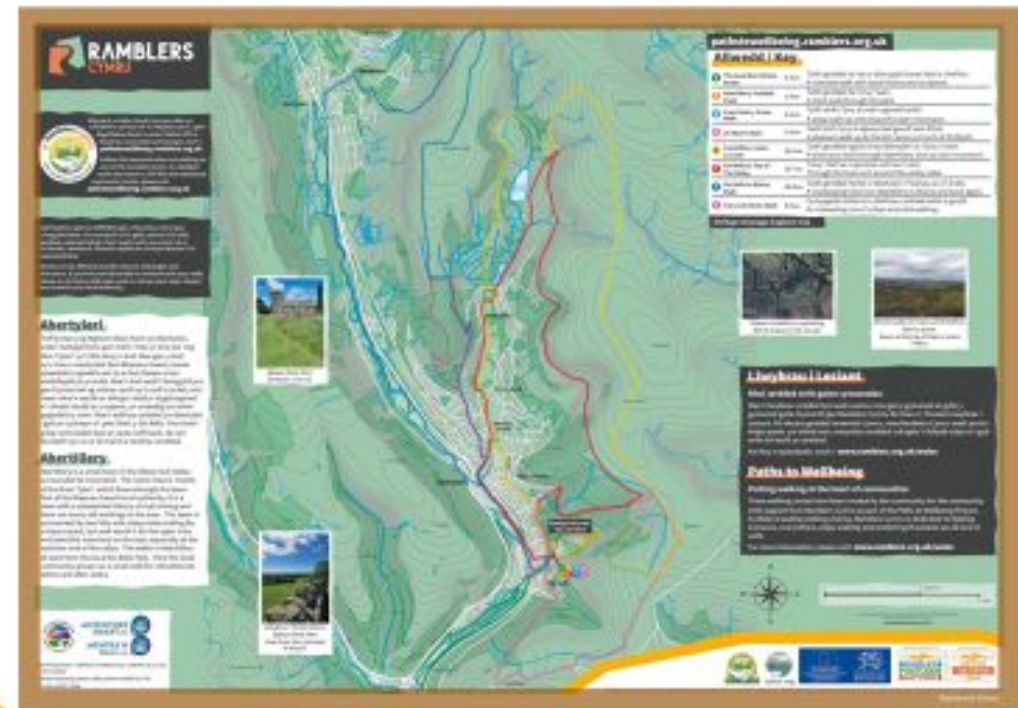
Diversity

- Working with a number of groups across Wales including Welsh Refugee Council, Diverse Cymru.
- Trailing mobility trikes in the Preseli Hills, Pembrokeshire National Park
- ITV Coast and Country covered our work on accessible routes in Ystalfera, Neath Port Talbot



Wasn't this an Astun Technology Presentation???

- Ramblers Cymru vision – “Put Walking at the Heart of Communities”
- Info Board in central location within each community
- Tied to Ramblers Cymru website through microsite. Online access for all.
- Prior relationship with Ramblers Cymru
- We look forward to working with them again in the future





Paths to Wellbeing | North East | Clywedog || ramblers.org.uk/pathstowellbeing

In the Footsteps of Offa South

West of Wrexham with some parts of the Offas Dyke monument.

A mixture of fields, woodland paths and country roads. Some stiles and some steep and muddy sections.



Enjoy this ramble? There are 145 Paths to Wellbeing routes to explore across Wales!

North East Cymru
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 Leisurely
  200m
  Circular
  11.9kms | 7.4m
  03:30

- Starting from the layby near Bertham weir with your back to the river turn R. Walk underneath the A463 then keep L. Ignore the first junction on your L then shortly afterwards turn L following the footpath sign. Follow until a meeting with a brideway. The brideway will go L and R but go straight ahead into the field on the footpath and follow until you meet the main road. Cross straight over and follow the road. After the office complex take the turn on the L.
- The path will take you under a bridge. Just before the next bridge turn L up the steep bank and go straight ahead through the field. The path will go left of some old fencing before reaching a road. At the road turn L and follow until a footpath sign takes you R, along the river. The path follows the river until reaching another road. Here turn L and at the junction go straight over. Follow this road until you reach the first houses.
- At the house take the footpath on the R. This passes over a footbridge then goes across several fields to the left of the river. You arrive at the road in Southsea next to the church. Turn L then take the first R. Immediately take the track to the L bringing you into Groundworks environmental centre. Turn R at their buildings and regain the road. At the road turn L then when it forks take the R hand fork. At the major junction turn L. Follow this for some time until you have passed the sports ground on your R.
- As the end of the sportsground is on your R take the footpath to your L. Keep R when it splits and follow until you reach the road. At the road turn L and follow until a brideway offers you a chance to turn R just after the first houses. Follow brideway until you reach the road. Turn L at the road. Follow until the road junction at Ullgarn Fanny Farm and go straight ahead. Follow until the next junction where you turn R and follow until you meet the main A525.
- Cross straight over the road following the footpath sign, there will be houses to your R. Cross into the field over the stile and go straight ahead. Continue straight until you are around the farm buildings to your L. Cross under the pylons then head to the stile to your R. Cross straight over the track then a stone stile will lead you onto the road. Take the second road on your L heading downhill and follow until you see a kissing gate going into Plas Power Woods.
- Follow the waymarked Clywedog trail all the way through Plas Power Woods and back into Bertham returning to your start point.

 Consider the environment
 Please think before you print
 The Ramblers' Association is a registered charity.
 England & Wales No. 305877, Scotland No. SC330796





RAMBLERS
CYMRU

1567
VOLUNTEERS
INPUTTING



381
NEW RAMBLERS
VOLUNTEERS



98 EMPLOYEES ENGAGED
ACROSS **16** BUSINESSES
TOTALLING **351**
VOLUNTEER HOURS

8579
HOURS AND COUNTING

145
TOTAL
ROUTES



20 BENCHES
102 GATES
INSTALLED



14943 METERS OF
VEGETATION CLEARED

95 POSTS WITH
262 WAYMARKERS



31 INVASIVE SPECIES
REMOVAL DAYS

41 KG OF WILD
SEED DISPERSED

3733 TREES
PLANTED



102 SPECIES BOXES
INSTALLED



1372
PARTICIPANTS
INVOLVED IN

30 COMMUNITY
CONSULTATIONS
ACROSS WALES

32 TRAINING SESSIONS
DELIVERED TO



312
INDIVIDUALS



421
ATTENDEES ACROSS

36 CITIZEN
SCIENCE
DAYS



Website

- Handful of content pages
- Ramblers branded
- Bilingual

Web Map

- 140 walking routes create by 17 communities
- Categorise by Family Friendly or Difficulty
- Gazetteer search
- Choice of base mapping

Usability

- Easy to use
- Fast and resilient
- Content updated by Ramblers staff

Routes - Paths to Wellbeing x +

pathstowellbeing.ramblers.org.uk/en/routes/

Paths to Wellbeing Cymraeg

RAMBLERS CYMRU Home Routes About Contact

Find Routes

Place or postcode

i Instructions
To view routes either click on a community, search for a place or zoom into the map.

⚠ Please note
Routes can be affected by path closures, blockages and diversions. If you find yourself unable to continue with your walk, please try to find an alternate route or retrace your steps. Report any issues to your local authority.

Whilst enjoying these walks please abide by [The Countryside Code](#) and [#BeAdventureSmart](#).

Data

- Maintained in QGIS
- Loaded into Ramblers Geohub (PostGIS) via OGR
- Transformed within Postgres
- Exported to GeoJSON & GPX

Software

- Multilingual Eleventy static website
- OpenLayers map
- Hosted on GitHub/ AWS Amplify

The screenshot shows the QGIS desktop application window titled "paths_to_wellbeing — QGIS". The interface includes a menu bar (Project, Edit, View, Layer, Settings, Plugins, Vector, Raster, Database, Web, Mesh, Processing, Help), a toolbar, and a main map area. A red line representing a route is drawn on a topographic map. The left sidebar contains a "Browser" panel with project and data sources, and a "Layers" panel with "All P2W Route" and "Outdoor_27700" selected. The "Identify Results" panel on the right displays a table of metadata for the selected feature.

Feature	Value
▼ All_P2W_Routes_Merged_05_05_23	
route_name	Little_Garth_and_Castell_Coch
▶ (Derived)	
▶ (Actions)	
fid	78
desc	Starting at Taffs Well station, ...
type	Circular
layer	P2W_SC_PEN_W2_Little_Gart...
path	C:\GIS\Paths_to_Wellbeing\V...
route_name	Little_Garth_and_Castell_Coch
alias	Little Garth and Castell Coch
length_km	9.395075632524579
length_miles	5.8390774596175135
start_x	312492.041
start_y	183177.967
finish_y	183177.967
difficulty	Moderate
ele_low	28
ele_low_x	312983
ele_low_y	181628
ele_high	164
ele_high_x	311146
ele_high_y	182347
total_ascent	290
difficulty_cymraeg	Cymedrol
type_cymraeg	Cylchol
finish_x	312492.041
PW_1_ID	1A
PW_1_x	312107.756595362
PW_1_y	183007.81170156345
PW_1_furn	Path
PW_1_det	Slippery steep embankment o...

At the bottom of the window, the status bar shows the coordinate (313046, 183729), scale (1:22805), magnifier (100%), rotation (0.0°), and projection (EPSG:27700).



GeoPackage to PostGIS



```
ogr2ogr -overwrite \  
-f "PostgreSQL" -a_srs "EPSG:27700" \  
PG:"host=geohub.ramblers.astun.co.uk user=etl dbname=geohub" \  
"D:\Data\paths_to_wellbeing\All_P2W_Routes_Merged_06_06_23.gpkg" \  
-nln "pathstowellbeing.path_import" -nlt "MULTILINESTRING"
```


Transform within Postgres

```
CREATE TABLE pathstowellbeing.route AS
WITH
published_routes AS (SELECT * FROM pathstowellbeing.path_import WHERE publish = 'TRUE'),
start_finish_geom AS (SELECT fid,
    ST_Transform(ST_SetSRID(ST_MakePoint(start_x, start_y), 27700), 4326) AS start_geom,
    ST_Transform(ST_SetSRID(ST_MakePoint(finish_x, finish_y), 27700), 4326) AS finish_geom
FROM published_routes)

SELECT published_routes.fid AS routeuid,
    "alias" AS name,
    alias_cymraeg AS name_cy,
    "desc" AS routesummary,
    desc_cymraeg AS routesummary_cy,
    community
```

...

PostGIS to GeoJSON (English & Welsh)

```
ogr2ogr -overwrite \  
-f "GeoJSON" -lco WRITE_BBOX=NO -lco COORDINATE_PRECISION=6 -t_srs EPSG:4326 \  
"website\src\static\data\route_en.geojson" \  
PG:"host=geohub.ramblers.astun.co.uk user=etl dbname=geohub" \  
"pathstowellbeing.route_export_en"
```


PostGIS to GPX (per route)



```
python3 "scripts\pathstowellbeing\export_route_gpx.py" \  
"website\src\static\data\gpx" \  
"scripts\pathstowellbeing\gpx_template_en.vrt" en
```

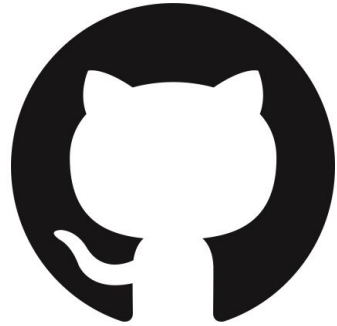


Eleventy - Static Site Generator

OpenLayers - Web Map



Svelte - Map User Interface



GitHub - Source Control

[AstunTechnology/ramblers-cymru-paths-to-wellbeing](https://github.com/AstunTechnology/ramblers-cymru-paths-to-wellbeing)



AWS Amplify - Deployment and Hosting



<https://pathstowellbeing.ramblers.org.uk/>

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x.com/_walkermatt