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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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

**Outcomes**

12 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
In the Footsteps of Offa South
West of Wrexham with some parts of the Offa’s Dyke monument.
A mixture of fields, woodland paths and country roads. Some stiles and some steep and muddy sections.

Starting from the layby near Bershama 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 you meet a bridge over a brook. The track 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 sports ground 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 bridleway offers you a chance to turn R just after the first houses. Follow bridleway until you reach the road. Turn L at the road. Follow until the road junction at Liddett 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 signs, 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 Ogwydog trail all the way through Plas Power Woods and back into Bershama returning to your start point.

Enjoy this ramble? There are 145 Paths to Wellbeing routes to explore across Wales!
1567 Volunteers Inputting
8579 Hours and Counting
381 New Ramblers Volunteers
31,943 Meters of Vegetation Cleared
102 Gates Installed
95 Posts With 262 Waymarkers
20 Benches
98 Employees Engaged Across Businesses
16 Totaling Volunteer Hours
31 Invasive Species Removal Days
41 Kg of Wild Seed Dispersed
3733 Trees Planted
102 Species Boxes Installed
145 Total Routes
32 Training Sessions Delivered To
312 Individuals
1372 Participants Involved in
30 Community Consultations Across Wales
421 Attendees Across 36 Citizen Science Days
36
Website
• Handful of content pages
• Ramblers branded
• Bilingual

Web Map
• 140 walking routes created 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
Find Routes

Place or postcode

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
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"
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
...

Transform within Postgres
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)

```python
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
Hosting & Maintenance

GitHub - Source Control
AstunTechnology/ramblers-cymru-paths-to-wellbeing

AWS Amplify - Deployment and Hosting
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x.com/_walkermatt

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