

# SHIFT health & nature

webinar series

## CHAPTER 4: LAND MANAGEMENT

### The Trails Calculator Project

July 28, 2020

*Presented by*



# About the Webinar Series

March-September 2020

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## CHAPTER 1

The Health & Nature Movement

## CHAPTER 2

Public Health:  
Nature as an Intervention Strategy

## CHAPTER 3

Conservation:  
Public Health as an Ecosystem Service

## CHAPTER 4

Land Management:  
Land Use and Public Health

## CHAPTER 5

Outdoor Recreation:  
The Health Benefits of Time Outside



Photo by James Wheeler

# The Trails Calculator



**Attila Bality**

Outdoor Recreation  
Planner, National Park  
Service Rivers, Trails &  
Conservation  
Assistance Program



**Torsha  
Bhattacharya,  
PhD**

Director of Research,  
Rails-to-Trails  
Conservancy



**Henry  
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Associate Professor of  
Management, Policy  
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**Eva Garcia**

Caracara Trails Project  
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Conservancy



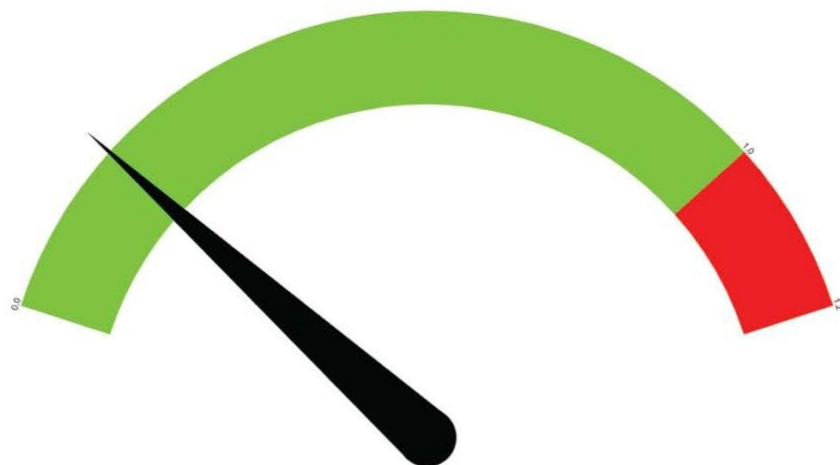


Figure 1: Cost of trail per MET gained. Less than the upper red is cost-effective.

Miles of Trail Added:  Clearing ☐ Yes ☐ No  
 Needed:  
 Elevation Gain:  #   
 of  
 Times:  
 Visitors per Month:  Seasonal? ☐ Yes ☐ No  
 Proportion on weekends:

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Webinar recording on YouTube: <https://bit.ly/2wISnOh>

Slide deck on Figshare: <https://figshare.com/authors/SHIFT/8502495>

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Photo by Robert Collins

# Upcoming Webinars

**Tuesday, Aug. 11, 3-4 PM MT**

- **The Mental Health Benefits of Parks**

- *Ralf Buckley, International Chair in Ecotourism Research, Griffith University*
- *Jon Jarvis, Executive Director, UC Berkeley's Institute for Parks, People, and Diversity*
- *Brenda Schmidt, CEO, Coplex*

**Tuesday, Aug. 25, 10-11 AM MT**

- **The Mental Health Benefits of Outdoor Recreation**

- *Kristen Walter, PhD, Clinical Research Psychologist, Naval Health Research Center*



**Equity, Access and The Mental  
Health Benefits of Time Outside**

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