

GOOD PRACTICE / COMMUNITY

Inclusive Trail Design

initiated by the Kootenay Adaptive Sport Association (KASA)

AIM & OBJECTIVES: Developing adaptive and inclusive mountain biking trail guidelines

TARGET GROUP: From active elderly to toddlers on run bikes

KEY STAKEHOLDERS:

Community leaders, proactive mountain bikers

DESCRIPTION: “Kootenay Adaptive team members and partners began a project that would see guidelines developed for adaptive Mountain Biking. Testing trails, talking with advocates, working with builders [...]. Kootenay Adaptive’s mountain biking trail guidelines are meant for free public use, to help grow the sport. The intentional side benefit of adaptive mountain biking trails is that these trails open mountain biking up to the greatest number of users possible.”

ADDED VALUE:

One-off initiative that brings a sustainable benefit to the entire community

LESSONS LEARNED:

Physical literacy-enriched environmental design (PLEED) can help develop and validate bike trails (and more)

RESOURCES & REFERENCES:

kootenayadaptive.com/adaptive-mountain-biking-trail-standards/