



Public Health and Experience of Nature, Maribo, 27 – 30 May 2008

# 3.000 Steps a Day – in Nature

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Müritz-  
Nationalpark



# **3.000 Steps a day – in Nature**

## **Healthy Opportunities in Müritz National Park**

- 1. A Park Manager's Approach**
- 2. The Demand**
- 3. The Scenery**
- 4. Events**
- 5. Programmes**
- 6. Joining Forces**
- 7. Concluding Remarks**

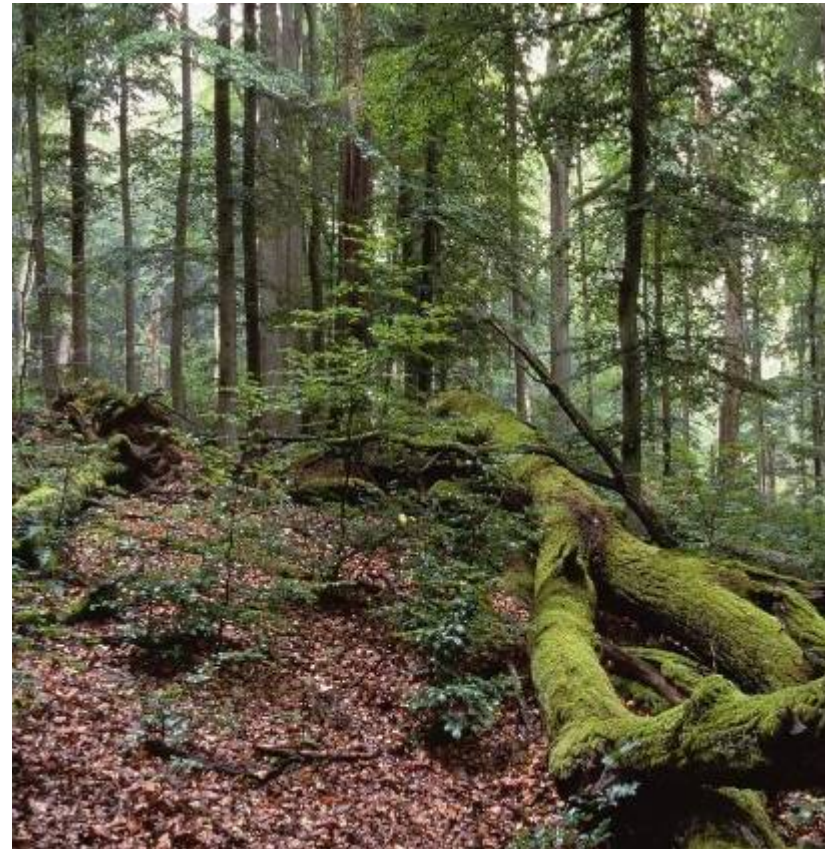


# 1. A Park Manager's Approach

## Vision for National Parks

- Leave Nature to its own devices
- Conserve natural processes
- Glimpse into the „Nature Workshop“
- Learn from Nature
- Conservation as an engine for regional development

EUROPARC DEUTSCHLAND



## Visitors are welcome...

...but

- Please behave
- Stick to the rules
- Be appreciative
- Learn from Nature
- Leave no traces

What do the visitors want?



## 2. The Demand

**Müritz National Park Visitors want to**

**82% observe nature**

**75% enjoy quietness**

**67% relax and recreate**

**66% ride bicycle**

**58% take up information offers**

**50% take pictures of nature**

**44% go walking without guide**

**26% go swimming**

**23% go by boat/ canoe**

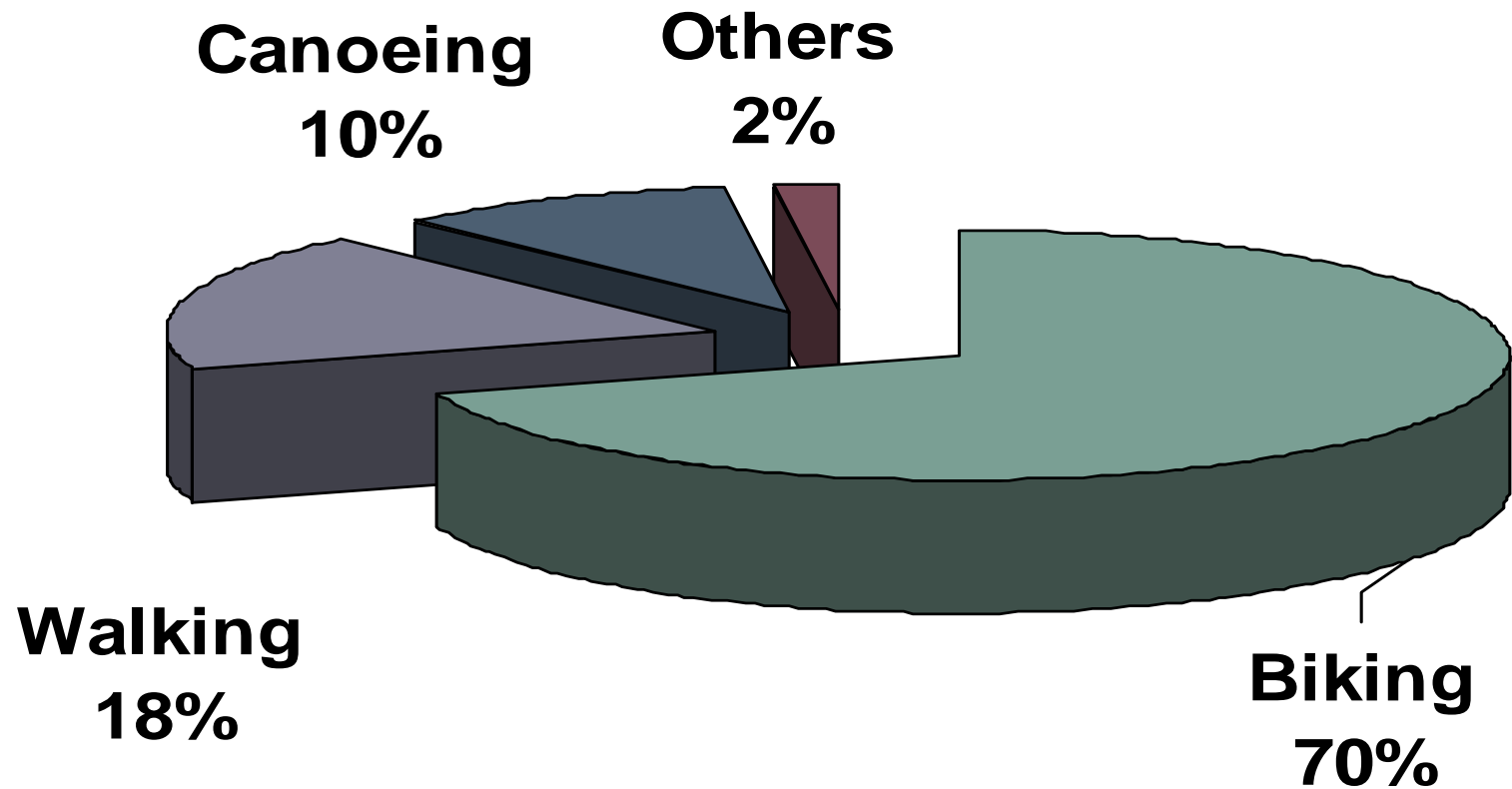
**19% go on guided walks**

**2% ride a horse**

NPA Visitor Monitoring 2001



# Müritz National Park – Visitor Activity



NPA Visitor Monitoring 2004

# Shift in Demand towards Health Consciousness?



National Park Ticket:

Less User, but more bicycles

More „active“ visitors

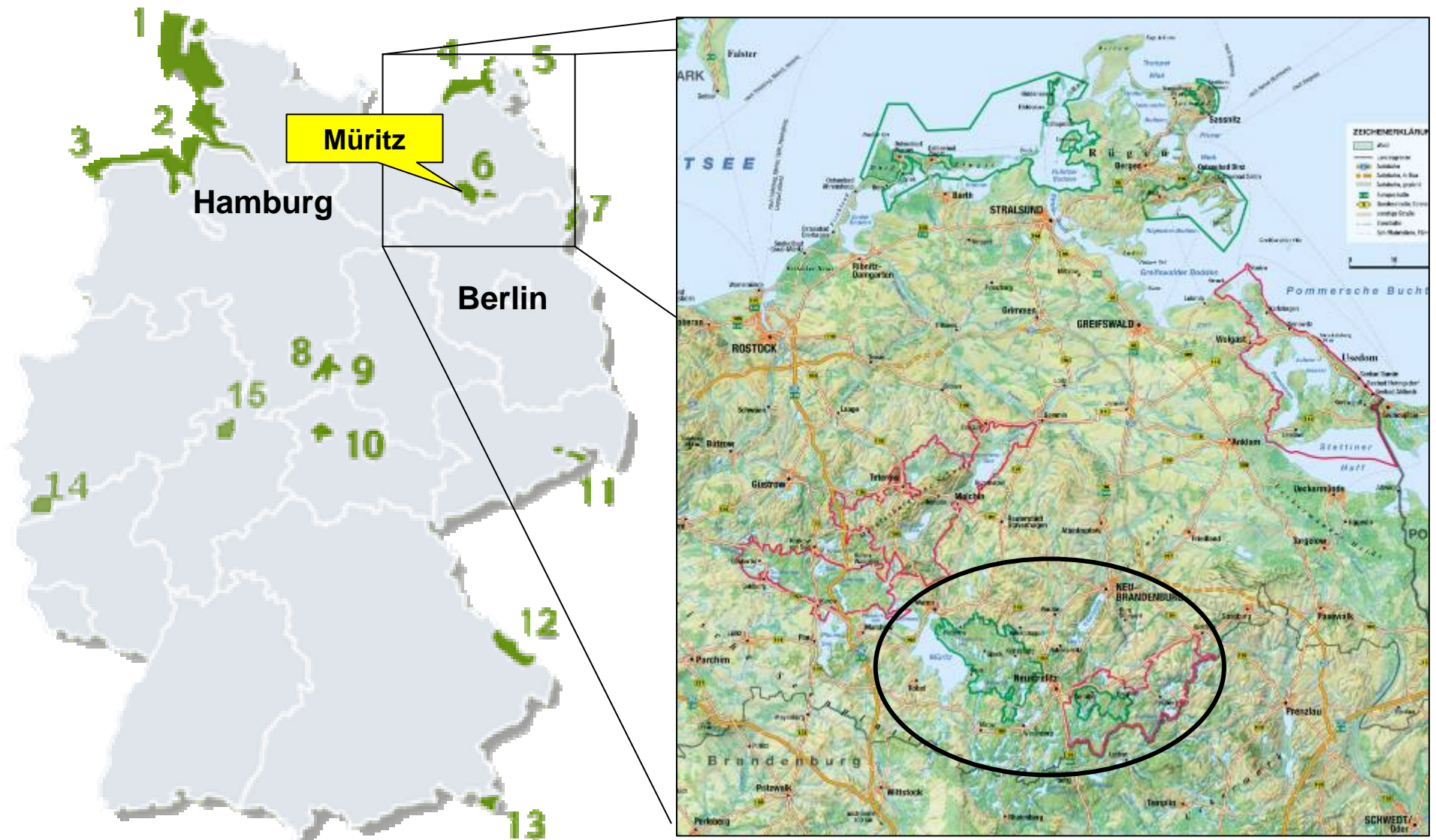
More „wellness“ hotels

More Spas

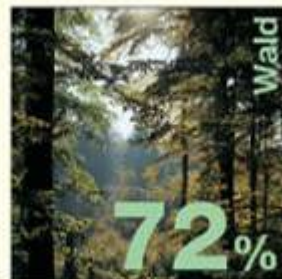
More sports events

More emphasis on „prevention“

### 3. The Scenery: Müritz National Park, Germany



# Müritz- Nationalpark





# Infrastructure

Network of signed trails

Information posts

Observation towers

Observation platforms

Hides/ Sheds



- 48 Walking Trails/ 457 km
- 8 Cycle Tracks/ 145 km
- 2 Cycle connection tracks/ 10 km
- 1 Nature Experience Trail/ 4 km
- 7 long-distance and regionale  
Cycle routes/ 54 km inside park
  
- 4 wood paths
- Horse Riding Trails/ 49 km
- 2 Canoeing routes/27 km
  
- 189 Information posts (most of  
them with map)
  
- 4.200 direction indicator,  
pictogrammes und touristic  
signposts in the area,
  
- 28 Platforms and towers, 15  
shelter huts, 68 benches, ...

## Summary of the touristic infrastructure of Müritz National Park



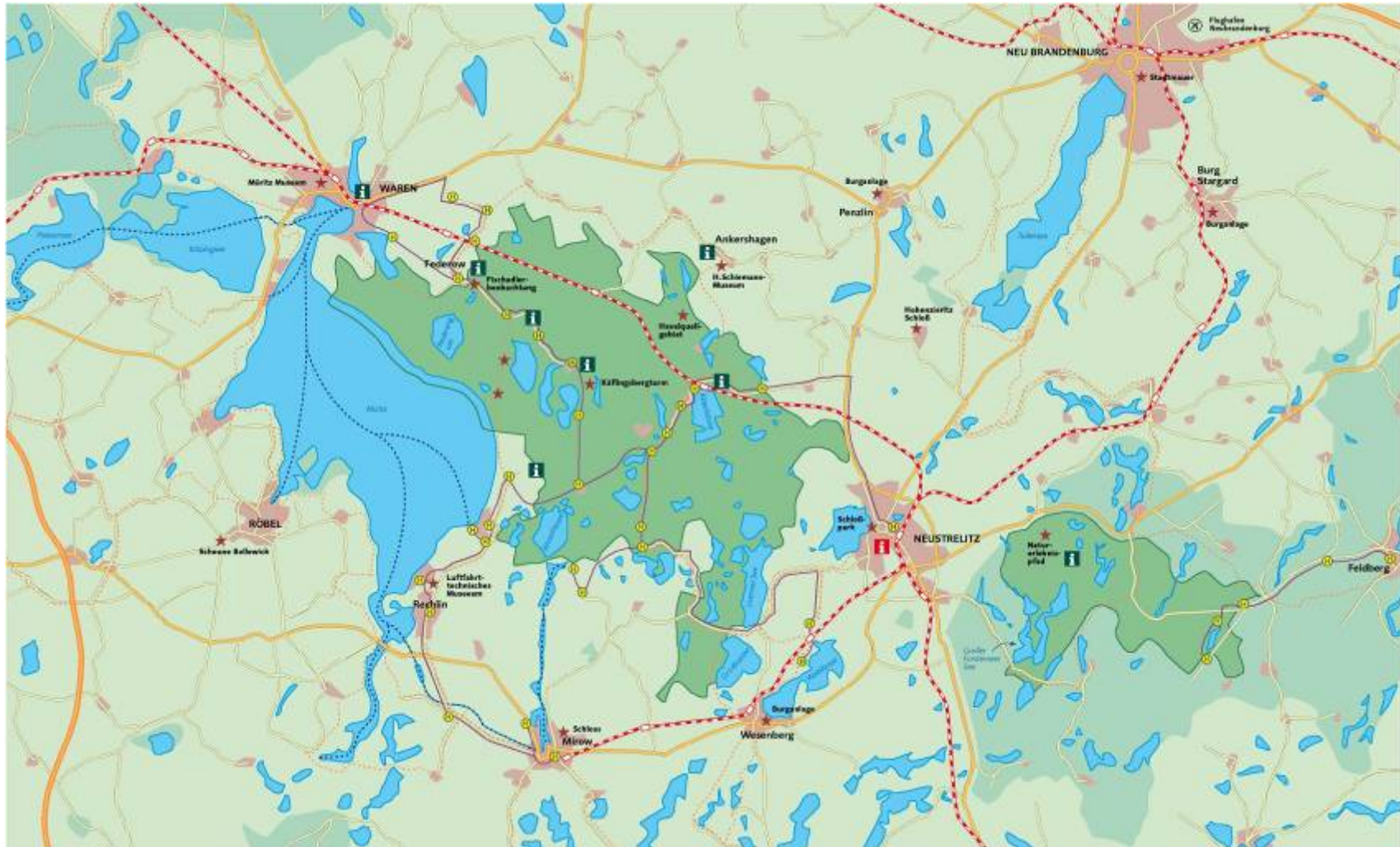


## Entrance Area

- Traffic/ Mobility
- Information
- Economy
- Choice of Activities



# National Park Ticket - Mobility and Networking



## 4. Events



„Wandertag“

Running Events

Triathlon

Cycling Tours

1000 Lakes Marathon

## 3.000 Steps a Day (European Day of Parks 2007)





## 5. Programmes

### **Guided Tours/ „Crane Ticket“**



**Access:**

**after 16.00h only guided tours**

**Capacity:**

**max. 130 visitors/ evening**

**Bus transfer from city nearby**

*© Mont. Gallego*

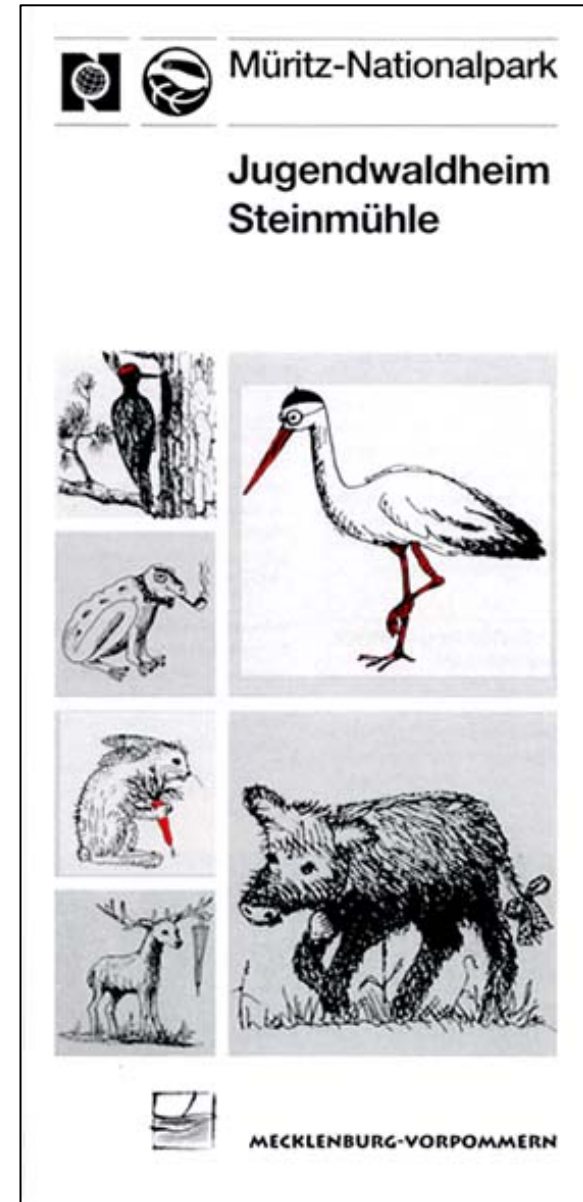
# Environmental Education



# Education Programmes

- ▶ **3.-5. Grade**
  - National Park
  - Forest
  - Living Things
  
- ▶ **6.-8. Grade**
  - National Park
  - Habitats: Forest, Bogs, Lakes
  - Landscape Development
  
- ▶ **9.-12. Grade**
  - National Park
  - Connected Habitats
  - Landscape Development
  - Settlement and Land Use

## Project Days, Junior Ranger



# Junior Ranger



## 6. Joining Forces

Can we combine

- the people's desire for activity
  - the prevention interest of health insurances and
  - the cognitive elements of education programmes
- for an attractive and healthy national park offer?



# Wander-Ma(h)l

(Move: Good Walking – Good Eating)

Combination of a healthy walk in the national park and  
Healthy food from regional producers



## 7. Concluding Remarks

Activity in clean air

Beautiful Landscapes

Emotional encounters

Spiritual moments

... there are plenty of healthy opportunities in national parks

If we do not want the national park to be the mere scenery, we should take advantage of the health issue and join forces with other partners

Taking advantage of health issues will bring new allies