

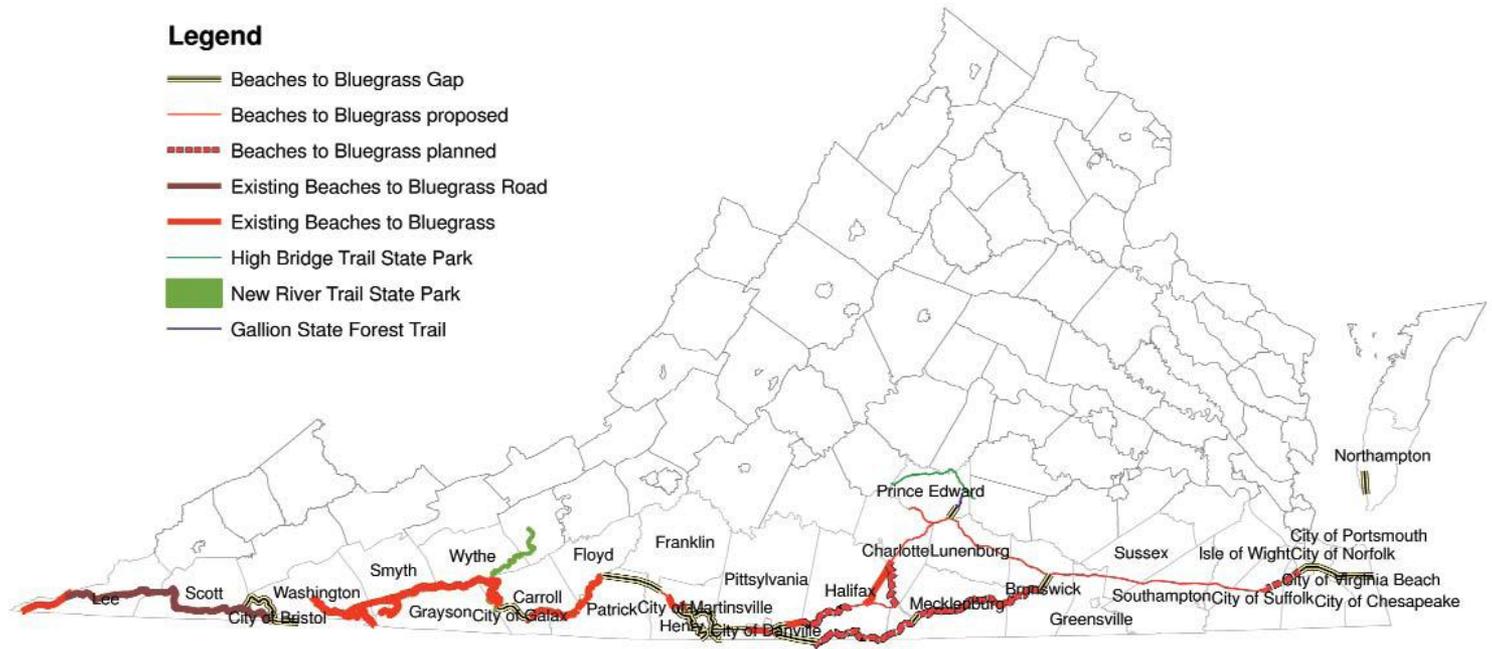
# Beaches to Bluegrass Trail

Beaches to Bluegrass Trail



## Legend

- Beaches to Bluegrass Gap
- Beaches to Bluegrass proposed
- Beaches to Bluegrass planned
- Existing Beaches to Bluegrass Road
- Existing Beaches to Bluegrass
- High Bridge Trail State Park
- New River Trail State Park
- Gallion State Forest Trail





# Agenda

1. Introduction
2. Background
3. Overview of the Project
4. Potential Economic Benefits
5. Next Steps
6. Questions

# Introduction

## Beaches to Bluegrass Trail

- Cross State Trail connecting Virginia to the Cumberland Gap
- Provides transportation and recreation options for communities along the trail and near the trail
- One of six trunkline routes in Virginia

### Virginia's Long-Distance Trail Network

#### Legend

- State Parks
- State Forests
- State Natural Area Preserves (some restrictions)
- State Wildlife Management Areas (some restrictions)
- DGIF Boat Ramps in trail corridor
- The Nature Conservancy Preserves
- Federal Lands with recreational use
- Regional Trails existing or under development
- Cities
- Interstates
- Appalachian Trail

#### Proposed Trail Corridors

- East Coast Greenway
- Beaches to Bluegrass Trail
- Great Eastern Trail
- Potomac Heritage National Scenic Trail
- James River Heritage Trail
- Planning Districts



For more information on state resources, visit the following Web sites:  
State Parks—[www.dcr.virginia.gov/state\\_parks/](http://www.dcr.virginia.gov/state_parks/)  
State Natural Area Preserves—[www.dcr.virginia.gov/natural\\_heritage/natural\\_area\\_preserves/index.shtml](http://www.dcr.virginia.gov/natural_heritage/natural_area_preserves/index.shtml)  
State Forests—[www.dof.virginia.gov/stores/index.htm](http://www.dof.virginia.gov/stores/index.htm)  
State Wildlife Management Areas—[www.dgif.virginia.gov/wmas/](http://www.dgif.virginia.gov/wmas/)

For more information on federal resources in Virginia, visit these Web sites:  
National Parks—[home.nps.gov/applications/parkssearch/state.cfm?st=va](http://home.nps.gov/applications/parkssearch/state.cfm?st=va)  
National Forests—[www.fs.fed.us/r6/gwy/](http://www.fs.fed.us/r6/gwy/)  
National Fish and Wildlife Refuges—[www.fws.gov/refuges/refugelocator/Maps/Virginia.html](http://www.fws.gov/refuges/refugelocator/Maps/Virginia.html)  
For other federal recreation areas, search [www.recreation.gov/](http://www.recreation.gov/)

Today, as population growth and development patterns continue to change Virginia's landscape, the need for places to walk, bicycle, horseback ride and be physically active is more important than ever.

Trail locations, as of fall 2009 on this map are not exact or to scale. This map should not be used for navigation or trip planning.  
[http://www.dcr.virginia.gov/recreational\\_planning/documents/trailnet.pdf](http://www.dcr.virginia.gov/recreational_planning/documents/trailnet.pdf)

# Introduction

## Project Team

- Virginia Department of Transportation, Lead Agency
- Virginia Department of Conservation and Recreation. Partner agency
- HNTB, lead consultant
- Alta Planning + Design, bicycle, pedestrian, trail specialist



# Background

## Trails Program Vision

*active communities and open space linked by trails and greenways that connect individuals, children and their families to nature and to each other*



# Background

## Virginia's Long-Distance Trail Network Goals

- Goal 1: **Enhance access to the outdoors** through the development of a trails network that promotes healthy recreation and connects citizens including children and families to Virginia's diverse open space and natural landscapes.
- Goal 2: **Improve linkages between communities and key tourist destinations** in both rural and urban areas to promote regional outdoor recreation and heritage tourism initiatives, support local economies, and provide economic stimuli for small business start-ups and entrepreneurial expansion.
- Goal 3: Create the foundation of a statewide system of interconnected open space corridor through which trails traverse, in order to **support long-term protection of Virginia's "green infrastructure"** and the ecological services it provides.
- Goal 4: Integrate trails as a critical component in Virginia's transportation infrastructure, in order to **provide efficient and convenient non-motorized connections to neighborhoods, schools, community facilities, and employment centers.**
- Goal 5: Educate citizens about the trail network's social, ecological, transportation, and wellness benefits, and foster educational pursuits through environmental research, multi-cultural programs, and **"outdoor classrooms."**



# Background

## Beaches to Bluegrass Trail Goals

Pull together existing trail groups and enthusiasts to form a group to coordinate efforts in developing what is tentatively being called the Beaches to Bluegrass Trail.

Their efforts could result in a braided trail that will connect the Cumberland Gap with the Chesapeake Bay and the Atlantic Ocean. Designated components of the Beaches to Bluegrass Trail will be joined together to form along-distance network across the southern length of Virginia. Since the trail will be comprised of many existing trail segments, not all trails will be multi-purpose, but in general the trail will attract a diverse mix of users.



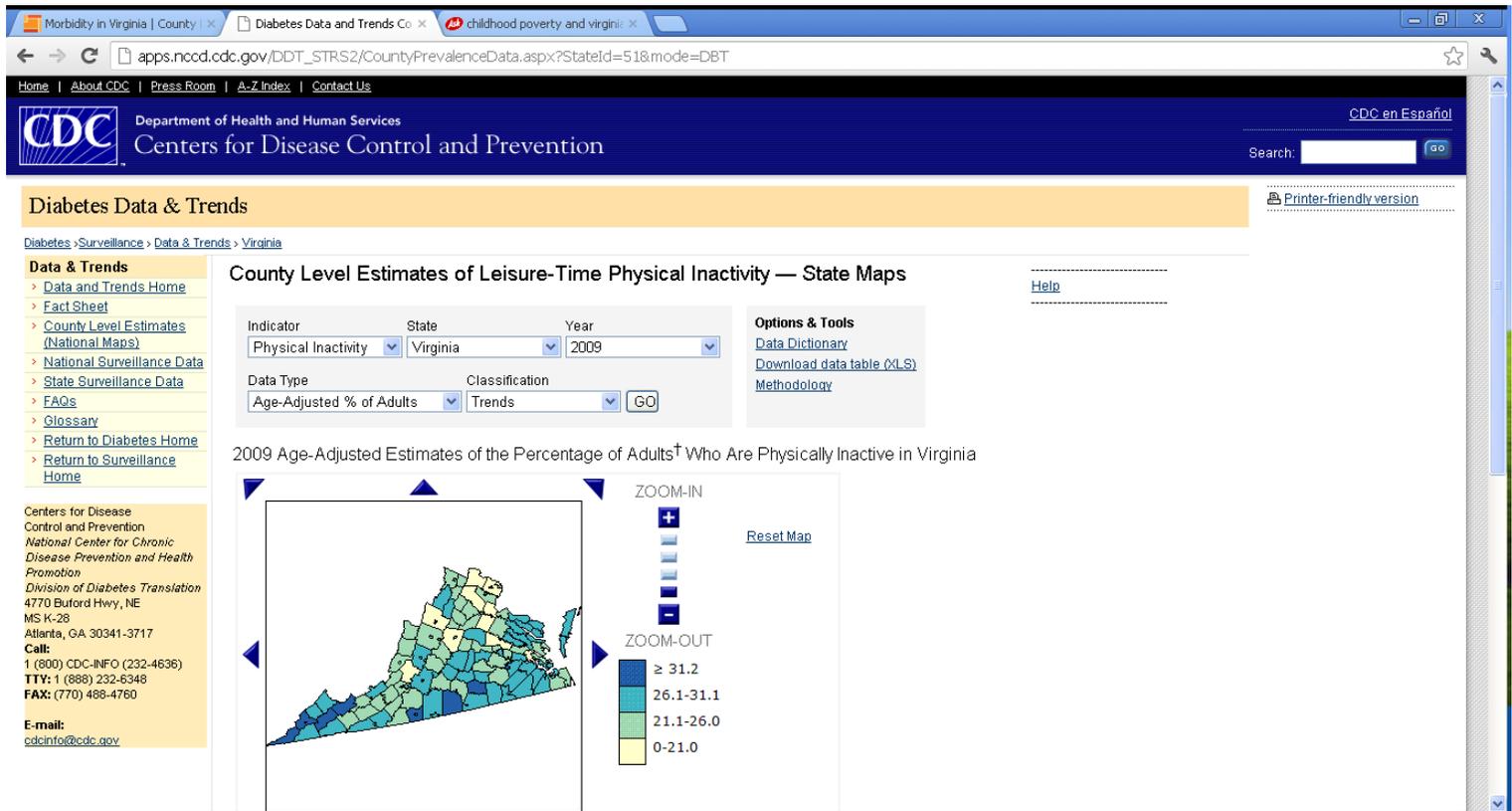
# Most popular activities

Activity	% of households	
	2006	2011
Walking for pleasure	71.7	82.2
Visiting parks (local, state, natl.)	--	50.6
Visiting historic areas	56.1	44.2
Swimming/pool	44.0 (all)	43.1
Sunbathing/relaxing on a beach	36.4	41.3
Swimming/beach	44.0 (all)	38.3
Jogging/running	24.1	33.6
Using a playground	25.0	29.9
Picnicking away from home	26.1	28.0
Visiting gardens/arboretums	21.6	25.6

## Public Perception of What Outdoor Recreation Facilities are Most Needed

Activity	% of households	
	2006	2011
Hiking and walking trails	49.0	67.6
State waters: fishing, swimming, beach	50.2	59.6
Natural areas	42.0	55.1
Bicycling trails	39.7	54.2
Historic areas	33.3	50.8
Canoeing, kayaking	--	46.4
Wildlife watching and nature study	--	44.8
Playing fields for outdoor sports	35.5	40.0
Public pools	--	38.3
Tennis and basketball courts	25.4	31.7

# Inactivity in Virginia



# Obesity in Virginia



Morbidity in Virginia | County | Diabetes Data and Trends Co | childhood poverty and virginia

apps.nccd.cdc.gov/DDT\_STRS2/CountyPrevalenceData.aspx

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**CDC** Department of Health and Human Services  
Centers for Disease Control and Prevention

CDC en Español

Search:

[Printer-friendly version](#)

## Diabetes Data & Trends

Diabetes > Surveillance > Data & Trends > Virginia

### Data & Trends

- [Data and Trends Home](#)
- [Fact Sheet](#)
- [County Level Estimates \(National Maps\)](#)
- [National Surveillance Data](#)
- [State Surveillance Data](#)
- [FAQs](#)
- [Glossary](#)
- [Return to Diabetes Home](#)
- [Return to Surveillance Home](#)

Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion  
Division of Diabetes Translation  
4770 Buford Hwy, NE  
MS K-28  
Atlanta, GA 30341-3717  
Call: 1 (800) CDC-INFO (232-4636)  
TTY: 1 (888) 232-6348  
FAX: (770) 488-4760  
E-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

### County Level Estimates of Obesity — State Maps

[Help](#)

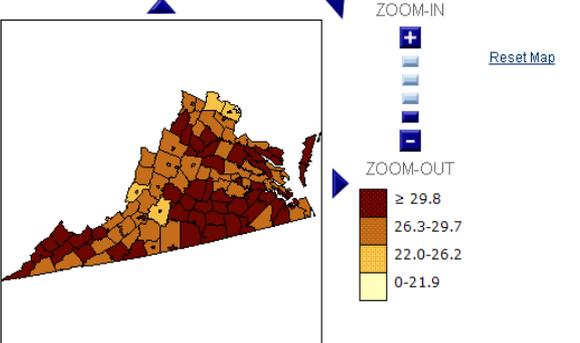
Indicator	State	Year
Obesity	Virginia	2009

Data Type: Age-Adjusted % of Adults  
Classification: Trends

**Options & Tools**

- [Data Dictionary](#)
- [Download data table \(XLS\)](#)
- [Methodology](#)

2009 Age-Adjusted Estimates of the Percentage of Adults<sup>†</sup> Who Are Obese in Virginia



**ZOOM-IN**

[Reset Map](#)

**ZOOM-OUT**

≥ 29.8  
26.3-29.7  
22.0-26.2  
0-21.9

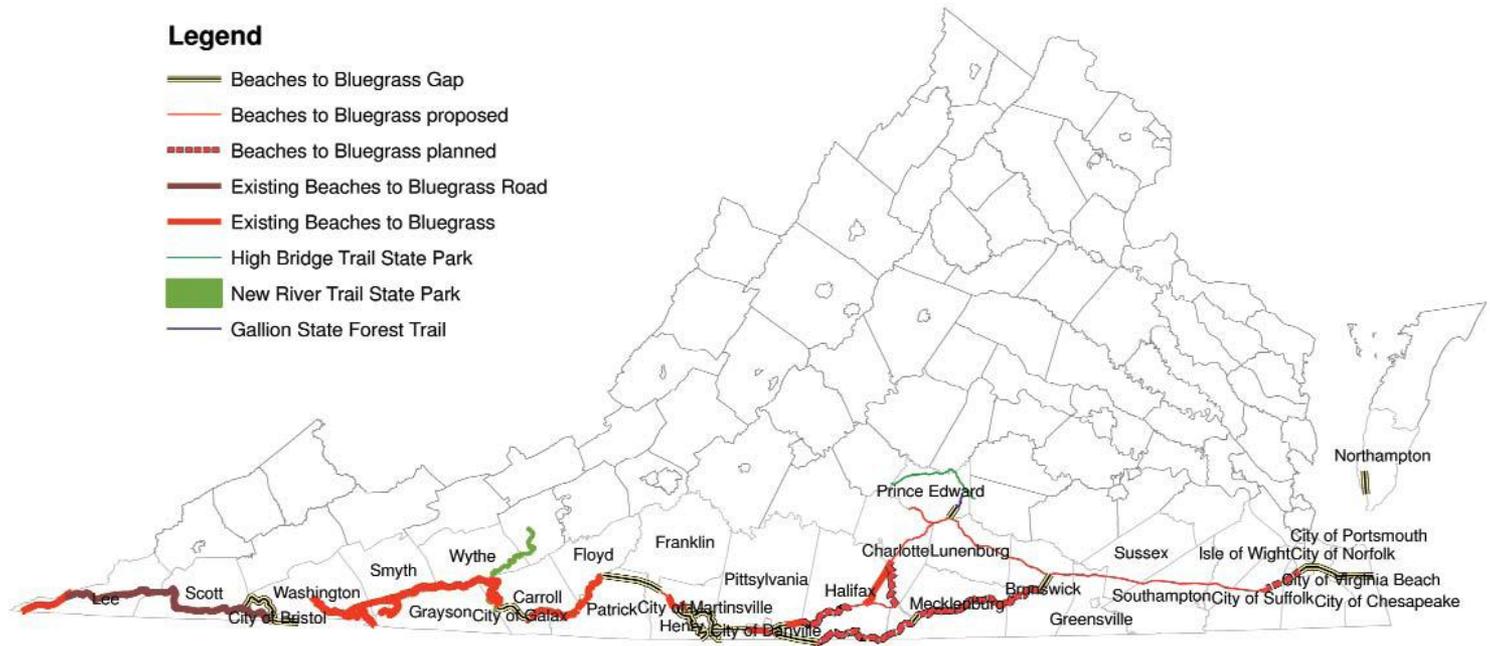
# Project

## Beaches to Bluegrass Trail



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More than 400 miles long, the Beaches to Bluegrass Trail will connect communities across southern Virginia and provide convenient recreational and transportation opportunities to thousands of Virginians

# Project

## Potential Trail Segments Eastern/Costal Section

- The proposed Multi-City Trail will span southside Hampton Roads from downtown Suffolk to the Virginia Beach oceanfront. The route will be formed from these planned or proposed trail projects in Suffolk, Chesapeake, Portsmouth, Norfolk and Virginia Beach:
- *Commonwealth Rail to Trail* - Chesapeake and Portsmouth; proposed
- *Elizabeth River Trail* - Norfolk; proposed extension from Harbor Park eastward and northward
- *Virginia Beach Trail* - Virginia Beach; proposed for abandoned Norfolk Southern rail corridor
- Pipeline Easement – Suffolk to



# Project

- Potential Trail Central/Piedmont Section Segments

- The proposed [Tobacco Heritage Trail](#) will form the central piece of this trail network, with its multipurpose rail to trail through Brunswick, Mecklenburg and Halifax counties.
- The [Danville Riverwalk Trail](#).
- The Dick and Willie Passage
- The Smith River Trail [Fairy Stone State Park](#)



# Project

## Potential Trail Western/Mountain Segments

- Trails along the [Philpott Reservoir](#)
- The Blue Ridge Parkway
- A portion of [New River Trail State Park](#) and [Grayson Highlands State Park](#).
- The [Virginia Creeper Trail](#).
- [Wilderness Road State Park](#).



# Other Cross-State Trails

- Cross State Trails create jobs, boost economies of rural and urban areas, attract tourists and support small businesses



# Other Cross State Trails

- NC Mountains-to-Sea Trail
- SC Palmetto Trail
- GA Coastal Georgia Greenway
- PA Susquehanna River Greenway
- NY Erie Canalway Trail
- MI Belle Isle to Wisconsin Trail



# Economic Benefits of Trails

- Reduce cost of public services
- Improve health and wellness
- Attract tourists, boost local economy
- Improve real estate values
- Make communities more livable
- Attract business and industry



# Economic Benefits of Trails

## Trail Towns

- Trails build strong, economically vital communities
- Trails provide communities with a valuable amenity
- Trails revitalize neighborhoods
- Trails build local businesses
- Trails provide facilities for fundraisers



# Economic Benefits of Cycling

- Bicycling industry contributes **\$133 billion** a year to the U.S. Economy
- Supports **1.1 million jobs**
- Generates **\$17.7 billion** in federal, state and local taxes
- Bicycle tourists spend **\$47 billion** on meals, transportation and lodging

Source: League of American Cyclists  
2009



# Bicycle Tourism

- Reasonable tour ride is 25-50 miles, a few will go farther
- Beaches to Bluegrass tours: 5 to 10 days
- Average expenditure per cyclists: \$20/visit, overnight travels \$100+/night
- Projected annual use for Beaches to Bluegrass could exceed 1 million



# Economic Benefits of Trails

## Equestrians

- Horse industry has a \$1.2 billion impact on the Virginia Economy
- Generated over \$65 million in state and local taxes in 2010
- More than 13,000 horse farms in the Commonwealth a 23 % increase since 2007



# Health and Wellness Benefits

- Virginia spends over **\$100 billion** on health care
- Obesity is an epidemic
- CDC and Surgeon General encourage communities and states to build more trails
- Create active living communities



# Surgeon General's Call to Action on Walking

MARCH 27, 2013, 12:01 AM

## Easing Brain Fatigue With a Walk in the Park

By GRETCHEN REYNOLDS

Scientists have known for some time that the human brain's ability to stay calm and focused is limited and can be overwhelmed by the constant noise and hectic, jangling demands of city living, sometimes resulting in a condition informally known as brain fatigue.

With brain fatigue, you are easily distracted, forgetful and mentally flighty — or, in other words, me.

But an innovative new study from Scotland suggests that you can ease brain fatigue simply by strolling through a leafy park.

"Walking is like medicine for my patients," Dr. Bob Sallis — a Kaiser Permanente family practitioner from Fontana, California — told a group of health, business, education, transportation and government leaders who came together in Washington, D.C. in December to advance a national walking movement. Dr. Sallis described the "linear relationship" between how much time his patients spend walking and their overall health after he prescribes regular walks. "If walking was a pill or surgical procedure, it would be on 60 Minutes."

**WALK**  
YOUR WAY TO BETTER HEALTH

*Anatomy of Walking*

- BOOSTS ENDORPHINS**  
EASING STRESS, TENSION, ANGER, FATIGUE, AND CONFUSION IN TEN MINUTES
- REDUCES GLAUCOMA RISK**
- HALVES ALZHEIMER'S DISEASE RISK**  
OVER 5 YEARS
- LIMITS SICKNESS**  
BY HALVING ODDS OF CATCHING A COLD
- IMPROVES HEART HEALTH**  
BY INCREASING HEART RATE AND CIRCULATION
- WORKS ARM & SHOULDER MUSCLES**
- ENGAGES AB MUSCLES**
- IMPROVES BLOOD PRESSURE**  
BY FIVE POINTS
- BUILDS BONE MASS,**  
REDUCING RISK OF OSTEOPOROSIS
- LIMITS COLON CANCER**  
BY 31% FOR WOMEN
- STRENGTHENS LEGS,**  
INCLUDING QUADRICEPS, HIP FLEXORS, AND HAMSTRINGS
- IMPROVES BALANCE**
- BURNS MORE FAT**  
THAN JOGGING

ONLY 30 MINUTES A DAY, 5 TIMES A WEEK CAN MAKE YOU HEALTHIER AND HAPPIER.

**Every Body WALK!**  
The Campaign to Get America Walking

[WWW.EVERYBODYWALK.ORG](http://WWW.EVERYBODYWALK.ORG)

# Environmental Barriers to Walking

Rank	Never Walkers	Occasional Walkers	Regular Walkers
1	No walk/jog trails – 65.7%	No walk/jog trails – 61.3%	No walk/jog trails – 56.0%
2	Don't see people exercising – 63.5%	Don't see people exercising – 56.2%	Don't see people exercising – 51.6%
3	Unattended dogs – 44.8%	Hills – 43.2%	Heavy traffic – 44.6%
4	Heavy traffic – 43.9%	Heavy traffic – 42.9%	Hills – 43.9%
5	No sidewalks – 43.4%	Unattended dogs – 42.2%	Unattended dogs – 39.9%

Never walkers were significantly more likely to report no walk/jog trails and not seeing other people exercising in their neighborhood than were regular walkers

Eyler AA et al. Med Sci Sports Exerc. 2003



# Environmental Benefits

- Virginia can conserve and protect our environment and native biodiversity by linking residents to a network of conserved and protected lands, from the mountains to the coast



# Environmental Benefits

- Beaches to Bluegrass will link trail users to numerous state and Federal forests, state and local parks
- The trail promotes human-powered, non-polluting, tourism-based outdoor recreation



# What is in it for You?

- Help with implementing local trails
- Local trails become part of a bigger plan
- This Plan and its recommendations can be used to support funding applications



# Next Steps

- Further outreach to stakeholders and public (On going)
- Conduct Field Work (April)
- Prepare and Present Draft Plan(Summer)
- Develop final Plan (Fall)



# Stay Involved

Visit the project website

- Comment form will be posted soon
- Updates on progress
- Copies of project materials such as this presentation

[http://www.virginiadot.org/programs/beaches\\_to\\_bluegrass\\_conceptual\\_trail\\_plan.asp](http://www.virginiadot.org/programs/beaches_to_bluegrass_conceptual_trail_plan.asp)



# Questions?

