



LEEDS BECKETT UNIVERSITY
CARNEGIE SCHOOL OF SPORT

YOUR MOVEMENT MATTERS MOUNTAIN ACTIVITIES

Tier 1 – Report

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The Your Movement Matters project was initiated by eight of the UK's leading walking, climbing and outdoor leisure organisations from the British Mountaineering Council's Partners Assembly.

Through an online survey, 4,538 individuals' experiences of walking, climbing and mountaineering activities have been documented. Creating an evidence base of what participation looks like and means for those individuals. Their stories, motivations, barriers, opportunities to undertake the activities and desires to try new ones. This key data provides an understanding which can inform practice and drive policy change to develop and implement evidence-based diversity and inclusion strategies within the funding organisations.

These documents summarise the data analysis done to date. Opportunities for further comparative analysis to be conducted still exist as there are hundreds of intersectional characteristics of the respondents that can

be studied. The survey ran from 28th April 2021 to 8th June 2021. Participation was open to all aged 16 + in the UK and Ireland.

This document presents the key information, analysis, interpretations, as well as implications and potential next steps in the context of mountain activities.

Content in this document has been derived from survey data related to the five mountain activity groups that our research participants were asked to comment on:

- Mountain walking (non-winter)
- Scrambling
- Winter Mountaineering
- Winter or ice climbing
- Overseas mountaineering

Key findings:

Total number of survey respondents: 4,538

For ease of reading, throughout this report, survey respondents who stated they participate in any of the mountain activities may be referred to as mountaineers.

2,093 (46%) of all survey respondents told us they participated in one of the above activities in the last 12 months. The most common type of mountain activity done by our respondents was non-winter mountain walking, with 44% of all survey respondents participating. This is similar to participation by our respondents in climbing activities (indoor climbing: 38% and outdoor climbing: 47%), but significantly lower than those who take part in our named walking activities (90%).

The least common type of mountaineering for our respondents was overseas mountaineering, with 2% of respondents indicating that they have participated since March 2020. This was expected under the circumstances of the Covid-19 pandemic. We recommend that participation rates of UK & Irish residents in overseas mountaineering are investigated in future studies according to changing travel restrictions. It is undeniable that ongoing and rapidly changing travel circumstances will continue to impact overseas mountaineering, and travel more broadly, for a long time and the resulting complexity will impact on participation for years to come and will harbour interesting research opportunities.

Mountaineering style	Percentage of those who participate out of all respondents (of those who responded 4,538)
Mountain walking (non-winter)	43.94% (1994)
Scrambling	22.43% (1,018)
Winter Mountaineering	9.21% (418)
Winter or ice climbing	3.11% (141)
Overseas mountaineering	2.42% (110)

Frequency of participation

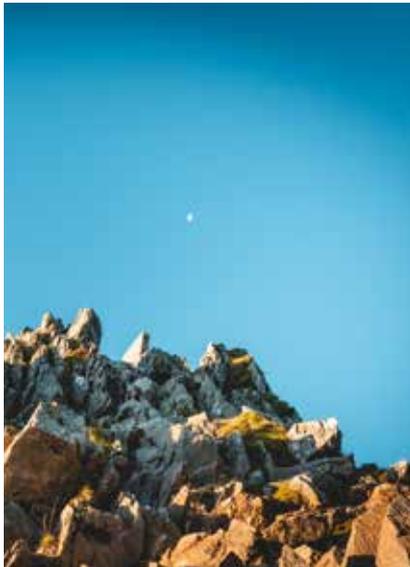
Since March 2020, the most common type of mountain activity participated in by respondents was mountain walking (non-winter). Only 9% undertake this activity more than once a week. 21% of respondents go mountain walking 1 to 5 times a month, with 32% doing it less than every 2 months.



Mountain Walking (non-winter)	Frequency of participation in Mountain Walking (non-winter) (3663 responses)
5 + times per week	0.49% (18)
3 – 5 times per week	1.37% (50)
1 – 2 times per week	7.37% (270)
Between 1 – 5 times per month	21.05% (771)
Every 2 – 3 months	20.75% (760)
Once per year	10.76% (394)
I have not done this activity in the past 12 months	16.76% (614)
I do not participate in this activity	20.99% (769)
I participate in this activity seasonally (i.e., when there is ice)	0.46% (17)

The majority of people who told us they have participated in scrambling since March 2020 do so every 2 to 3 months (47%). This is not an activity that is participated in frequently, with just 26% of respondents scrambling more than once a month.

IN FOCUS - Of our respondents who take part in mountain activities, 10% told us that the weather and 3% said distance were factors stopping them from participating in their chosen activities. These reasons inevitably contribute towards lower frequency of participation in some mountain activities, including scrambling.



Scrambling	Frequency of participation in Scrambling (3474 responses)
5 + times per week	0.12% (4)
3 – 5 times per week	0.49% (17)
1 – 2 times per week	1.61% (56)
Between 1 – 5 times per month	7.63% (265)
Every 2 – 3 months	17.39% (604)
Once per year	9.76% (339)
I have not done this activity in the past 12 months	21.73% (755)
I do not participate in this activity	40.90% (1421)
I participate in this activity seasonally (i.e., when there is ice)	0.37% (13)



Winter Mountaineering	Frequency of participation in Winter Mountaineering (3400 responses)
5 + times per week	0.09% (3)
3 – 5 times per week	0.26% (9)
1 – 2 times per week	0.71% (24)
Between 1 – 5 times per month	2.00% (68)
Every 2 – 3 months	3.18% (108)
Once per year	6.76% (230)
I have not done this activity in the past 12 months	27.00% (918)
I do not participate in this activity	52.65% (1790)
I participate in this activity seasonally (i.e., when there is ice)	250 (7.35%)

Of our respondents who indicated that they have taken part in winter or ice climbing since March 2020, only 5% participate more than 3 times per week. The vast majority participate in this activity seasonally (59%) or only once a year (24%).

IN FOCUS – Winter and ice climbing are our respondents least regular to participate in in the UK. Despite the majority of opportunities for these activities being in the Scottish mountains, 21 of the 28 UK & Ireland’s regions are represented by where our winter and ice climbing respondents live.



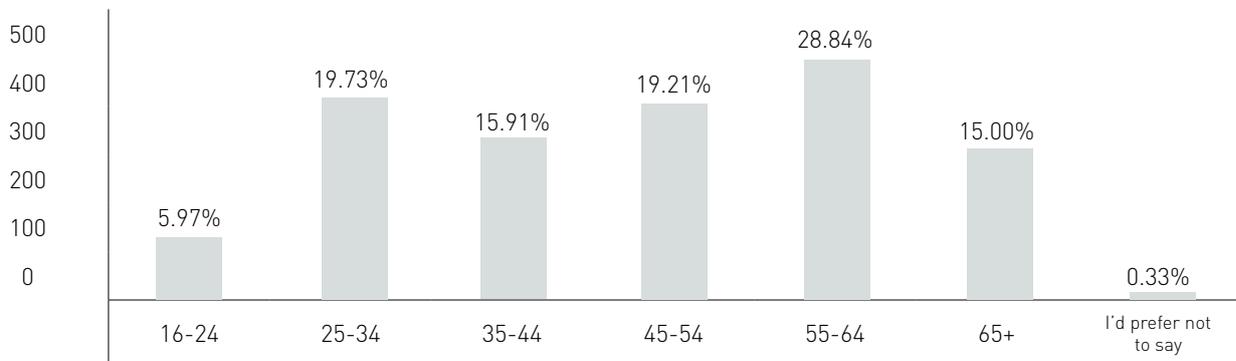
Winter or Ice Climbing

Frequency of participation in Winter or Ice Climbing (3313 responses)

5 + times per week	0.00% (0)
3 – 5 times per week	0.09% (3)
1 – 2 times per week	0.36% (12)
Between 1 – 5 times per month	0.48% (16)
Every 2 – 3 months	0.72% (24)
Once per year	2.32% (77)
I have not done this activity in the past 12 months	22.03% (730)
I do not participate in this activity	68.31% (2263)
I participate in this activity seasonally (i.e., when there is ice)	5.67% (188)

Age

The majority of our respondents who mountaineer fall within the ages of 25 and 64 (79%). The lowest participation can be seen in the youngest age category of 16 to 24 at 6%.



IN FOCUS - Change to Our mountaineering respondents are predominantly aged 55 – 64 (24%) and 15% are over 65. This is significantly different to the distribution of ages participating in climbing activities, with the 25 – 34 age category containing the most participants for both indoor (36%) and outdoor (32%) climbing.

Gender

For mountaineering, when comparing data for males to females only, more males (57%) participate than females (42%). These figures support existing studies investigating gender inequality within mountaineering. Individuals who take part in mountaineering activities who identify as either gender fluid, non-binary, trans-female, trans-male or genders other than “male” or “female” account for just over 1% of respondents to this question that specified a gender. This is half that of those who identify either gender fluid, non-binary, trans-female, trans-male or other who answered the survey as a whole (2%).

Gender	Percentage of those who ‘mountaineer’ (n=2095)
Female	41.96% (879)
Gender Fluid	0.33% (7)
Male	56.66% (1178)
Non-Binary	0.33% (7)
Trans-Female	0.10% (2)
Trans-Male	0.14% (3)
I like to use another term	0.43% (9)



Sexual Orientation

11% (n=233) of our mountaineering respondents identified as being gay, lesbian, bisexual, pansexual, asexual, queer or I like to use another term, compared to 89% identifying as heterosexual.

Sexual Orientation	Percentage of those who ‘mountaineer’ (n=2091)
Asexual	1.87% (39)
Bisexual	4.07% (85)
Gay/Lesbian	3.40% (71)
Pansexual	0.81% (17)
Heterosexual/Straight	86.32% (1805)
I would prefer not to say	2.53% (53)
I like to use another term	1.00% (21)

IN FOCUS - 11% of respondents who take part in mountain activities identify as either gay, lesbian, bisexual, pansexual, asexual, queer or I like to use another term. This is significantly lower than non-heterosexual sexual orientation representation within our respondents who indoor climb, 22% of whom identify as non-heterosexual.

Disability and/or long-term health condition

Do you consider yourself as having a disability and/or a long-term health condition? (excluding mental health at this stage)	Percentage of those who 'mountaineer' (n=2093)
Yes	10.83% (227)
No	88.12% (1847)
I would prefer not to say	1.05% (22)

IN FOCUS – Only 10.83% of our respondents who participate in mountaineering identity has having a physical disability or long-term health condition. This is 3.68% lower than those who go walking, where 14.06% of our respondents who walk or stroll identified as having a physical disability or long-term health condition.

Mental health condition or illness

Of those who told us that they take part in mountain activities, 11% identified as having a mental health condition or illness. Of those, 36% were aged 25 to 34 and 22% were aged 35-44.

A higher number of females (58%) than males (38%) reported a mental health condition or illness. For females, those in the 25 to 34 age category reported the highest prevalence of mental health illness/conditions (28% of females), for males, 13% of those aged 35-44 reported the highest prevalence.

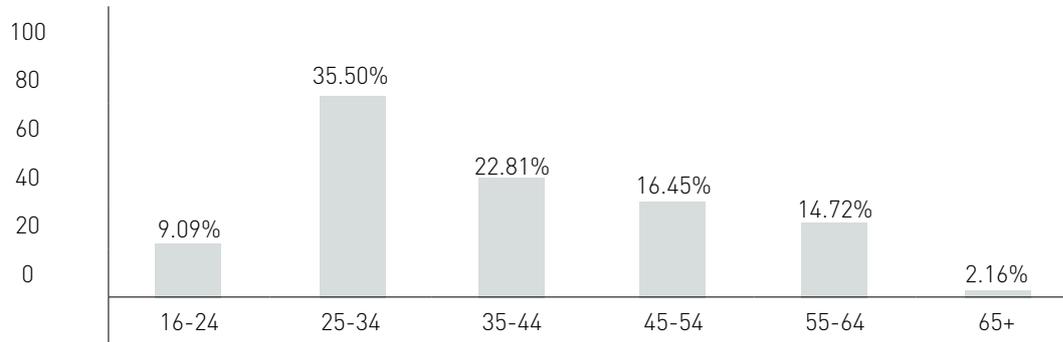
This is not necessarily representative of actual prevalence of mental health conditions or illness for the genders of female and male, but it does indicate that females tend to be more willing to disclose their mental health status compared to males. This relates to a wider conversation about de-stigmatising conversations around mental health.

Do you identify as having a mental health condition or illness?	Percentage of those who 'mountaineer' who provided an answer(n=2061)
Yes	11.21% (231)
No	86.85% (1790)
I would prefer not to say	1.94% (40)



Further Analysis

Percentage of those who mountaineer with a mental health condition/illness (n=231)



Gender	Percentage of those who mountaineer with a mental illness/condition (n=229)
Female	57.64% [132]
Male	38.43% [88]
Gender fluid	0.87% [2]
Non-binary	1.75% [4]
Trans-female	[0]
Trans-male	0.87% [2]
Other	0.44% [1]

Gender breakdown by age of those with a mental health condition/illness (n= 179)

Age group	Female	Male	Gender fluid, non-binary, trans-female, trans-male or genders other than "male" or "female"
16-24	11.17% [20]	4.47% [8]	1.12% [2]
25-34	27.93% [50]	10.61% [19]	3.35% [6]
35-44	10.06% [18]	13.41% [24]	[0]
45-54	2.23% [4]	.34% [15]	[0]
55-64	1.12% [2]	5.03% [9]	0.56% [1]
65+	[0]	0.56% [1]	[0]



Where do you live?	Percentage of those who 'mountaineer' (N=2084)
North West (England)	19.48% (406)
Yorkshire and the Humber (England)	9.31% (194)
South West (England)	8.73% (182)
Central (Scotland)	7.20% (150)
South East (England)	5.71% (119)
North Wales	5.47% (114)
East Midlands (England)	5.33% (111)
South Wales	4.61% (96)
West Midlands (England)	4.27% (89)
Highlands & Islands (Scotland)	4.08% (85)
North East (England)	3.93% (82)
Greater London (England)	3.07% (64)
Northern Ireland	2.93% (61)
Grampian (Scotland)	2.59% (54)
East of England	2.35% (49)
Dublin (Ireland)	2.21% (46)
Strathclyde (Scotland)	1.97% (41)
Lothian (Scotland)	1.39% (29)
Mid Wales	1.20% (25)
West (Ireland)	0.72% (15)
Midland East (Ireland)	0.67% (14)
South East (Ireland)	0.67% (14)
Cork-Kerry (Ireland)	0.67% (14)
West Wales	0.43% (9)
Borders (Scotland)	0.38% (8)
North West (Ireland)	0.29% (6)
Dumfries & Galloway (Scotland)	0.19% (4)
Shannon (Ireland)	0.14% (3)

Ethnic Heritage

IN FOCUS - 96% of all respondents who participate in mountain activities are of white heritage, with only 4% accounting for those from a Black, Asian and minority ethnic heritage.

(n=1698) answers

White (Total)	English/Welsh/Scottish/North Irish/British	Irish	Gypsy or Irish Traveller	Any other white background	
96.35% (1636)	85.63% (1454)	6.42% (109)	0.06% (1)	4.24% (72)	
Mixed or multiple ethnic groups (Total)	White and Black Caribbean	White and Black African	White and Asian	Any other mixed/multiple ethnic background	
1.77% (30)	0.59% (10)	0.06% (1)	0.41% (7)	0.71% (12)	
Asian Asian British (Total)	Indian	Pakistani	Bangladeshi	Chinese	Any other Asian Background
0.77% (13)	0.24% (4)	0.12% (2)	0.06% (1)	0.29% (5)	0.06% (1)
Black, African, Caribbean or Black British (Total)	African	Caribbean	Any other Black, Caribbean or Black British		
0.35% (6)	0.24% (4)	0.06% (1)	0.06% (1)		
Other ethnicities	Other ethnicities				
0.77% (13)	0.77% (13)				

First Language

First Language	Percentage of first language spoken by those who 'mountaineer' (n=2063)
Cymraeg [Welsh]	0.92% (19)
English	94.28% (1945)
French	0.53% (11)
Other	4.27% (88)

IN FOCUS - 94% of respondents who participate in mountaineering have English as their first language, 6% accounts for languages other than English.



Religion or Faith

22% of our respondents who told us that they participate in mountaineering follow a religion or faith, the vast majority (78%) do not. Of those that do, Christianity is the most common religion, with 88% of respondents selecting this option.

Do you follow a religion or faith?	Responses for those who mountaineer (2089)
Yes	21.35% (446)
No	76.26% (1593)
I would prefer not to say	2.39% (50)

Religion or Faith	Percentage of those who 'mountaineer' who follow a religion or faith (442)
Christian	87.78% (388)
I follow another religion or faith, please write your answer below	6.56% (29)
Buddhist	1.81% (8)
I would prefer not to say	1.81% (8)
Muslim	1.13% (5)
Jewish	0.68% (3)
Sikh	0.23% (1)
Hindu	0% (0)

IN FOCUS – The religious diversity of the 22% of respondents who mountaineer is similar to that of those who take part in walking activities, with 88% of those who follow a religion or faith following Christianity. There is more religious diversity within climbing activities, with just 82% of religious indoor climbers and 83% of religious outdoor climbers following Christianity.

This report has showcased a brief insight into the findings of the Your Movement Matters survey. For more detailed insight, please see the Tier 2 reports which explore this novel data further <https://www.leedsbeckett.ac.uk/research/centre-of-social-justice-in-sport-and-society/investigating-equity-and-diversity-in-climbing-and-walking-activities>

To reference this report: Chris Kay, Emily Ankers and Suzanne Bond, Your Movement Matters: Mountain Activities, Tier 1 Report, Carnegie School of Sport, Leeds Beckett University, August 2021

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