



LEEDS BECKETT UNIVERSITY
CARNEGIE SCHOOL OF SPORT

YOUR MOVEMENT MATTERS MOUNTAIN ACTIVITIES

Tier 2 – 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 provides further insight into the key findings, analysis, interpretations and as well as implications in the context of walking activities. This document shows a mixture of quantitative (numbers or statistics) and qualitative (when a respondent has written answers in their own words) data.

Content in this document includes key findings on participation desires, reasons for not participating,

engaging new audiences (what other activities do mountaineers do?), pathways to participation, lived experiences of participation, level of desire to gain a qualification (including perceptions and understandings of qualifications), barriers and constraints, the impact of Covid-19 and accommodation preferences.

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

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

As well as survey data relating to questions asked around an activity that participants indicated they were most passionate about:

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

For this report, those who told us they take part in one of the named mountain activities may be referred to as a mountaineer.

Participation desires

We asked people who told us that they mountaineer, are there any other activity styles that you do not participate in but are interested in and would like to try?

Activity	Respondents (n = 884)
Overseas Mountaineering	41.63% (368)
Winter Mountaineering	37.33% (330)
Winter or Ice Climbing	31.90% (282)
Trad Climbing	19.34% (171)
Scrambling	17.99% (159)
Outdoor Sport Climbing	14.71% (130)
Outdoor Bouldering	13.91% (123)
Indoor Roped Climbing	12.10% (107)
Other	11.43% (101)
Indoor Bouldering	8.82% (78)
Mountain Walking (non-Winter)	5.32% (47)
Hill Walking	3.39% (30)
Walking from your front door	3.39% (30)
Rural or countryside lowland, coastal and moorland walking	3.28% (29)
Urban walking	2.04% (18)



Examples of Other (ranked in order of preference)

Activity	How many respondents said they want to take part in this activity
Paddle sports (canoeing)	1.58% (14)
Swimming (wild, open water)	0.90% (8)
Overseas activities (mountaineering, alpine skiing, ski-touring, walking, ski-mountaineering)	0.90% (8)
Running (fell, mountain)	0.45% (4)
Paragliding	0.34% (3)
Mountain biking	0.34% (3)
Skiing	0.34% (3)
Sailing	0.34% (3)
Via Ferrata	0.23% (2)
Base Jumping	0.23% (2)
Caving	0.11% (1)
Cycling	0.11% (1)
Snow shoeing	0.11% (1)
Nordic walking	0.11% (1)
Bird watching	0.11% (1)
Wing suit flying	0.11% (1)
Skateboarding	0.11% (1)
Snowboard mountaineering	0.11% (1)



The activity outside of the scope of Your Movement Matters that our mountaineering respondents most commonly told us they want to participate in is paddle sports. Mountaineering organisations could seek to create partnerships with paddle sport organisations to encourage participation in each activity respectively, to increase the amount of people benefitting from outdoor activities in the UK and Ireland and develop improved relationships and networks within the outdoor recreation industry.

IN FOCUS – For all genders, overseas mountaineering is the activity with the largest participation desire from people who told us they mountaineer

IN FOCUS – Of those mountaineers who told us they have a disability, 33% said they would like to try winter mountaineering, and 31% said they would like to try overseas mountaineering. Mountaineering organisations could improve accessibility to these activities through support and training in disability awareness for activator organisations, both in terms of being disability friendly, and information on these provisions being easily available.

Move to below the Ethnic heritage table table on page 6

Taking a closer look at participation

Gender breakdown

Activity	Males who mountaineer and would like to try this activity (n=460)	Females who mountaineer and would like to try this activity (n=402)	Gender fluid, non-binary, trans-male, trans-female and other who mountaineer and would like to try this activity (n=22)
Walking from your front door	3.26% (15)	3.23% (13)	9.09% (2)
Hill Walking	2.61% (12)	4.48% (18)	(0)
Mountain Walking (non-Winter)	3.91% (18)	6.97% (28)	4.55% (1)
Scrambling	15.87% (73)	21.39% (86)	(0)
Winter Mountaineering	35.87% (165)	40.05% (161)	18.18% (4)
Indoor Bouldering	8.26% (38)	9.70% (39)	4.55% (1)
Indoor Roped Climbing	10.65% (49)	14.43% (58)	(0)
Outdoor Bouldering	11.30% (52)	16.67% (67)	18.18% (4)
Outdoor Sport Climbing	12.83% (59)	16.42% (66)	27.73% (5)
Trad Climbing	17.17% (79)	21.64% (87)	27.73% (5)
Winter or Ice Climbing	34.35% (158)	29.60% (119)	27.73% (5)
Overseas Mountaineering	39.35% (181)	44.03% (177)	45.45% (10)
Urban walking	1.74% (8)	2.24% (9)	4.55% (1)
Rural or countryside lowland, coastal and moorland walking	2.61% (12)	4.23% (17)	(0)
Other	10.43% (48)	11.69% (47)	27.27% (6)



Disability breakdown

Activity	Disabled individuals who mountaineer and would like to try this activity (n=110)	Non-disabled individuals who mountaineer and would like to try this activity (n=767)
Walking from your front door	2.73% (3)	3.52% (27)
Hill Walking	2.73% (3)	3.52% (27)
Mountain Walking (non-Winter)	5.45% (6)	5.35% (41)
Scrambling	14.55% (16)	18.38% (141)
Winter Mountaineering	32.73% (36)	37.94% (291)
Indoor Bouldering	4.55% (5)	9.39% (72)
Indoor Roped Climbing	10.91% (12)	12.26% (94)
Outdoor Bouldering	9.09% (10)	14.60% (112)
Outdoor Sport Climbing	10.91% (12)	15.25% (117)
Trad Climbing	12.73% (14)	20.34% (156)
Winter or Ice Climbing	24.55% (27)	32.86% (252)
Overseas Mountaineering	30.91% (34)	43.16% (331)
Urban walking	1.82% (2)	2.09% (16)
Rural or countryside lowland, coastal and moorland walking	1.82% (2)	3.26% (25)
Other	17.27% (19)	10.56% (81)



Ethnic heritage

Activity	White heritages who mountaineer and would like to try this activity (n=798 responses)	Black, Asian and ethnic minority heritages who mountaineer and would like to try this activity (n=28)
Walking from your front door	3.51% (28)	7.14% (2)
Hill Walking	3.26% (26)	7.14% (2)
Mountain Walking (non-Winter)	5.26% (42)	7.14% (2)
Scrambling	18.30% (146)	17.88% (5)
Winter Mountaineering	37.59% (300)	21.43% (6)
Indoor Bouldering	8.77% (70)	7.14% (2)
Indoor Roped Climbing	12.28% (98)	10.71% (3)
Outdoor Bouldering	14.16% (113)	3.57% (1)
Outdoor Sport Climbing	14.54% (116)	7.14% (2)
Trad Climbing	19.42% (155)	21.43% (6)
Winter or Ice Climbing	31.83% (254)	28.57% (8)
Overseas Mountaineering	41.48% (331)	42.86% (12)
Urban walking	2.01% (16)	7.14% (2)
Rural or countryside lowland, coastal and moorland walking	3.13% (25)	7.14% (2)
Other	11.03% (88)	17.88% (5)





Reasons for not yet participating

We asked people who told us that they mountaineer, if appropriate, thinking about the activities that you are interested in/ would like to try, what are the reasons for you personally not yet participating?

Reasons for not yet participating	Responses (n=1224)
Cost/ financial reasons	32.35% (396)
It is not a priority for me	29.74% (364)
I already do a lot of activities and I don't want to add a new one to my list	29.17% (357)
Access to facilities / environments	26.55% (325)
I don't have to equipment/ kit that I think I need to participate	25.90% (317)
Covid – 19	21.49% (263)
I don't feel confident to try	15.28% (187)
I don't feel safe	6.05% (74)
Other (please explain)	4.98% (61)
Access to information is an issue	4.25% (52)
Health condition/ Long term illness	4.25% (52)
I don't see enough people who look like me	3.84% (47)
I've had a negative experience in a similar activity, so I'm not sure about trying this activity (if you are comfortable, please tell us about your experience)	1.63% (20)
Somebody I know had a negative experience and that has put me off	0.82% (10)

IN FOCUS - 43% of our respondents of Black, Asian and minority ethnic minorities selected 'access to facilities / environment' as a reason for not yet participating in an activity that they are interested in, this was the most commonly selected response. The next most selected responses were 'cost / financial reasons' (39%), 'I don't have to equipment/ kit that I think I need to participate' and 'it's not a priority for me' (39%)

In comparison, those of white heritages most commonly selected 'cost/ financial reasons' (33%) as a reason for not yet participating in an activity that they are interested in. Similarly, to those of Black, Asian and minority ethnic heritages, respondents from white heritages selected 'it is not a priority for me' (30%) as one of the next most popular reasons. 'I already do a lot of activities and I don't want to add a new one to my list' (30%) was another common reason given by respondents of white heritage.

IN FOCUS - The top two most common reasons for not yet participating in an activity given by our respondents who are Gender fluid, non-binary, trans-male, trans-female or other were ' cost/ financial reasons' (14%), and 'Covid-19' (14%).

IN FOCUS - For our respondents who told us that they have a disability or a long-term health condition, the most common reasons for not yet participating in an activity that they are interested in were ' cost/ financial reasons' (37%), followed by 'access to facilities / environments' (29%).



IN FOCUS - Cost/financial constraints are the factor that many demographic groups have in common when asked why they do not yet participate in an activity. Thus, cost/financial constraints are a major issue to accessing walking, climbing and outdoor recreational activities for our respondents.

Other common answers included within extended written answers:

Time, health, fitness or older age, caring responsibilities or supporting family, not having somebody to participate with, and lack of knowledge.

Gender breakdown

Reasons for not yet participating	Male only (n=666)	Female Only (n=529)	Gender fluid, non-binary, trans-male, trans-female and other (n=28)
Cost/ financial reasons	28.83% (192)	36.48% (193)	14.10% (11)
Health condition/ Long term illness	2.85% (19)	5.67% (30)	3.85% (3)
Access to facilities / environments	23.57% (157)	30.25% (160)	10.26% (8)
Access to information is an issue	2.85% (19)	6.24% (33)	(0)
I don't feel confident to try	9.91% (66)	21.93% (116)	6.41% (5)
I don't have to equipment/ kit that I think I need to participate	21.62% (144)	31.76% (168)	6.41% (5)
It is not a priority for me	30.9% (206)	28.36% (150)	8.97% (7)
I don't see enough people who look like me	1.35% (9)	6.24% (33)	6.41% (5)
Other {please explain}	6.01% (40)	3.21% (17)	5.13% (4)
Somebody I know had a negative experience and that has put me off	0.45% (3)	0.95% (5)	2.56% (2)
I've had a negative experience in a similar activity, so I'm not sure about trying this activity (if you are comfortable, please tell us about your experience)	1.20% (8)	1.70% (9)	3.85% (3)
I don't feel safe	4.05% (27)	7.75% (41)	7.69% (6)
I already do a lot of activities and I don't want to add a new one to my list	31.83% (212)	25.90% (137)	10.26% (8)
Covid – 19	18.77% (125)	24.01% (127)	14.10% (11)



Disability breakdown

Reasons for not yet participating	Disabled (n = 154)	Non-disabled (n = 1212)
Cost / financial reasons	37.01% (57)	31.76% (336)
Health condition / Long term illness	20.78% (32)	1.80% (19)
Access to facilities / environments	28.57% (44)	26.09% (276)
Access to information is an issue	5.84% (9)	3.97% (42)
I don't feel confident to try	18.83% (29)	14.84% (157)
I don't have equipment / kit that I think I need to participate	30.52% (47)	25.43% (269)
It is not a priority for me	27.92% (43)	30.25% (320)
I don't see enough people who look like me	3.90% (6)	3.69% (39)
Other (please explain)	5.84% (9)	4.73% (50)
Somebody I know had a negative experience and that has put me off	1.30% (2)	0.76% (8)
I've had a negative experience in a similar activity, so I'm not sure about trying this activity (if you are comfortable, please tell us about your experience)	1.95% (3)	1.61% (17)
I don't feel safe	9.09% (14)	5.58% (59)
I already do a lot of activities and I don't want to add a new one to my list	22.08% (34)	30.15% (319)
Covid – 19	21.43% (33)	21.27% (225)

Ethnic heritage breakdown

Reasons for not yet participating	White heritage (n=1103)	Black, Asian and ethnic minority heritages (n=28)
Cost / financial reasons	32.73% [361]	39.29% [11]
Health condition / Long term illness	3.99% [44]	14.29% [4]
Access to facilities / environments	26.75% [295]	42.86% [12]
Access to information is an issue	3.90% [43]	10.71% [3]
I don't feel confident to try	15.59% [172]	10.71% [3]
I don't have equipment / kit that I think I need to participate	26.11% [288]	39.29% [11]
It is not a priority for me	29.83% [329]	39.29% [11]
I don't see enough people who look like me	3.90% [43]	10.71% [3]
Other (please explain)	5.35% [56]	[0]
Somebody I know had a negative experience and that has put me off	0.82% [9]	10.71% [3]
I've had a negative experience in a similar activity, so I'm not sure about trying this activity (if you are comfortable, please tell us about your experience)	5.08% [16]	10.71% [3]
I don't feel safe	6.44% [71]	10.71% [3]
I already do a lot of activities and I don't want to add a new one to my list	29.56% [326]	10.71% [3]
Covid – 19	21.12% [233]	35.71% [10]



National location breakdown

Reasons for not yet participating	England (n=762)	Ireland (n=95)	Scotland (n=212)	Wales (n=144)
Cost / financial reasons	34.78% (265)	28.42% (27)	27.36% (58)	29.86% (43)
Health condition / Long term illness	3.54% (27)	3.16% (3)	5.66% (12)	6.25% (9)
Access to facilities / environments	29.13% (222)	28.42% (27)	20.28% (43)	22.22% (32)
Access to information is an issue	4.59% (35)	3.16% (3)	2.83% (6)	4.86% (7)
I don't feel confident to try	13.78% (105)	9.47% (9)	21.70% (46)	18.06% (26)
I don't have to equipment/ kit that I think I need to participate	27.43% (209)	21.05% (20)	23.11% (49)	25.00% (36)
It is not a priority for me	29.66% (226)	34.74% (33)	29.25% (62)	27.78% (40)
I don't see enough people who look like me	4.20% (32)	2.11% (2)	2.83% (6)	4.86% (7)
Other (please explain)	4.99% (38)	4.21% (4)	6.13% (13)	4.17% (6)
Somebody I know had a negative experience and that has put me off	0.79% (6)	1.05% (1)	(0)	2.08% (3)
I've had a negative experience in a similar activity, so I'm not sure about trying this activity (if you are comfortable, please tell us about your experience)	1.71% (13)	1.05% (1)	1.89% (4)	1.39% (2)
I don't feel safe	5.77% (44)	7.37% (7)	9.43% (20)	1.39% (2)
I already do a lot of activities and I don't want to add a new one to my list	30.18% (230)	25.26% (24)	30.19% (64)	23.61% (34)
Covid – 19	20.34% (155)	27.37% (26)	24.06% (51)	20.14% (29)

Engaging new audiences

We asked people who told us that they mountaineer, other than the walking and climbing activities that we have asked you about. What do you like to do when you are outdoors?



Disability

We asked people who told us that they mountaineer, do you consider yourself as having a disability and/or a long-term health condition? (excluding mental health).

Do you consider yourself as having a disability and/or a long-term health condition? (excluding mental health)	Responses (n=2094)
Yes	10.83% (227)
No	88.12% (1847)
I would prefer not to say	1.05% (22)

Mental Health

We asked people who told us that they mountaineer, if they identified as having a mental health condition or illness.

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

IN FOCUS - 11% of our 2061 respondents identified as having a mental health condition, 87% said they did not. Mental health charity 'Mind' state that in any given week in England alone, 1 in 6 people identify as having a mental health problem, this equates to almost 17% which is more than the percentage of mountaineering respondents answering this question.

This suggests that there is an opportunity to increase the number of people with a mental health condition or illness who participate in mountaineering. Mountaineering organisations could look to collaborate with charities to promote the activity and increase representation, particularly as 'for my mental health' was a popular reason (57%) people gave who already participate.





We asked people who told us that they mountaineer who identified as having a mental health condition or illness to tell us what mental health condition or illness they lived with.

Mental Health Condition	Those who mountaineer with a mental health condition that stated that had this condition (n=214 responses)
Agrophobia	0.47% {1}
ADHD	1.87% {4}
Anorexia Nervosa	0.93% {2}
Anxiety	63.08% {135}
Asperger Syndrome	1.87% {4}
Atypical personality	0.47% {1}
Autism	1.40% {3}
Bipolar disorder	2.80% {6}
Borderline Personality Disorder	1.87% {4}
C-PTSD	2.34% {5}
Depression	59.81% {128}
Disordered eating	0.47% {1}
Dissociation	0.47% {1}
Dyspraxia	0.47% {1}
Eating disorder	0.93% {2}
Obsessive Compulsive Disorder	3.74% {8}
Panic disorder	0.47% {1}
Premenstrual syndrome (severe)	0.47% {1}
Post Traumatic Stress Disorder	7.48% {16}
Psychotic depression	0.47% {1}
Psychosis	0.47% {1}
Schizophrenia	0.47% {1}
Seasonal affective disorder	0.47% {1}

IN FOCUS - Of our 214 respondents, the two most prevalent mental health disorders were Anxiety (63%) and Depression (60%). 45% of our respondents had more than one mental health condition. Mountaineering organisations could ensure that mountaineering guides/coaches are trained in mental health awareness or mental health first aid in the case of someone potentially struggling while out mountaineering. This could also be promoted in recruitment campaigns to engage new audiences within mountaineering that suffer from depression or anxiety in particular.



For the following sets of questions, respondents were asked to choose the activity that they were most passionate about and answer questions about that specific activity type. This section displays data for participants who said they were most passionate about mountain walking (non-winter), scrambling, winter mountaineering, winter or ice climbing or overseas mountaineering.

Pathways to participation

We asked people who told us that they were most passionate about mountaineering, how they began participating in this activity.

- 32 respondents out of 172 mentioned friend or friends.
- 23 respondents out of 172 mentioned or parent or parents, Dad, Father or family.
- 16 respondents out of 172 mentioned school or teacher.
- 14 respondents out of 172 mentioned university.
- 11 respondents out of 172 mentioned scouts or cadets.
- 11 respondents out of 172 mentioned mountaineering club or mountaineering course.
- 6 respondents out of 172 mentioned as a child.

Those respondents who detailed progression routes to mountaineering, included general walking, hill walking, hiking, indoor roped climbing, indoor bouldering, scrambling, rock climbing, and trad climbing as their initial activity.

IN FOCUS - Of those who stated they were most passionate about mountaineering activities, 44% described how their friend(s) introduced them to the sport, 10% said their parent(s) or father, and 9% said a teacher or their school. Mountaineering organisations could look into partnerships with schools, through combining school P.E. curriculum with mountaineering to increase the number of individuals coming through to mountain activities via that route.

IN FOCUS - All other activities (walking, indoor climbing and outdoor climbing) were mentioned as introductory routes to mountaineering. Mountaineering organisations could create solid links and relationships through active collaborations with walking and climbing organisations with a view to developing participants skills to allow them to extend their experiences into mountaineering, and vice versa.

We asked people who told us that they were most passionate about mountaineering about their journey into mountaineering as the activity that they are most passionate about. We asked then what was the story of their participation in the activity they are most passionate about.

"A friend introduced me when I was living up north, we participated all over Scotland, Wales, Lake District and the Alps. Once I got a full time job and settled in Scotland permanently the opportunity and time to participate decreased. I'd love to do more of it - but it's getting the time when the conditions are right."

Work and time commitment

"Started winter climbing with University mountaineering club. Found more experienced members of the club wanted to do hard stuff so paired up with other novices and worked our way up through the grades. Have climbed less hard since 2017 due to illness and difficult, tiring work rota."

Illness and time constraints

"We went on holidays to the mountains when I was a child and wanted to start climbing mountains. No family with any experience so went on a Plas y Brenin course, and since then have been almost every year to the Alps or Greater Ranges at least once a year."

Childhood introduction

"I started hillwalking which grew into winter walking and rock climbing with some introductory courses and by walking with a hillwalking club.

This reached the point where my office based career and my outside interests were clashing so I took a year out of the job, started on the Mountain Leader qualifications so effectively changed my career and did not go back to the office job, now self-employed freelance instructor who plays a lot in the mountains whenever I can."

Change in career path

"I started walking within scouting, climbing in Canada and progressed my skills and kit over the last 5 years and fill the majority of my spare time on the hills walking or camping."

Introduction via Scouting

Participating with others

We asked people who told us that they were most passionate about mountaineering who they tended to participate with?



Who do you participate with?	Responses (n=177)
Family	29.82% (51)
My Children	15.82% (28)
Friends	79.66% (141)
Colleagues	19.77% (35)
Instructors/ Activity Leaders	15.82% (28)
Partner	33.33% (59)
Club/Group	23.16% (41)
By myself/solo	50.28% (89)
Other (please tell us who)	7.91% (14)

Examples of other include clients, students, scout groups.

IN FOCUS - Of our 177 respondents, the largest proportion answered 'friends' (80%) as who they tended to participate with, with 'by myself/solo' coming second with 50%. This suggests that the majority of respondents prefer to undertake mountaineering with at least one other person.

Using this information, if mountaineering organisations would like to reach those who are not yet participating, but would like to, then they could promote the online groups/forums as an option for these individuals. They could also promote the available clubs or groups as a means to facilitating participation as 23% of respondents said they participated with a club or group.

Taking a closer look at participating with others of respondents who went mountaineering in the last 12 months

Gender breakdown

Who do you participate with?	Females who were most passionate about mountaineering activities were asked who do they participate with. (n=824)	Males who were most passionate about mountaineering activities were asked who do they participate with. (n=1103)	Gender fluid, non-binary, trans-male, trans-female and other who were most passionate about mountaineering activities were asked who do they participate with. (n=36)
Family	32.40% (267)	33.82% (373)	27.78% (10)
My Children	14.20% (117)	18.50% (204)	5.56% (2)
Friends	73.06% (602)	73.98% (816)	55.56% (20)
Colleagues	11.53% (95)	16.23% (179)	16.67% (6)
Instructors/ Activity Leaders	8.37% (69)	12.33% (136)	8.33% (3)
Partner	49.15% (405)	34.09% (376)	19.44% (7)
Club/Group	26.94% (222)	29.01% (320)	13.89% (5)
By myself/solo	48.06% (396)	63.46% (700)	63.89% (23)
Other (please tell us who)	4.37% (36)	9.16% (101)	13.89% (5)

Ethnic heritage breakdown

Who do you participate with?	White heritages (n=1765)	Black, Asian and ethnic minority heritages (n=47)
Family	33.48% (591)	31.91% (15)
My Children	16.66% (294)	8.51% (4)
Friends	73.20% (1292)	85.11% (40)
Colleagues	13.99% (247)	10.64% (5)
Instructors/ Activity Leaders	10.65% (188)	6.38% (3)
Partner	40.11% (708)	34.04% (16)
Club/Group	28.10% (496)	27.66% (13)
By myself/solo	57.90% (1022)	55.32% (26)
Other (please tell us who)	7.25% (128)	(0)



Disability breakdown

Who do you participate with?	Non-disabled individuals who were most passionate about mountaineering activities were asked who do they participate with. (n=1725)	Disabled individuals who were most passionate about mountaineering activities were asked who do they participate with. (n=220)
Family	33.39% (576)	29.55% (65)
My Children	16.35% (282)	18.64% (41)
Friends	74.32% (1282)	65.00% (143)
Colleagues	14.43% (249)	12.27% (27)
Instructors/ Activity Leaders	10.49% (181)	11.36% (25)
Partner	40.99% (707)	34.55% (76)
Club/Group	27.01% (466)	35.45% (78)
By myself/solo	56.99% (983)	57.27% (126)
Other (please tell us who)	7.48% (129)	5.45% (12)

Length of participation

We asked people who told us that they were most passionate about mountaineering how long they have been participating in that activity.

How long have you been participating?	Responses (n=179)
Less than 1 month	[0]
1 – 6 months	0.56% (1)
7 – 11 months	0.56% (1)
1 – 2 years	2.79% (5)
3 – 4 years	11.73% (21)
5 – 10 years	16.20% (29)
More than 10 years	68.16% (122)

IN FOCUS – Of our 179 respondents, 84% have been participating for more than 5 years, suggesting that this is an activity that has a well-established community. This is excellent for those who continue to attend on a longer term basis, but could be quite intimidating for those who are just starting out or wish to begin. Mountaineering organisations could look to overcome this issue by facilitating entry to the activity through promotion of the online mountaineering groups/forums to help break the ice for newcomers and help them get the experience they need to become a part of the mountaineering community. Alternatively, experienced mountaineers could be asked to volunteer to 'buddy up' with an inexperienced newcomer to get them established in the activity.



Gender breakdown

How long have you been participating?	Males (n=1134)	Females (n=857)	Gender fluid, non-binary, trans-male, trans-female and other (n=36)
Less than 1 month	0.44% (5)	0.12% (1)	[0]
1 – 6 months	0.35% (4)	0.93% (8)	[0]
7 – 11 months	0.53% (6)	1.75% (15)	[0]
1 – 2 years	2.65% (30)	4.55% (39)	11.11% (4)
3 – 4 years	5.73% (65)	8.75% (75)	8.33% (3)
5 – 10 years	10.14% (115)	17.74% (152)	16.67% (6)
More than 10 years	80.16% (909)	66.16% (567)	63.89% (23)



Disability breakdown

How long have you been participating?	Disabled (n=223)	Non-disabled (n=2007)
Less than 1 month	0.45% (1)	0.30% (6)
1 – 6 months	(0)	0.60% (12)
7 – 11 months	1.79% (4)	1.05% (21)
1 – 2 years	2.69% (6)	3.64% (73)
3 – 4 years	7.17% (16)	7.08% (142)
5 – 10 years	16.14% (36)	13.50% (271)
More than 10 years	71.75% (160)	73.84% (1482)

Ethnic heritage breakdown

How long have you been participating?	White heritages (n=1825)	Black, Asian and ethnic minority heritages (n=48)
Less than 1 month	0.27% (5)	(0)
1 – 6 months	0.49% (9)	(0)
7 – 11 months	1.04% (19)	2.08% (1)
1 – 2 years	3.62% (66)	2.08% (1)
3 – 4 years	6.90% (126)	10.42% (5)
5 – 10 years	13.59% (248)	27.08% (13)
More than 10 years	74.08% (1352)	58.33% (28)

We asked people who told us that they were most passionate about mountaineering if generally they enjoyed spending time outdoors.

Selection	Responses (n=1886)
Yes	99.89% (1884)
No	0.11% (2)
I'm not sure	0.00% (0)
I would prefer not to say	0.00% (0)

We asked people who told us that they were most passionate about mountaineering, what it is about spending time outdoors that they enjoyed.

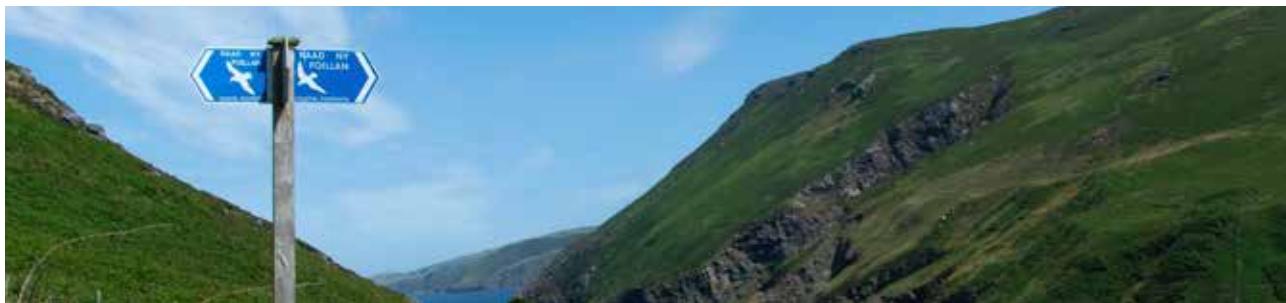
- 53 out of 149 mentioned nature or wild.
- 48 out of 149 mentioned scenery, views, space, landscape, beauty or beautiful.
- 31 out of 149 mentioned exploring, challenge or adventure.
- 31 out of 149 mentioned fresh air, weather or sunshine.
- 28 out of 149 mentioned peace, quiet, connection, spiritual or solitude.
- 26 out of 149 mentioned freedom or escape.
- 15 out of 149 mentioned wildlife, birds or animals.
- 6 out of 149 mentioned mental health.

Qualifications

We asked people who told us that they were most passionate about mountaineering if they held a qualification in the activity they were most passionate about.

Selection	Responses (n=179 responses)
Yes	35.20% (63)
No	64.80% (116)
I would prefer not say	(0)

IN FOCUS - 35% of our 179 respondents said they have a qualification in mountaineering indicating their commitment and longer-term engagement with the activity. Mountaineering organisations could advocate obtaining mountaineering qualifications to those who are new to the sport to encourage longer-term engagement with the activity.



IN FOCUS - Fewer female respondents (24%) than male (36%) and Gender fluid, non-binary, trans-male, trans-female and other (35%) indicated that they held a qualification in the activity they were most passionate about. Mountaineering organisations could focus on promoting the benefits of obtaining a qualification targeting females specifically.

IN FOCUS - Fewer respondents from Black, Asian and ethnic minority heritages (23%) compared to those from White heritages (31%) indicated they held a qualification in the activity they were most passionate about. Mountaineering organisations could focus on promoting the benefits of obtaining a qualification targeting Black, Asian and ethnic minority heritages specifically, whilst ensuring courses are inclusive and accessible to these groups.

Gender breakdown

Do you hold a qualification in the activity that you are most passionate about?	Males (n=1132)	Females (n=857)	Gender fluid, non-binary, trans-male, trans-female and other (n=37)
Yes	35.78% (405)	24.15% (207)	35.14% (13)
No	63.60% (720)	75.50% (647)	62.16% (23)
I would prefer not say	0.62% (7)	0.35% (3)	2.70% (1)

Disability breakdown

Do you hold a qualification in the activity that you are most passionate about?	Disabled (n=222)	Non-disabled (n=1783)
Yes	29.28% (65)	31.13% (555)
No	70.27% (156)	68.37% (1219)
I would prefer not say	0.45% (1)	0.50% (9)



Ethnic heritage

Do you hold a qualification in the activity that you are most passionate about?	White heritages (n=1822)	Black, Asian and ethnic minority heritages (n=47)
Yes	31.12% (567)	23.40% (11)
No	68.44% (1247)	76.50% (36)
I would prefer not say	0.44% (8)	(0)

Gaining a qualification

We asked people who told us that they were most passionate about mountaineering if they were interested in gaining a qualification in the activity that they are most passionate about.

Selection	Responses (n=116)
Yes	39.66% (46)
No	41.38% (48)
I'm not sure	18.97% (22)
I would prefer not to say	0

IN FOCUS - 40% of our 116 respondents who do not currently have a qualification, said they are interested in gaining one in mountaineering and 19% are not sure if they are interested. Of those who currently hold a qualification, 97% have been participating for longer than 3 years, suggesting a link between longer term participation and holding a qualification. In looking to increase long-term participation, mountaineering organisations could promote the benefit of and progressions from gaining a qualification, with the aim of increasing the number of individuals who have a qualification.

Gender breakdown

Are you interested in gaining a qualification in the activity that you are most passionate about?	Male (n=725)	Female (n=648)	Gender fluid, non-binary, trans-male, trans-female and other (n=24)
Yes	29.24% (212)	28.55% (185)	20.83% (5)
No	51.59% (374)	44.91% (291)	54.17% (13)
I'm not sure	19.03% (138)	26.54% (172)	25.00% (6)
I would prefer not to say	0.14% (1)	(0)	(0)

Disability breakdown

Are you interested in gaining a qualification in the activity that you are most passionate about?	Disabled (n=157)	Non-disabled (n=1224)
Yes	31.21% (49)	28.43% (348)
No	51.59% (81)	48.20% (590)
I'm not sure	17.20% (27)	23.28% (285)
I would prefer not to say	0.08% (1)	(0)



Ethnic heritage breakdown

Are you interested in gaining a qualification in the activity that you are most passionate about?	White heritages (n=1252)	Black, Asian and ethnic minority heritages (n=36)
Yes	28.99% (363)	27.78% (10)
No	48.32% (605)	44.44% (16)
I'm not sure	22.60% (283)	27.78% (10)
I would prefer not to say	0.08% (1)	(0)

We asked people who told us that they were most passionate about mountaineering what motivates them to pursue a qualification in the activity that they are most passionate about and are there any constraints/barriers preventing them from pursuing a qualification.

- 14 out of 40 mentioned 'skills', 'learning', 'knowledge', 'experience' or 'opportunity' as motivators.
- 14 out of 40 mentioned 'inspiring others', 'leading', 'helping others' or 'teaching' as motivators.
- 5 out of 40 mentioned 'confidence', 'achievement' or 'competence' as motivators.
- 2 out of 40 mentioned 'love' or 'fun' as motivators.
- 9 out of 40 mentioned 'time', 'distance' or 'weather' as a constraint or barrier.
- 7 out of 40 mentioned 'cost', 'opportunity', 'transport' or 'family commitments' as a constraint or barrier.
- 6 out of 40 mentioned 'covid' as a constraint or barrier.
- 4 out of 40 mentioned 'lack of confidence', 'disability' or 'older age' as a constraint or barrier.

IN FOCUS - The two biggest barriers to our respondents pursuing a qualification were time, distance or weather. Mountaineering organisations could look into their current provision of mountaineering qualifications and assess the viability of making their accessibility more flexible for those interested in that course. This could be by restructuring the course into shorter blocks that can be done over a longer period of time, or making them shorter by placing theoretical aspects online.

We asked people who told us that they were most passionate about mountaineering why they were unsure about pursuing a qualification in the activity they are most passionate about.

- 7 out of 20 respondents said they weren't sure what 'value' a qualification would add to their experiences, or it's 'relevance'.
- 4 out of 20 respondents mentioned time.
- 3 out of 20 respondents said they didn't need it or didn't want it.
- 2 out of 20 respondents mentioned 'cost' or 'finances'.
- 2 out of 20 respondents said they 'didn't know what the qualifications entail'.
- 1 out of 20 respondents mentioned 'age'.
- 1 out of 20 respondents said they didn't have enough 'skill' to get one.
- 1 out of 20 respondents mentioned 'fear of assessments'.

IN FOCUS - The two biggest barriers to our respondents pursuing a qualification were time and them not seeing the value in having one. Mountaineering organisations could look into ensuring that information on the value of obtaining qualifications is within reach of potential students, and widely available across the mountaineering community.

They could also assess the viability of making their accessibility more flexible for those interested in a course. This could be by restructuring the course into shorter blocks that can be done over a longer period of time, or making them shorter by placing theoretical aspects online.

Barriers to the participation and the impact of covid-19

We asked people who told us that they were most passionate about mountaineering if there was anything stopping them from being able to participate in the activity that they are most passionate about (n=149).

- Covid-19 restrictions or Brexit: 24.16% (36)
- Lack of time: 15.44% (23)
- Time off work or work commitments: 14.09% (21)
- No: 13.42% (20)
- Cost: 12.75% (19)
- Family or caring commitments: 12.08% (18)
- Poor physical or mental health: 11.41% (17)
- Weather: 10.07% (15)
- No partner/group or opportunity: 8.72% (13)
- Distance: 3.36% (5)
- Lack of energy or motivation: 2.68% (4)
- Knowledge, ability or confidence: 2.01% (3)
- Old age: 2.01% (3)
- Lack of fitness: 1.34% (2)
- Lack of transport: 1.34% (2)

IN FOCUS - The top four reasons stopping participation of our 149 respondents from participating were: covid-19 restrictions or Brexit (24%), lack of time (15%), time off work or work commitments (14%), and cost (13%). This suggests that as the Covid regulations are gradually lifted, many will return to mountaineering naturally.

However, there may be some who could struggle to return due to the reasons mentioned above. It is important for mountaineering organisations to focus on facilitating their return by overcoming barriers such as cost and lack of time. This will assist in returning to pre pandemic mountaineering participation levels.

Mountaineering organisations could put in place membership cost reductions, discounts on equipment and mountaineering courses/inductions, reduced cost mountaineering holidays, and increase accessibility to, and availability of shorter period mountaineering trips.

We asked people who told us that they were most passionate about mountaineering, how has the Covid-19 pandemic impacted on how you participate in the activity that you are most passionate about?

Selection	Responses (n=172)
My participation has reduced	41.28% (71)
I have had to adjust how I participate (please describe how you have adjusted in your own words below)	16.28% (28)
I stopped participating and I have not yet restarted	12.79% (22)
I stopped participating and I will not be restarting	[0]
Other (please describe in your own words below)	5.81% (10)
I would prefer not to say	[0]
My participation reduced or stopped during lockdowns but increased to my normal level of frequency as restrictions lifted	29.07% (50)
My participation reduced or stopped during lockdowns but I now participate at a higher frequency than before	9.30% (16)
My participation has increased	8.72% (15)
My participation stayed the same	5.81% (10)



Examples of answers to the option 'I have had to adjust how I participate (please describe how you have adjusted in your own words below)' include changing to local activities and local hills, conducted risk assessments, began home fitness regimes, started cycling/walking instead, and visited green listed countries instead. Examples of the answers to 'other' include changing to local venues and changed focus to injury prevention.

IN FOCUS - Of the respondents who stopped participating completely in mountaineering, nobody said that they would not return to mountaineering after ceasing participation. This is a positive for mountaineering organisations.

IN FOCUS - For the respondents whose activity has reduced and not returned to normal levels yet (41%), mountaineering organisations can focus on the current barriers to participation stated in this survey by mountaineering respondents and put in place facilitators or methods to overcome them.

IN FOCUS - The pandemic has had a positive effect on some mountaineers, with 9% of respondents stating that they participate more now than before the pandemic.

We asked people who told us that they were most passionate about mountaineering, how has the Covid-19 pandemic impacted on your motivation/desire to take part in the activity that you are most passionate about? (n=154 responses)

68 respondents said their motivation/desire to take part had not been impacted.

49 respondents said their motivation/desire to take part had been impacted positively. Reasons provided include:

- They appreciate it more now, have an increased desire to participate, are keen to get back out. They feel more passionately about it
- They have missed it, have realised the importance of it, they value it more
- They now have more time to participate, have placed more significance on how short life is

20 respondents said their motivation/desire to take part had been impacted negatively. Reasons provided include:

- They have lost their motivation to travel for the activity
- They are anxious of being around others due to Covid
- Travel restrictions have made it difficult
- Their mental health has deteriorated
- It is hard to stay motivated for an activity you are unable to take part in
- They have lost their fitness level

7 respondents said their motivation/desire to take part had been impacted, but did not indicate if this was in a negative or positive way.

IN FOCUS - Mountaineering organisations could focus on the reasons that some mountaineers are now de-motivated or have lost desire to participate and introduce methods to overcome these and reintroduce these respondents back into mountaineering. This could include creating and promoting local mountaineering groups that have a focus on Covid-safety, and creating local 'reintroduction to mountaineering' sessions that focus on confidence building and regaining strength and fitness specific to mountaineering.

Motivation

We asked people who told us that they were most passionate about mountaineering, what motivates you to take part in the activity that you are most passionate about?



Selection	What motivates you to take part in the activity that you are most passionate about? (n = 177)
To keep fit	67.23% (119)
To get outside/spend time in nature	83.05% (147)
To spend time with my friends/family/my children	40.68% (72)
To socialise	45.76% (81)
For my mental health	57.63% (102)
To achieve goals that I set for myself	52.54% (93)
To train for events/trips	25.99% (46)
To learn skills and techniques	50.85% (90)
For another reason (please write your reason in your own words below)	15.25% (27)
To visit new places	67.80% (120)
Because it's fun	72.88% (129)
Because I enjoy it	92.09% (163)

For the option 'For another reason (please write your reason in your own words below)', examples include paid work, it feels special to be there, for the challenge, for the views, to push personal limits, to do something different from the norm, and for the distraction/escape aspect of it.

IN FOCUS - The biggest motivations to participate in the activity they most love that mountaineers said was because they enjoy it (92%), to get outside/spend time in nature (83%), and because it's fun (72%). Mountaineering organisations could use these reasons in any promotional materials/campaigns they undertake to recruit new mountaineers.

IN FOCUS - Across all genders, the reason of 'because I enjoy it' was the most selected, closely followed by 'to get outside/spend time in nature'.

IN FOCUS - In contrast to males and females, respondents identifying as gender fluid, non-binary, trans-male, trans-female and other, were less likely to have reasons of 'to spend time with my friends/family/my children', and 'to socialise'. Mountaineering organisations could therefore focus on the reasons that gender fluid, non-binary, trans-male, trans-female and other do engage with mountaineering - 'because I enjoy it', and 'to get outside/spend time in nature' in any promotional campaigns they undertake with the view of increasing participation from these individuals.

IN FOCUS - The two most significant differences in responses from those with a White heritage background, compared to Black, Asian ethnic minority heritages were for 'to keep fit' and 'for my mental health'. Those from a White heritage background were more likely to say 'keeping fit' motivated them (73% vs 57%), whereas those from a Black, Asian and ethnic minority heritage background were more likely to say 'for their mental health' motivated them (74% vs 63%). This would suggest that mountaineering organisations could promote the mental health benefits of mountaineering to Black, Asian and ethnic minority heritage groups to increase engagement, whilst still targeting those from a White heritage at the same time.

IN FOCUS - Respondents who indicated that they had a mental health condition or illness were more likely to be participating for the mental health benefits (88%) compared to those without a mental health condition or illness (60%).



Gender breakdown

What motivates you to take part in the activity that you are most passionate about?	Male (n=1103)	Female (n=824)	Gender fluid, non-binary, trans-male, trans-female and other (n=36)
To keep fit	72.17% (796)	73.91% (609)	50.00% (18)
To get outside /spend time in nature	87.49% (965)	93.57% (771)	69.44% (25)
To spend time with my friends/family/my children	42.79% (472)	43.69% (360)	16.67% (6)
To socialise	41.61% (459)	44.54% (367)	33.33% (12)
For my mental health	59.38% (655)	69.30% (571)	61.11% (22)
To achieve goals that I set for myself	44.42% (490)	41.99% (346)	30.56% (11)
To train for events/trips	21.49% (237)	20.27% (167)	16.67% (6)
To learn skills and techniques	36.36% (401)	32.28% (266)	25.00% (9)
For another reason (please write your reason in your own words below)	12.51% (138)	8.83% (81)	25.00% (9)
To visit new places	68.45% (755)	74.27% (612)	58.33% (21)
Because it's fun	68.36% (754)	67.60% (557)	66.67% (24)
Because I enjoy it	94.20% (1039)	94.05% (775)	88.89% (32)

Disability breakdown

What motivates you to take part in the activity that you are most passionate about?	Disabled (n=220)	Non-disabled (n=1725)
To keep fit	70.45% (155)	72.81% (1256)
To get outside/spend time in nature	88.64% (195)	89.91% (1551)
To spend time with my friends/family/ my children	42.27% (93)	42.96% (741)
To socialise	38.18% (84)	43.36% (748)
For my mental health	68.34% (151)	62.96% (1086)
To achieve goals that I set for myself	40.45% (89)	43.48% (750)
To train for events/trips	20.00% (44)	20.99% (362)
To learn skills and techniques	34.09% (75)	34.43% (594)
For another reason (please write your reason in your own words below)	20.00% (44)	10.49% (181)
To visit new places	70.91% (156)	70.90% (1223)
Because it's fun	62.73% (138)	68.58% (1183)
Because I enjoy it	92.73% (204)	91.14% (1624)



Ethnic heritage breakdown

What motivates you to take part in the activity that you are most passionate about?	White heritages (n=1765)	Black, Asian and ethnic minority heritages (n=47)
To keep fit	72.97% (1288)	57.45% (27)
To get outside/spend time in nature	89.80% (1585)	82.98% (39)
To spend time with my friends/family/my children	42.55% (751)	40.43% (19)
To socialise	42.04% (742)	48.94% (23)
For my mental health	63.34% (1118)	74.47% (35)
To achieve goals that I set for myself	43.57% (769)	40.43% (19)
To train for events/trips	20.74% (366)	25.53% (12)
To learn skills and techniques	34.84% (615)	31.91% (15)
For another reason (please write your reason in your own words below)	11.22% (198)	10.64% (5)
To visit new places	70.59% (1246)	74.47% (35)
Because it's fun	67.88% (1198)	74.47% (35)
Because I enjoy it	94.22% (1663)	89.36% (42)

Mental health breakdown

What motivates you to take part in the activity that you are most passionate about?	Those with a mental health condition (n=218)	Those without a mental health condition (n=1675)
To keep fit	66.51% (145)	73.37% (1229)
To get outside/spend time in nature	91.74% (200)	89.79% (1504)
To spend time with my friends/family/my children	36.70% (80)	43.52% (729)
To socialise	37.16% (81)	43.64% (731)
For my mental health	88.07% (192)	60.18% (1008)
To achieve goals that I set for myself	43.58% (95)	42.93% (719)
To train for events/trips	19.27% (42)	21.37% (358)
To learn skills and techniques	38.53% (84)	33.62% (563)
For another reason (please write your reason in your own words below)	11.47% (25)	11.58% (194)
To visit new places	73.39% (160)	70.62% (1183)
Because it's fun	67.89% (148)	67.94% (1138)
Because I enjoy it	94.04% (205)	94.09% (1576)

Role models

We asked people who told us that they were most passionate about mountaineering, how important role models were to them?

Selection	Responses (n=172)
I find role models inspiring	36.63% (63)
It's important that I see diverse role models because they show that all can successful.	22.09% (38)
It's important that I can see role models that look like me	7.56% (13)
Role models are not important to me	52.91% (91)
Other (please explain below)	11.05% (19)

IN FOCUS – 37% of respondents said that they found role models inspiring, with 22% saying it is important that they see diverse role models because they show that everyone can be successful.

A closer look at what role models mean to respondents. We asked people who told us that they had been mountaineering in the last 12 months how important role models were to them.

IN FOCUS – A higher number of our 790 female respondents (35%) said they find role models inspiring, compared to 28% of males and 27% of gender fluid, non-binary, trans-male, trans-female and other individuals. Also notably, more females (37%) and gender fluid, non-binary, trans-male, trans-female and other individuals (30%) said it was important that they see diverse role models to show all can be successful, compared to males at 21%. Mountaineering organisations could promote diverse mountaineering role models to engage those who identify as gender fluid, non-binary, trans-male, trans-female and other more effectively, through marketing campaigns, or in information relating to mountaineering.

IN FOCUS – Of those 211 respondents who indicated they have a disability, 35% said it was important that I see diverse role models because they show that all can successful, this is in comparison to 27% of non-disabled respondents. Mountaineering organisations could promote diverse mountaineering role models to engage those with a disability more effectively, through marketing campaigns, or in information relating to mountaineering.

IN FOCUS – In comparison to those from a White heritage background (10%), respondents who said they were from a Black, Asian and ethnic minority heritage background, said 'It's important that they can see role models that look like me' (36%).

Gender breakdown

How important are role models to the people who have been mountaineering in the last 12 months?	Male (n=1077)	Female (n=790)	Gender fluid, non-binary, trans-male, trans-female and other (n=33)
I find role models inspiring	27.58% (297)	35.06% (277)	27.27% (9)
It's important that I see diverse role models because they show that all can successful.	20.71% (223)	36.58% (289)	30.30% (10)
It's important that I can see role models that look like me	3.44% (37)	18.99% (150)	27.27% (9)
Role models are not important to me	59.89% (645)	41.77% (330)	45.45% (15)
Other (please explain below)	8.08% (87)	9.11% (72)	36.36% (12)

Disability breakdown

How important are role models to the people who have been mountaineering in the last 12 months?	Disabled (n=211)	Non-disabled (n=1674)
I find role models inspiring	28.44% (60)	31.12% (521)
It's important that I see diverse role models because they show that all can successful.	34.60% (73)	26.70% (447)
It's important that I can see role models that look like me	10.43% (22)	10.27% (172)
Role models are not important to me	52.13% (110)	52.03% (871)
Other {please explain below}	11.37% (24)	8.60% (144)



Ethnic heritage breakdown

How important are role models to the people who have been mountaineering in the last 12 months?	White heritages (n=1712)	Black, Asian and ethnic minority heritages (n=45)
I find role models inspiring	30.72% (526)	35.56% (16)
It's important that I see diverse role models because they show that all can successful.	26.98% (462)	46.67% (21)
It's important that I can see role models that look like me	9.70% (166)	35.56% (16)
Role models are not important to me	52.75% (903)	31.11% (14)
Other {please explain below}	8.47% (145)	17.78% (8)

Travel & Accommodation

We asked people who told us that they were most passionate about mountaineering, when you participate in the activity that you are most passionate about, how do you usually travel there?



Selection	Respondents (n=177)
Walk	2.26% (4)
Cycle	1.13% (2)
Motorbike	0.56% (1)
Car	77.97% (138)
Public transport	6.78% (12)
Taxi	(0)
Other (please describe)	11.30% (20)

Examples of other include minibus, campervan, aeroplane, van, and boat.

IN FOCUS - Of our 177 respondents, 78% told us they travel to the activity they are most passionate about (mountaineering) by car. 3% either cycled or walked indicating they may live nearby. 7% indicated they travelled by public transport. Distance to the activity could be a barrier for participation as most have access to a car, and only a minimal number use public transport.

Mountaineering organisations could look to address this barrier by looking at the current availability of advertised and used local mountaineering areas and promote their location and accessibility to attract those who do not have a car and have limited access to public transport.

We asked people who told us that they were most passionate about mountaineering, where do you like to participate in the activity that you are most passionate about?



Selection	Respondents (n=177)
I like to participate within my local area (county/region)	68.93% (122)
I like to travel to beauty spots (within the UK and Ireland)	68.36% (121)
I like to travel abroad	61.02% (108)

IN FOCUS - The percentage of respondents who mountaineer locally/within the UK, and those who travel abroad are relatively similar. This indicates that mountaineering is popular to participate in both in the UK and abroad, and that mountaineering organisations have opportunities to promote the sport equally for these two groups.

If you do like to travel away from home to participate in the activity that you are most passionate about, please rank the accommodation choices in order that you use most often. Please assign the numbers 1 to 8 to the following options into your order of preference, number 1 indicates most used, number 8 indicates least used.



This report has given you some insight into the data we collected via the Your Movement Matters survey between 28th April and 8th June 2021. The survey has remained live beyond the 8th June 2021 and since we have received 10% more responses. If you desire to further explore an area of questioning or responses from a specific demographic group, please do not hesitate to contact Dr Chris Kay (chris.kay@leedsbeckett.ac.uk).

To view all the Your Movement Matters reports visit <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 2 Report, Carnegie School of Sport, Leeds Beckett University, August 2021

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