

Middlesex Fells Recreational Resources Workshop

Recreational Experiences Introduction
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With reference to *Natural Surface Trails by Design*, Troy
Scott Parker

Great Trail Experiences

- Aesthetic
- Engages all senses

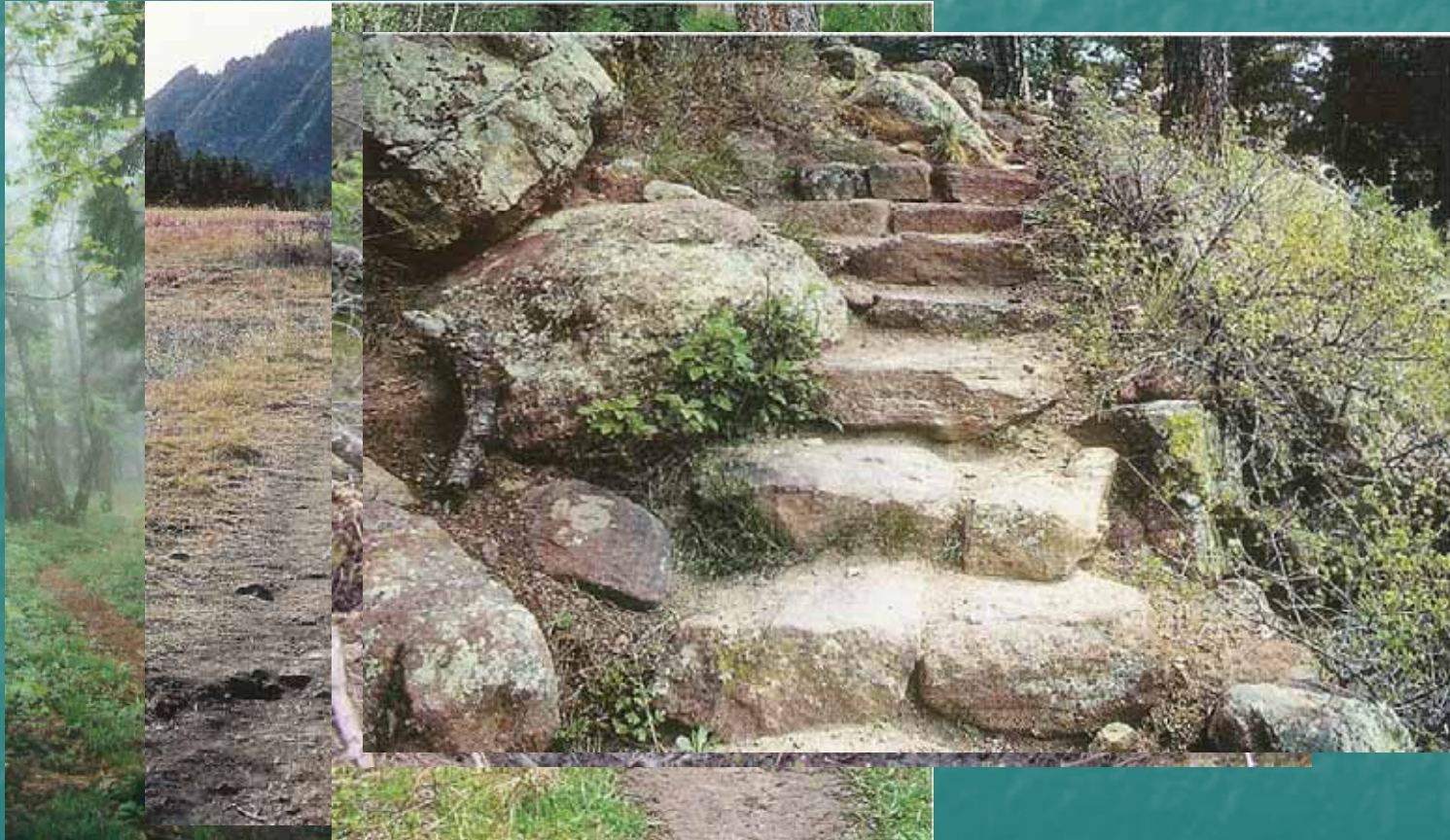


Great Trail Experiences

- Playfulness
- Challenge
- Safety
= FUN!

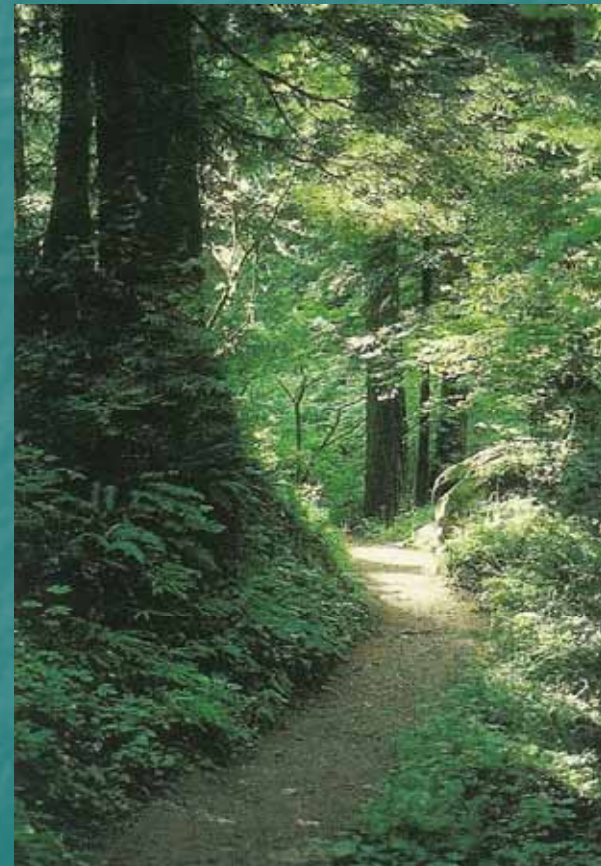


Flow v. Inefficiency



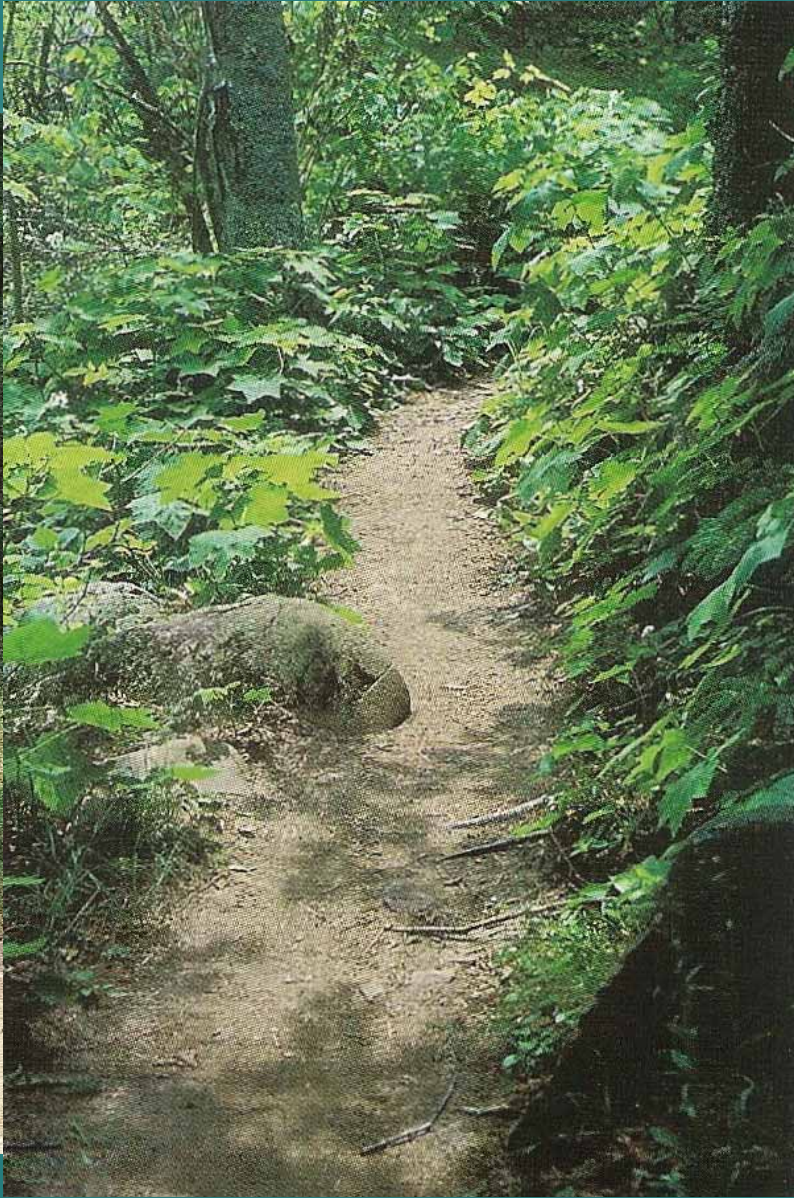
Sense of Harmony

- Engages our senses
- Fun
- Flow



Mode, Trail & Experience

- Speed & distance
- Focus on movement = less fun (usually)
- Reward
- Companions – young or 4-legged
- Tread shape & tracks



Panel Discussion