

ACTIVE TRANSPORTATION IN RURAL COMMUNITIES

*Creating Healthier, More Connected
Rural Communities through Planning and Action*

A county-wide strategy for Huron County and a practical workbook
that helps municipalities and communities create their own active transportation plans.

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INTRODUCTION

Active transportation plays an important role in improving public health, strengthening local economies, supporting tourism, protecting the environment, and enhancing quality of life. Many rural municipalities face challenges in developing safe and connected opportunities for walking and cycling.

This project combined research, public engagement, and practical planning to develop a county-wide Active Transportation Strategy for Huron County, followed by an innovative community workbook that enables municipalities, organizations, and local volunteers to develop active transportation plans tailored to their own communities.



PROJECT OBJECTIVES



Improve opportunities for walking, cycling, and other forms of active transportation.



Promote healthier, more active lifestyles for residents of all ages.



Strengthen connections between neighbourhoods, schools, parks, businesses, and community destinations.



Support economic development and tourism through enhanced active transportation infrastructure.



Provide municipalities with practical planning tools that can be implemented regardless of community size or resources.

A PRACTICAL WORKBOOK FOR LOCAL ACTION

Get a Move On! is a step-by-step workbook that guides municipalities, community organizations, and local champions through the 10 key steps to create an Active Transportation Plan.



*From visioning to evaluation – a clear path
from planning to implementation.*



RESEARCH AND COMMUNITY ENGAGEMENT

The strategy was informed by extensive research, stakeholder consultation, public surveys, community meetings, and interviews with key informants. The research examined how active transportation contributes to:

- ✓ Health and wellness
- ✓ Economic development
- ✓ Tourism
- ✓ Community safety
- ✓ Environmental sustainability
- ✓ Land use planning
- ✓ Community connectivity
- ✓ Rural quality of life

The resulting strategy identified 10 priority themes and practical recommendations to guide future investments and decision-making across Huron County.



PROJECT OUTCOMES



Encourages healthier lifestyles through everyday physical activity.



Supports tourism and local economic development.



Improves community connectivity and accessibility.



Provides practical planning tools for municipalities with limited resources.



Integrates transportation, recreation, public health, and land use planning into a shared community vision.



FROM RESEARCH TO ACTION



Research



Community
Engagement



County
Strategy



Municipal
Workbook



Local
Implementation



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County of Huron
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Health Unit

This initiative demonstrates how rural communities can build on local strengths, engage residents, and make practical investments that create safer, healthier, and more connected places for people of all ages.



**Huron County
Health Unit**