

# 8 *Recreational gains and losses*

## Checklist of recreational uses

### COASTS

#### GENERAL/INFORMAL

##### Land based

Strolling  
Walking  
Dog walking  
Sitting/sunbathing  
Picnicking  
Observing nature/birds  
Childrens' games/play  
Other games: e.g football/cricket  
Cycling  
Roller skating/skate boarding  
Viewing history/heritage/landscape  
Viewing boats  
Playing in the sand

##### Water based

Paddling/swimming  
Dipping/observing nature

#### SPECIALIST

##### Land based

Nature studies  
Heritage/archaeological studies  
Geological studies  
Golf  
Horse riding  
Bird watching  
Bait digging  
Sand yachting  
Rock climbing  
Hang gliding  
Football/cricket

##### Water based

Angling/fishing  
Rowing/canoeing  
Sailing/sailboarding  
Motor cruising  
Jet skiing/water skiing  
Surfing

### RIVERS

#### GENERAL/INFORMAL

##### Land based

Strolling  
Walking  
Dog walking  
Sitting/sunbathing  
Picnicking  
Observing nature/birds  
Childrens' games/play  
Other games: e.g football/cricket  
Cycling  
Roller skating/skate boarding  
Viewing history/heritage/landscape  
Viewing boats  
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##### Water based

Paddling/swimming  
Dipping/observing nature

#### SPECIALIST

##### Land based

Nature studies  
Heritage/archaeological studies  
Geological studies  
Golf  
Horse riding  
Bird watching  
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Football/ cricket

##### Water based

Angling/fishing  
Rowing/canoeing  
Sailing/sailboarding  
Motor cruising  
Jet skiing/water skiing