



Choose to Move



# Town of New Glasgow Active Transportation Plan

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New Glasgow  
*flourish*

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# Land Acknowledgement

We would like to acknowledge the Town of New Glasgow is in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People. This territory is covered by the "Treaties of Peace and Friendship" which Mi'kmaq and Wolastoqiyik Peoples first signed with the British Crown in 1725. The treaties did not deal with the surrender of lands and resources, but in fact, recognized Mi'kmaq and Wolastoqiyik titles and established the rules for what was to be an ongoing relationship between nations.

# Funding Acknowledgement

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# Executive Summary

The Town of New Glasgow is committed to achieving its vision of a community where active transportation is the easy choice for people of all ages and abilities. The Active Transportation Plan outlines how the Town of New Glasgow will advance work towards a safe and accessible Active Transportation Network for people who walk, roll and bike.

The Plan details 58 active transportation action items in 5 categories: Multi-Use; Cycling; Pedestrians; Planning & Community Design; Public Education & Promotion.

Multi-Use



Cycling



Pedestrians



Planning & Community Design



Public Education & Promotion



**"Every journey  
begins and  
ends with  
active  
transportation"**

**-Catherine McKenna  
Former Minister of  
Infrastructure &  
Communities**

The Plan was developed in consonance with the Town of New Glasgow's Active Living Strategy, Trail Feasibility Study, Accessibility Action Plan and Community Climate Action Plan. It is intended to be a guiding document for the implementation of active transportation projects that will advance New Glasgow's active transportation network.

# What is Active Transportation?

Active transportation (AT) refers to the movement of people or goods powered by human activity. In New Glasgow, the two most popular forms of active transportation are walking and biking, but active transportation also includes activities such as wheel chairing, paddling, skateboarding, rollerblading and snowshoeing.

## Benefits of Active Transportation

Increasing opportunities for people in New Glasgow to engage in active transportation comes with many health, economic, environmental and social benefits.



Active Transportation is one of the easiest ways to increase the amount of time a person moves their body throughout the day. People who use active transportation are more likely to meet physical activity guidelines, which helps reduce the risk of diabetes, heart disease, lowers stress and decreases symptoms of both depression and anxiety.



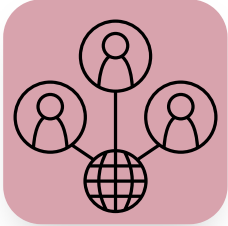
Transportation is a major source of greenhouse gas emissions in New Glasgow. Replacing trips made by vehicles with active transportation trips will lower greenhouse gas emissions, improve air and water quality and reduce spatial requirements for roads and parking facilities which helps to preserve open space.

**The Town of New Glasgow has made it a priority to reduce transportation related greenhouse gas emissions by 50% by 2030. (Community Climate Action Plan, 2022)**



Using active transportation to travel between destinations can help individuals and families save money on vehicle expenses. Active transportation connections throughout a community can positively impact the local economy by increasing foot traffic and spending at local businesses, increasing tourism including cyclo- and eco-tourism, increasing property values, job creation and employee productivity.

**People who walk or bike visit shops more often and spend more money than those who drive.**



Active transportation infrastructure allocates more public space for social connectedness and recreation, improves access to amenities, health, education, and social services, increases access to transit options and improves safety for vulnerable populations.

## AT, Population Health & Equity

Population Health is an approach that aims to improve the health of the entire population and to reduce health inequities among population groups. To reach these objectives, the approach looks at and acts upon the broad range of factors and conditions that have a strong influence on our health. Two of these Determinants of Health are physical environment and healthy behaviours. Creating physical environments that facilitate healthy living is a critical component of supporting individuals in making better choices for their health. Active Transportation is one of the easiest ways to become more physically active as part of daily life. Communities with accessible active transportation infrastructure for everyone can help the people who live there develop healthy physical activity behaviours and improve their overall health. Providing dedicated space for people who walk, bike, etc. increases the number of people who can comfortably access goods, services, or public spaces in a community, removing barriers to participation in society and access to physical activity opportunities. Equity must be prioritized in planning processes to enable all people to access and benefit from active transportation, and to maximize the health, economic, environmental and social benefits for the community.



# Community Context

New Glasgow is a 9.96km<sup>2</sup> riverside town of 9,471 residents, located in Northern Nova Scotia. The Town serves as the commercial service-centre for the region of Pictou County with a population of 43,657. Individuals living in New Glasgow have access to many municipal and regional assets such as schools, parks, trails, major employers, healthcare facilities, community groups and sport and recreation facilities.

The population of New Glasgow has increased by 4.4% from 2016 to 2021, which indicates the need to improve existing resources and infrastructure.

The Town of New Glasgow has a variety of transportation networks, including 84.5 kilometres of roadway, 56.2 kilometres of sidewalks and 6.5 kilometres of multi-use trails. The Samson, Pioneer and Johnny Miles Memorial Trails are connected via the George Street Bridge Pedway and a signalized crosswalk on East River Road. However, there is still room for improvement to form better connections to key destinations within the existing active transportation network.



# What We Heard

This plan was informed through a public engagement process that included a virtual public meeting, a pop-up engagement session at the New Glasgow Farmers Market, a pop-up engagement session at Rotary Park and an online survey. One hundred people participated in the public engagement opportunities.

The common themes identified through public engagement were: connectivity; accessibility; active transportation asset maintenance; cycling infrastructure; trails and public education.

## CONNECTIVITY

There is a desire for AT routes connected to top destinations.

## ACCESSIBILITY

AT infrastructure must be accessible to people of all ages and abilities.

## MAINTENANCE

The AT Network should be maintained and upgraded regularly.

## CYCLING INFRASTRUCTURE

There is a need for dedicated cycling infrastructure in the community

## TRAILS

There is a desire for development of new trails and trail connections

## PUBLIC EDUCATION

Prioritize promoting AT safety and opportunities to the public





Survey results indicated that the top 5 things that would encourage people to use active transportation instead of driving in New Glasgow are accessible sidewalks, maps and wayfinding materials, connectivity, bike lanes and amenities such as benches, garbage receptacles, water fountains, etc. The top 10 things the community believes the Town can do to increase active transportation rates are installing more sidewalks, bike lanes, lighting, safety measures such as trail heads, emergency phones, etc., increase connectivity by creating more AT connections, build more trails and pathways, maintain existing AT infrastructure, increase vehicle traffic control, install more bike facilities such as bike racks and fixit stations and educate the public on active transportation.

**75%**  
of people want to  
bike more often

**88%**  
of people support  
investment in  
developing new AT  
infrastructure and  
programs

**74%**  
of people want to  
walk more often



# Multi-Use

Multi-use infrastructure are active transportation assets such as trails or pathways that can be used by people travelling by multiple modes of active transportation like walking, biking, wheel chairing, etc. Multi-use infrastructure can be retrofitted into areas to improve network connection and safety of all active transportation users.

## Policies & Actions

### A) Develop and expand the existing trail network

Action 1: Implement the East River Pedway Feasibility Study

Action 2: Determine the feasibility of a connection to Trenton Park via the Smelt Brook Trail in Trenton.

Action 3: Construct a connection from the Pioneer Trail to the Aberdeen Hospital.

Action 4: Formalize the connection from the Pioneer Trail to Tartan Field and Walker Street.

Action 5: Determine the feasibility of expanding the Johnny Miles Memorial Trail to the Ward One Community Centre.

Action 6: Complete the Pioneer Trail: Completing Connections project

Action 7: Determine the feasibility of a connection from the Pioneer Trail Chisholm Street Trailhead to the East River Road and North Novie Drive intersection.

Action 8: Explore the feasibility of expanding the trail system into the North End of New Glasgow.

### B) Create connections for AT

Action 9: Determine the feasibility of formalizing the two desire lines between Granville Street and Brother Street (Food Bank and East Side Shortcut).

Action 10: Determine the feasibility of a paved multi-use pathway from the George Street Bridge to the Pioneer Trail Trailhead on Stewart Street.

Action 11: Implement the multi-use pathway from the George Street Bridge to Abercrombie Road as identified in the Blue Route Hubs Study.



### C) Create safe & user-friendly trails

Action 12: Ensure all trailheads are consistently branded, accessible and provide accurate wayfinding information.

Action 13: Install an official trailhead on the Pioneer trail at Chisholm Street.

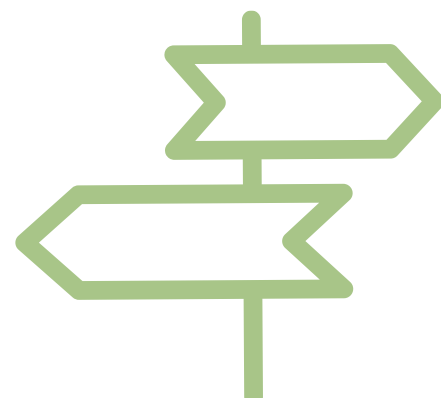
Action 14: Install trail bollards on the Pioneer and Johnny Miles Memorial Trailheads to prevent unauthorized use by motorized vehicles.

Action 15: Install LED trail lighting on all New Glasgow Trails by 2024 as identified in the Community Climate Action Plan.

Action 16: Community Development Department will conduct routine trail audits to identify maintenance items.

#### **Trail Bollards**

Trail users have expressed concerns regarding the unauthorized use of motorized vehicles such as ATVs on the Pioneer and Johnny Miles Memorial Trails. Existing signage is in place indicating motorized vehicles are prohibited from the trail system, but the installation of trail bollards at trailheads would physically restrict trail access for motorized vehicles.



# Cycling

Developing safe, well-connected cycling routes suitable for people of all ages and abilities will make it easier for people in New Glasgow to get around by bike. The size of the Town of New Glasgow and the proximity of residents to their places of work and other top destinations creates a high potential for cycling uptake following the installation of safe and convenient cycling infrastructure.

## Policies & Actions

### A) Ensure there is adequate bicycle parking at or nearby top destinations

Action 17: Install bike racks at all town-owned buildings.

Action 18: Install a bike rack at the Johnny Miles Memorial Trail East River Road Trailhead.

Action 19: Install a bike rack at the S.W. Weeks Sports Complex.

Action 20: Maintain an inventory of bike racks in New Glasgow.

Action 21: Conduct annual state-of-good-repair inventories of bike racks and ensure all seasonal racks are re-installed prior to the peak cycling season.



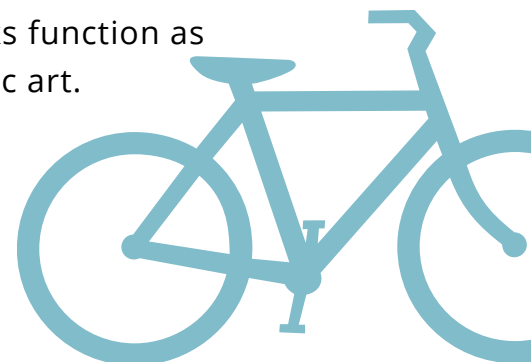
Bike corrals are large bike racks that provide parking space for multiple bicycles in one location.



Lollipop bike racks are individual posts with a circle ring that allow for one or two bicycles to park in one location.



Creative design bike racks function as bicycle parking and public art.



## **B) Develop connected cycling routes with AT infrastructure**

Action 22: Implement the recommended primary, secondary and tertiary cycling routes from the Blue Route Hubs Study as per the recommended timeline in the final concept design.

Action 23: Pilot and evaluate the Blue Route Hubs Bi-Directional Bike Lane on Archimedes Street by 2025.

Action 24: Increase "Share the Road" signage along routes that are crucial connections to destinations.

Action 25: Install one Fixit Station at the Johnny Miles Memorial Trail East River Road Trailhead and one at the Samson Trail Stellarton Road Trailhead.

## **C) Expand cycling program offerings in New Glasgow**

Action 26: Conduct a bike share feasibility study by 2025 as identified in the Community Climate Action Plan.

Action 27: Explore the feasibility of expanding the bicycle fleet available to the public in the Equipment Loan Program. Storage, maintenance and staffing considerations should be made.

Action 28: Source funding to add child bike seats and bike trailers to the Equipment Loan Program.



# Pedestrians

Pedestrian infrastructure such as sidewalks and crosswalks are the only opportunity for active transportation for those who do not have access to or cannot operate a bicycle or motor vehicle. Pedestrian infrastructure creates an opportunity for people in New Glasgow to develop healthy physical activity behaviors, contributing to a healthy lifestyle and reducing motor vehicle traffic.

## Policies & Actions

### A) Provide safe and accessible all ages and abilities AT infrastructure

- Action 29: Conduct annual "Walking Audits" with staff from Senior Leadership, Community Development and Public Works.
- Action 30: Continue to invest in the Capital Sidewalk Program to improve safety and accessibility of sidewalks in New Glasgow.
- Action 31: Develop and implement a "Boulevard Maintenance Bylaw" requiring property owners to maintain the grass on boulevards adjacent to their property.
- Action 32: Review the Snow Clearing Policy and identify priority AT routes for snow clearing.
- Action 33: Install a crosswalk crossing on Abercrombie Road at Cameron Avenue.
- Action 34: Implement the recommended accessibility upgrades to pedestrian infrastructure as identified in the Town of New Glasgow Accessibility Action Plan.
- Action 35: Pilot crossing flags at busy crosswalks not monitored by crossing guards.



## Boulevards

Separating sidewalks from roads with boulevards provides physical and perceived feelings of safety for pedestrians, especially in high-traffic and high-speed areas.



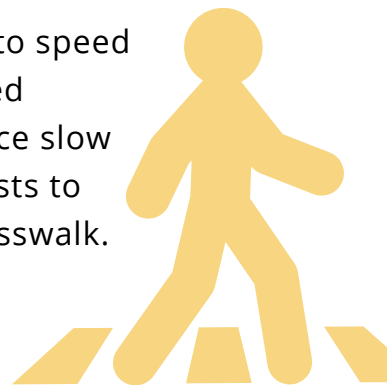
Audible crossing cues inform pedestrians of signal phases, including announcements or rapid percussive tones.



Curb extensions visually and physically narrow the roadway, creating safer and shorter crossings for pedestrians while increasing the available space for street furniture, benches, plantings, and street trees.



Raised crosswalks are similar to speed humps and other vertical speed control elements, they reinforce slow speeds and encourage motorists to yield to pedestrians at the crosswalk.



# Planning & Community Design

Complete Streets are streets that are safe for all users, regardless of age, ability, income, race, ethnicity, or mode of travel. By using a Complete Streets approach to designing road networks, we can create spaces that allow all users to thrive — not only motorists.

## Policies & Actions

### A) Prioritize the implementation of complete streets planning in New Glasgow

Action 36: Develop an open streets program.

Action 37: Engage community members in placemaking projects that involve active transportation and community design.

Action 38: Follow best practices for the placement of amenities along AT routes (ex: benches, garbage receptacles, water fountains, public washrooms, etc.).

Action 39: Install benches and shelters at Pictou County Transit stops in New Glasgow

#### Open Streets Programs

Open Streets are programs that temporarily open streets to people by closing them to cars. Open streets aim to boost sense of community, engage local business and showcase active transportation to the public. Open streets events can begin as pilot projects and be evaluated to determine community impact. The Atlantic Active Alliance Open Streets Toolbox Resource provides a template for planning open streets events.





## **B) Integrate pedestrian and bike-oriented design into planning documents and by-laws**

Action 40: Develop AT infrastructure requirements (sidewalks, bike lanes, multi-use pathways and trail connections) for new developments in New Glasgow.

Action 41: Adopt pedestrian and bike-oriented design principles into residential and commercial developments including mixed-land use, parking minimums, traffic calming measures, open space and green space planning.

Action 42: Develop a road hierarchy that includes active transportation routes.

## **C) Support inter-community connections**

Action 43: Propose bike racks on the Pictou County Transit Authority bus fleet to support multi-modal transportation.

Action 44: Maintain AT infrastructure to Town limits to support route continuity between municipal units.



# Public Education & Promotion

The way active transportation is promoted should be positive and encouraging so that community members become enthusiastic about walking and biking. Developing more active transportation programs and events and supporting active transportation skill development in school and community settings are interventions that can increase safe active transportation participation in our community.

## Policies & Actions

### **A) Promote and support AT opportunities in New Glasgow**

Action 45: Participate in annual AT promotion campaigns such as Bike Month, Walktober and Winter Bike Month.

Action 46: Pilot a "Walk and Bike to School" day.

Action 47: Inform residents of future AT projects by developing and publishing marketing materials.

Action 48: Create and maintain public maps of the AT Network.

Action 49: Develop a wayfinding and signage strategy.

Action 50: Pilot an umbrella share program in the downtown core.

Action 51: Pilot a walking school bus program.

Action 52: Develop an AT Safety Campaign with the New Glasgow Regional Police.

Action 53: Promote a "Ride and Walk" concept to encourage multi-modal transportation.



## **B) Facilitate the development of AT skills in the community**

Action 54: Partner with schools in New Glasgow to offer annual age-appropriate AT skills training to students (Making Tracks, CAN Bike, etc.).

Action 55: Partner with community organizations to offer AT skills training for the community (Making Tracks, CAN Bike, etc.).

## **C) Monitor and evaluate the effectiveness of AT in New Glasgow**

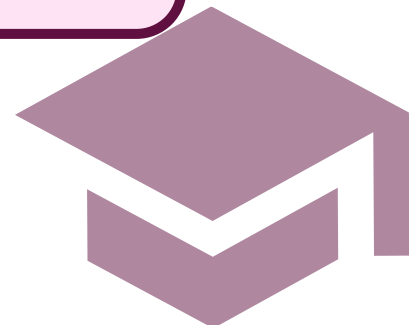
Action 56: Obtain baseline data of pedestrian volumes and bicycle use, including counts at strategic locations.

Action 57: Update data periodically and correlate with infrastructure improvements to help determine their effectiveness.

Action 58: Create a timeline for the implementation of action items within the Active Transportation Plan. This process should involve multiple Town departments.

### **Umbrella Share Program**

Public consultation participants identified an umbrella share program as a strategy to encourage AT during inclement weather. The program would be a partnership between the Town and local businesses to provide umbrellas that are free for the public to use while visiting local businesses in New Glasgow.



# Partnership & Funding Opportunities

While some of the action items within this plan are low to no cost or could be completed with capital funding, others will require external partnerships and funding programs to complete.

## Potential Partners

- Bicycle Nova Scotia
- Hike Nova Scotia
- Nova Scotia Trails
- Private Land Owners
- Local Businesses
- Community Organizations
- Pictou County Transit Authority
- A.G. Baillie Memorial School
- New Glasgow Academy
- North Nova Education Centre
- Recreation Nova Scotia
- Ecology Action Centre
- Uplift
- Interdepartmental Partnerships
  - Community Development
  - Public Works & Engineering
  - New Glasgow Regional Police
  - Information Technology
  - Climate Change & Sustainability

## Potential Funding Sources

- Aberdeen Health Foundation
- Central & East Pictou Community Health Board
- NS Department of Communities, Culture, Tourism & Heritage
- NS Department of Public Works
- Infrastructure Canada
- Clean Foundation
- Canadian Parks & Recreation Association
- Town of New Glasgow Sustainability Fund
- Town of New Glasgow Capital Funding

# Looking Ahead

The Town of New Glasgow is committed to achieving its vision of a community where active transportation is the easy choice for people of all ages and abilities. The Active Transportation Plan is a guiding document for work to be completed by the Town of New Glasgow and its community partners. We hope to empower citizens to meaningfully engage in the implementation of a safe and accessible active transportation network.

## Proposed AT Network



- Existing Trail System
- Proposed Trail Connections
- Proposed Cycling Routes

\*The Proposed AT Network map does not include sidewalks.

The Proposed AT Network adds 4.3km of trail connections to the existing 6.5km trail network and 9.2km of dedicated cycling routes.



# References

Complete Streets for Canada  
National Active Transportation Strategy  
National Association of City Transportation Officials  
Halifax Integrated Mobility Plan  
Atlantic Active Alliance  
Town of New Glasgow Community Climate Action Plan  
Town of New Glasgow Accessibility Action Plan  
Town of New Glasgow Physical Activity Community Survey Results  
Town of New Glasgow Blue Route Hubs Project Phase 2 Report  
Statistics Canada 2021 Census