

# Accessibility check-list for nature trails

This accessibility check-list for nature trails has been produced with the financial assistance of the Central Baltic Programme 2014 – 2020 as part of the Project No CB786 “Nature Access to All” (NatAc).

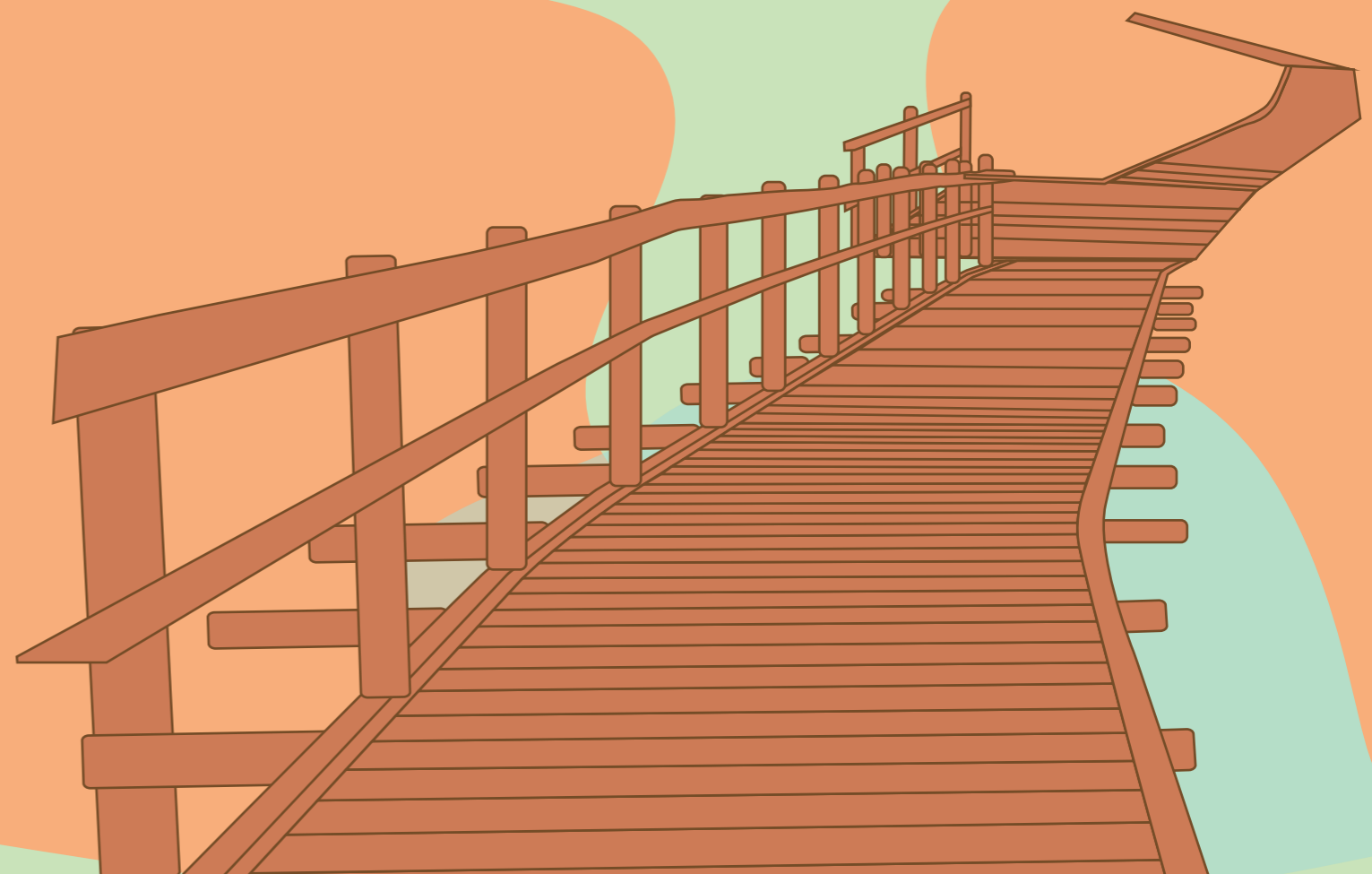
The project aims at facilitating access to nature tourism by developing the chain of accessible nature tourism sites in the core Central Baltic area in Latvia, Estonia and Finland. The project is being implemented by the Kurzeme Planning Region in cooperation with NGO West-Estonia Tourism, Estonian Environmental Board, Pärnu City Government and Parks & Wildlife Finland (Metsähallitus).

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Publisher: NGO West-Estonia Tourism, 2021

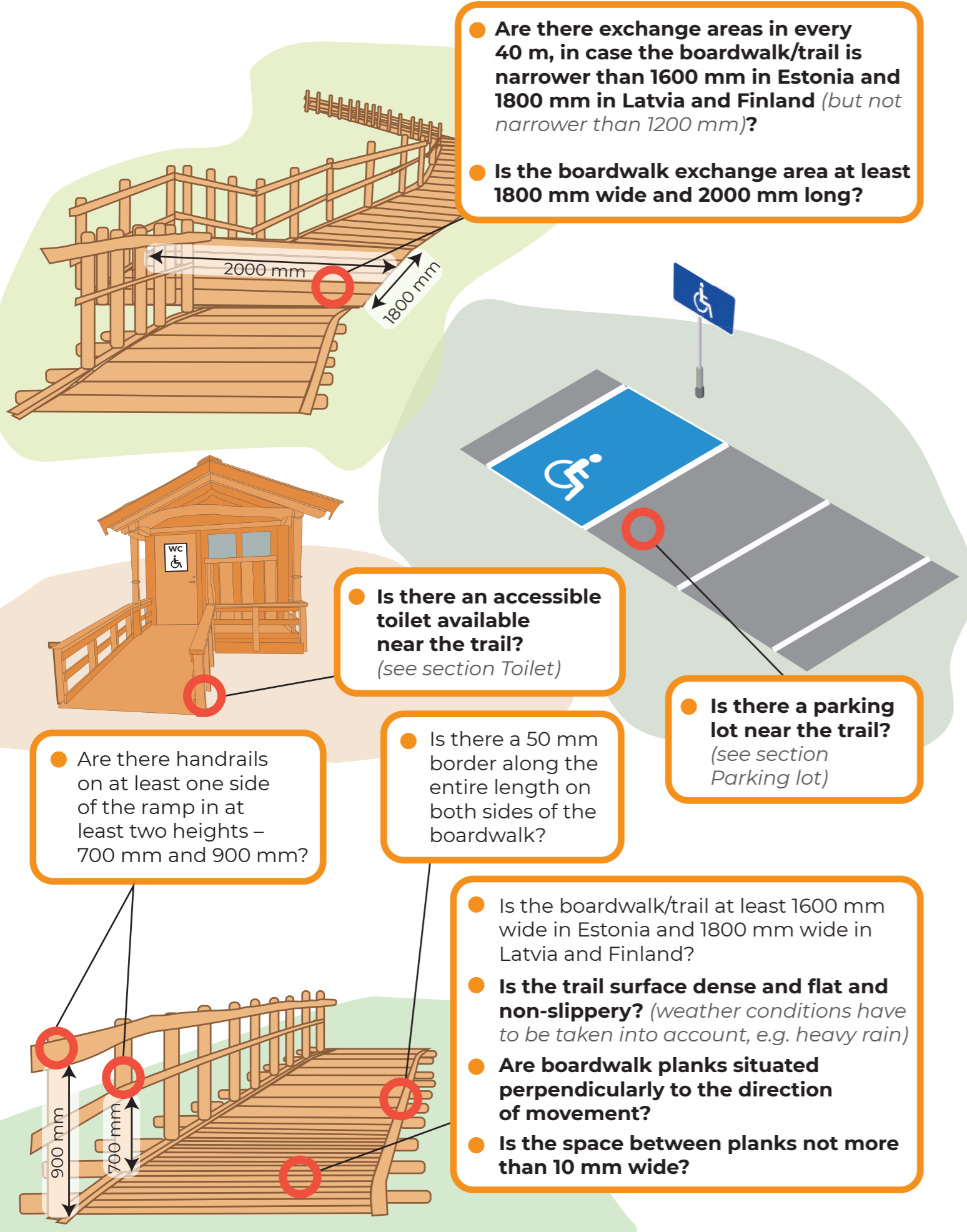


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# Nature trail and resting area

\*Questions highlighted in bold are mandatory to be answered “yes” for a trail to meet the minimum accessibility criteria



- Are there exchange areas in every 40 m, in case the boardwalk/trail is narrower than 1600 mm in Estonia and 1800 mm in Latvia and Finland (but not narrower than 1200 mm)?
- Is the boardwalk exchange area at least 1800 mm wide and 2000 mm long?

- Is there an accessible toilet available near the trail? (see section Toilet)

- Is there a parking lot near the trail? (see section Parking lot)

- Are there handrails on at least one side of the ramp in at least two heights – 700 mm and 900 mm?

- Is there a 50 mm border along the entire length on both sides of the boardwalk?

- Is the boardwalk/trail at least 1600 mm wide in Estonia and 1800 mm wide in Latvia and Finland?
- **Is the trail surface dense and flat and non-slippery?** (weather conditions have to be taken into account, e.g. heavy rain)
- **Are boardwalk planks situated perpendicularly to the direction of movement?**
- Is the space between planks not more than 10 mm wide?

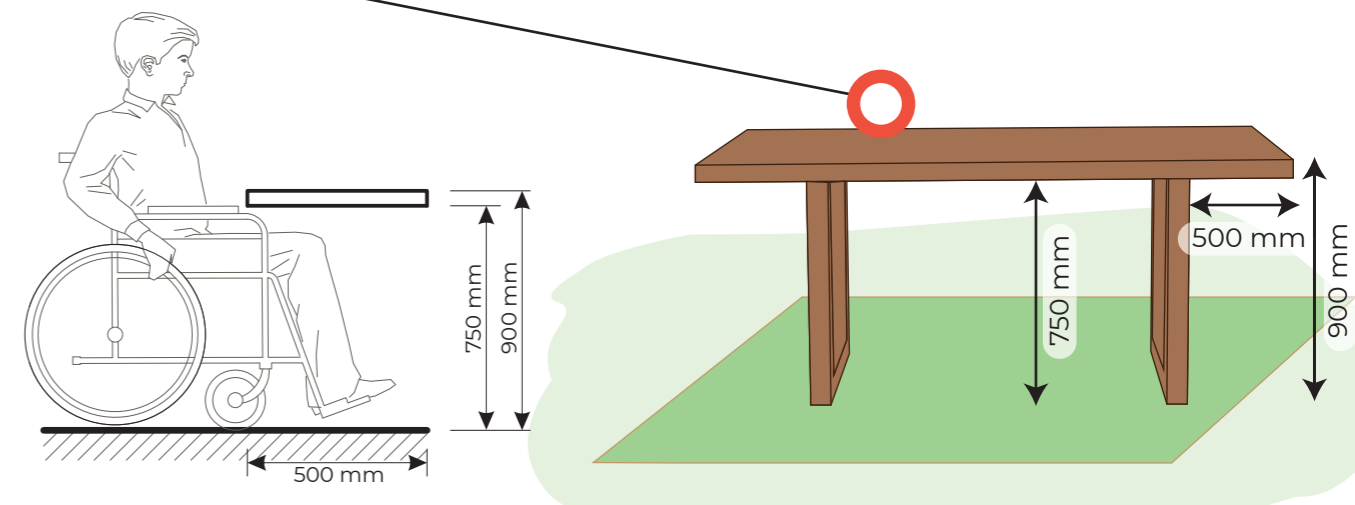
- **Is the trail crossfall less than 1:33 (3%)?** (i.e. slope perpendicular to the direction of movement)

- Are there resting areas available at sites where trail rise reaches 1:20 (5%) and 1:12 (8%), at least in every 6 m or at least one resting area for a 10 m long rise?

- Is there a bench available in every 300 m of the trail? Is there a handle placed at least on one side of the bench?

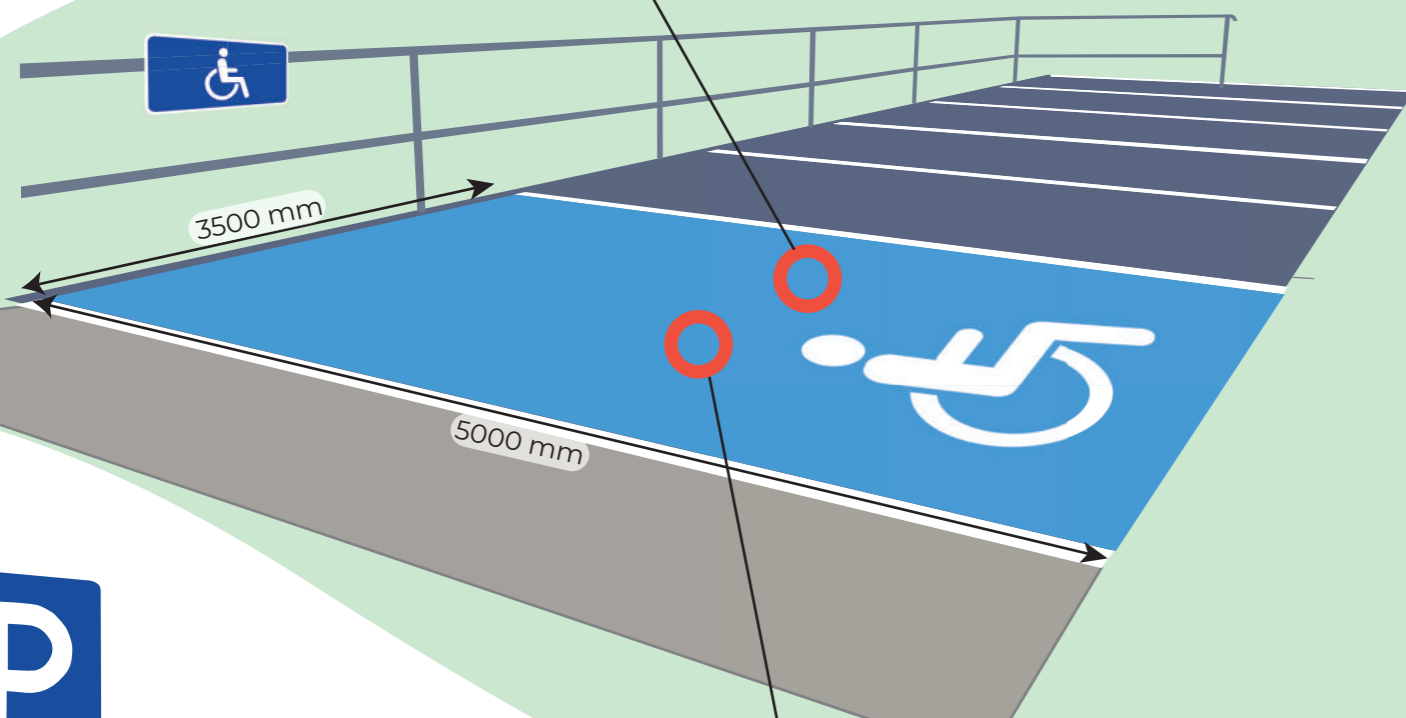
- Is there at least 1000 mm space between benches at resting areas, which are installed with benches?

- Are picnic tables situated on a solid and flat surface?
- Is there a 750 mm high and 500 mm deep free space below the table?
- Is the table surface not higher than 900 mm from the ground?



# Parking lot

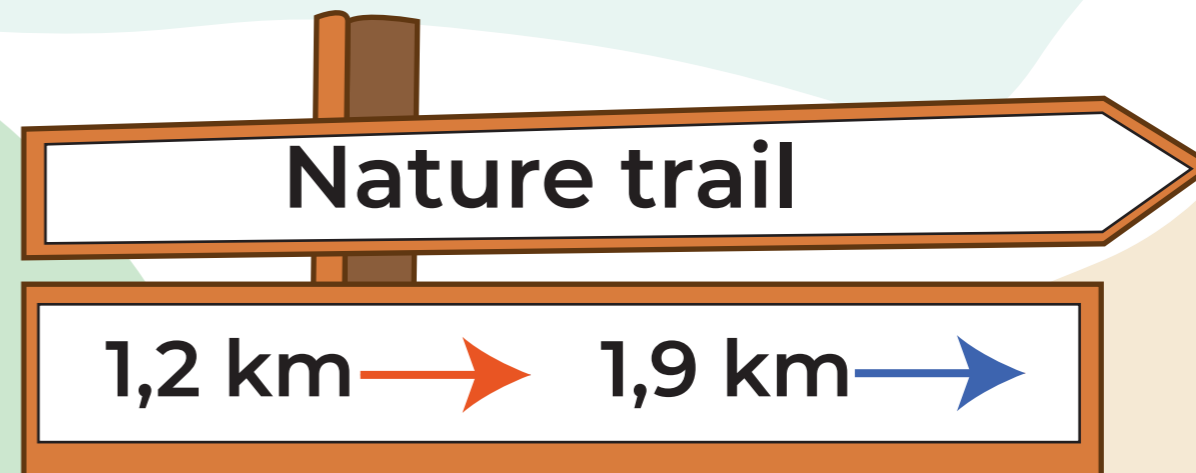
- Is the relation between parking spots for people with disabilities and the rest at least 5% of the total number of parking spots or at least 1 parking spot for persons with disabilities?
- Is the surface of the parking lot smooth, flat and cleared of stones? (weather conditions have to be taken into account, e.g. heavy rain)



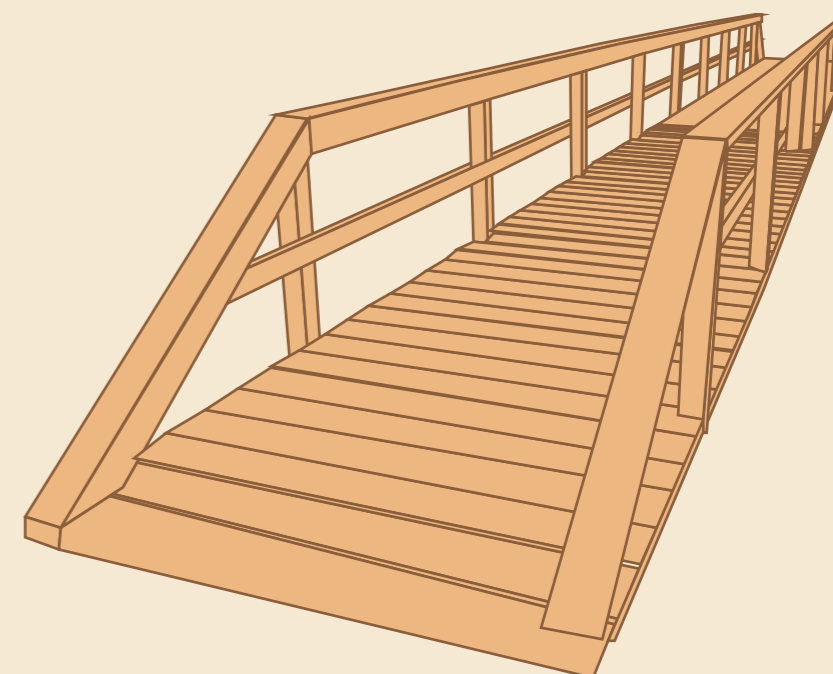
- Is the size of the parking space for people with disabilities at least 3500 mm x 5000 mm?
- Is the parking spot for disabled people marked with vertical sign? (not just painted on the ground of the parking spot)

- Is there a sign at the entrance to the parking lot to parking space for people with disabilities?

- Is the parking lot for people with disabilities as close as possible to the start of the trail?
- Is the stretch from the parking lot till trail accessible? (in case of a sidewalk, there is a lowered curb installed to get in and down of the sidewalk with relevant warnings)



- Are there step by step direction signs placed from the parking lot till the start of the trail?



# Toilet

- Is the hand washing dish placed at height of 850 mm from the ground?
- Is the water mixer convenient to use (*easy to grab*)?

- Is the cabin locking mechanism convenient for people with weak grip?
- Is there a handle horizontally on the inside of the door?
- Is the door leaf at least 900 mm wide?



- Is there a specially constructed accessible toilet, in case accessible facilities are not installed at toilets for both genders?
- Are there clear direction signs to the location of the toilet? (*incl. a raised and contrasting mark on the outside of the toilet door*)
- Can person in a wheelchair freely access the toilet location? (*see section Nature trail and resting area*)

- Is the light switch located not higher than 1100 mm from the ground in Estonia and 1200 mm in Latvia and Finland?

- Is the bottom edge of the mirror placed not higher than 900 mm from the ground in Estonia and 1100 mm in Latvia and Finland?

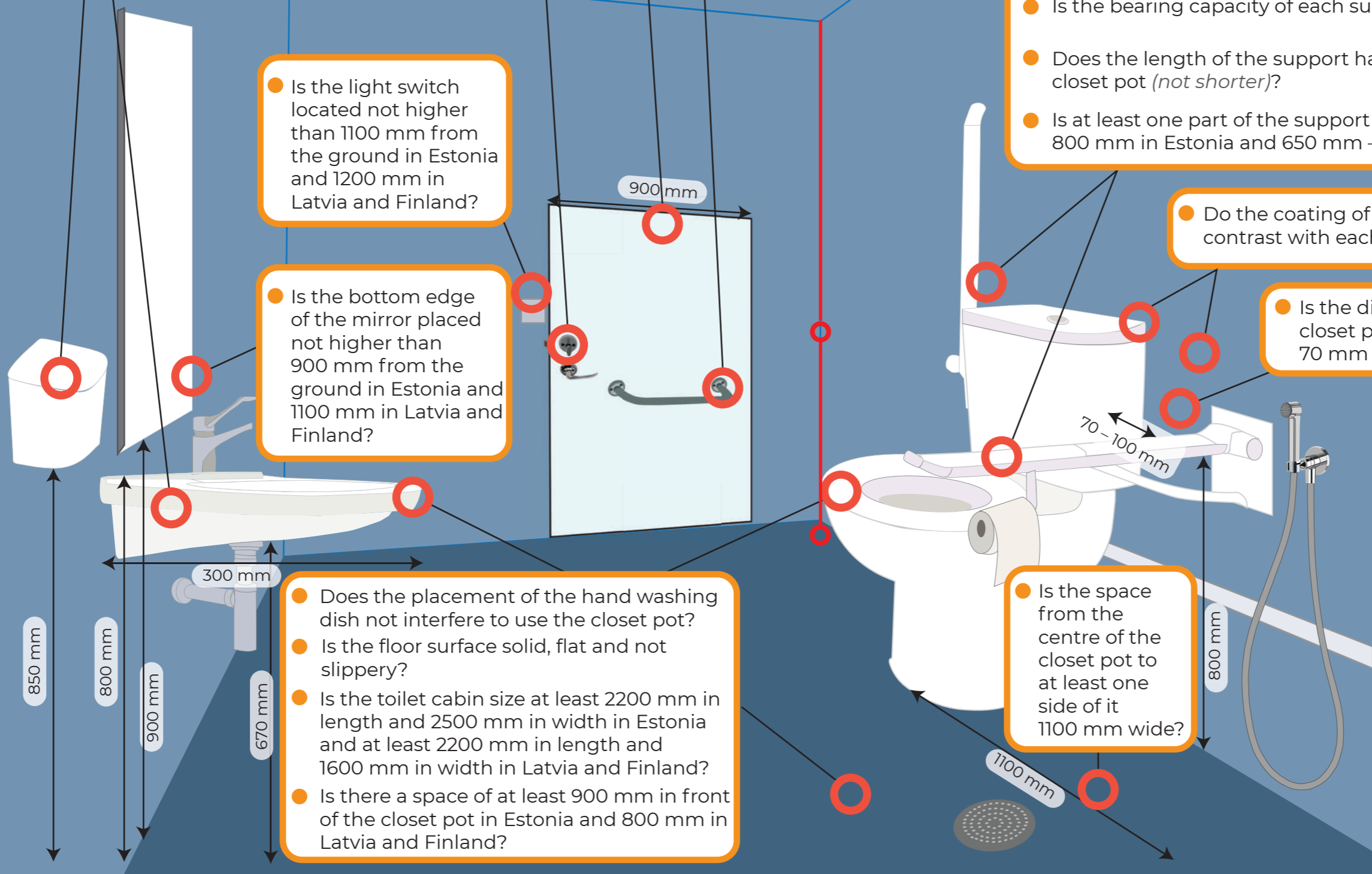
- Is the closet pot equipped with support handles?
- Can the support handle on the free side of the closet pot be lifted and fixed in a lifted position?
- Is the bearing capacity of each support handle at least 70 kg?
- Does the length of the support handle meet the length of the closet pot (*not shorter*)?
- Is at least one part of the support handle placed at height of 800 mm in Estonia and 650 mm – 700 mm in Latvia and Finland?

- Do the coating of surfaces and furniture effectively contrast with each other (*dark on light*)?

- Is the distance between the edge of the closet pot and support handle between 70 mm to 100 mm?

- Does the placement of the hand washing dish not interfere to use the closet pot?
- Is the floor surface solid, flat and not slippery?
- Is the toilet cabin size at least 2200 mm in length and 2500 mm in width in Estonia and at least 2200 mm in length and 1600 mm in width in Latvia and Finland?
- Is there a space of at least 900 mm in front of the closet pot in Estonia and 800 mm in Latvia and Finland?

- Is the space from the centre of the closet pot to at least one side of it 1100 mm wide?



# Information and signs

- Are the signs well lit?

- Is the overall map of the trail route intuitively and easy to understand?
- Is the audio material supplemented with visual information (e.g. the same written text) and vice versa (videos with subtitles)?
- Is the direction sign system explained on the information stand/board?
- Is the visual contrast applied between the text and the information stand/board?
- Is the visual contrast applied between the information stand/board and the surface where it is placed?

- Are there any tactile/Braille maps and models/objects available?

- Are the signs that are placed on the wall, clear, contrasting (dark on light), placed at height of 1300 mm – 1800 mm from the ground and the size of the letters is not less than 40 mm?
- Are the printed information logical, with sufficient letter size and contrasting (dark on light)?
- Is the text supplemented with symbols and pictograms and are they easy to catch and understand?

- Are the signs of the relevant size and contrast with the surrounding background (dark on light)?
- Is there a suitable font style for the text used in signs (simple font styles, like Ariel, preferred, no fancy scribbles)?
- Does the surface of the sign not create glare and reflection?



- Do the signs help orienteering? (incl. signs are sequential and not causing misunderstanding)
- Are the signs placed at height of no more than 2200 mm from the ground?

# Stairs

- Is the first and the last stair step marked with contrasting paint (*dark on light*)?

- Is the staircase incline not more than 1:2 (50%)?

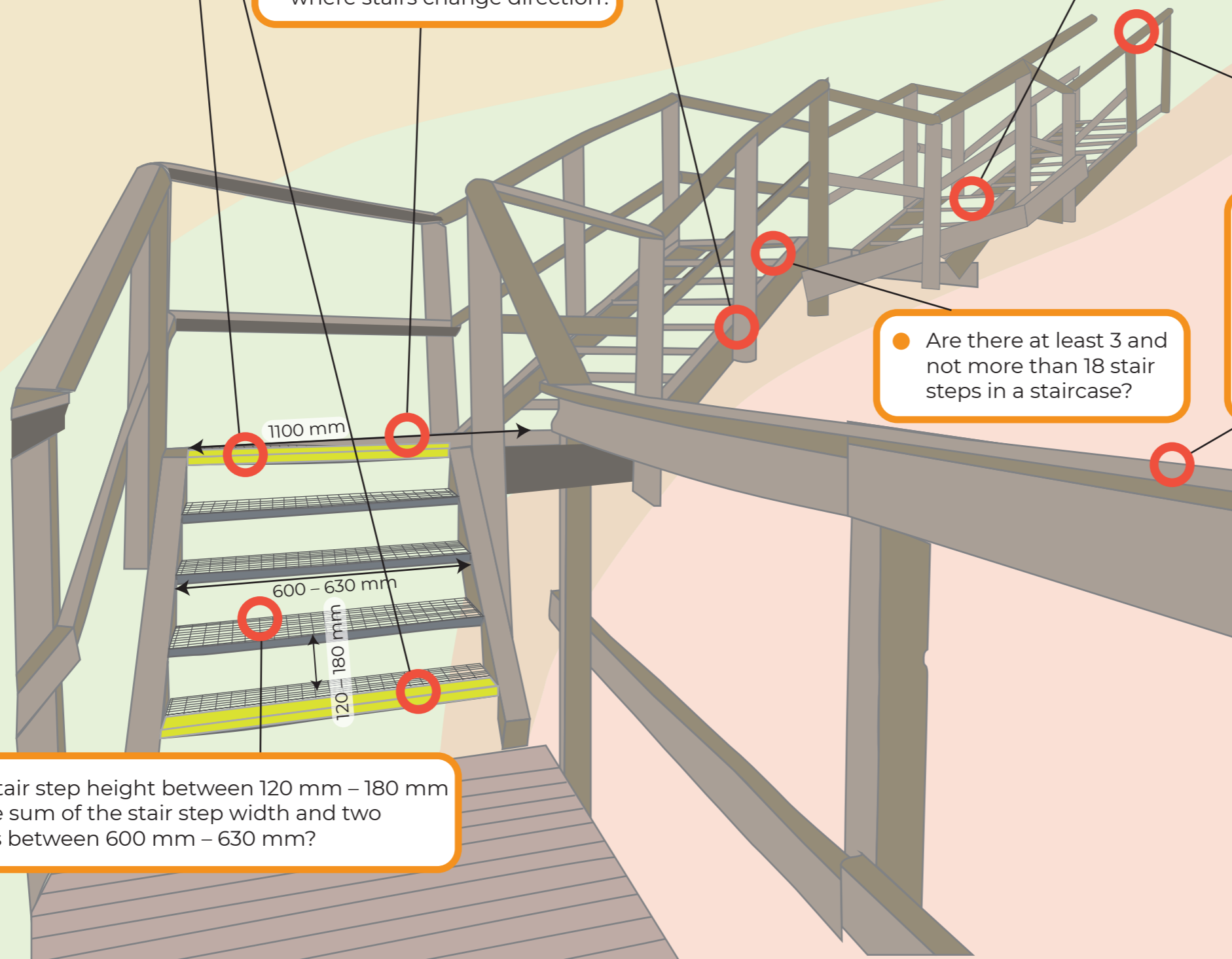
- Are the stair changing areas at least 1100 mm long?
- Are there no stairsteps at stairway intermediate areas, where stairs change direction?

- Is the surface of the stair steps and changing areas solid, flat and made of anti-slippery material regardless of the weather conditions?
- Does the horizontal part of the steps not overlap with one another?
- Is the placement of the stairs logical and consequent, with all steps in one staircase being equal in size and step dimensions do not change?
- Is the width of the stairs relevant to the usage of the trail (*if the trail is busy, is there enough space for 2 persons to change*)?
- Do the stairs have counter-steps – the vertical part of the step, which reduces the possibility of hitching?

- Are there at least 3 and not more than 18 stair steps in a staircase?

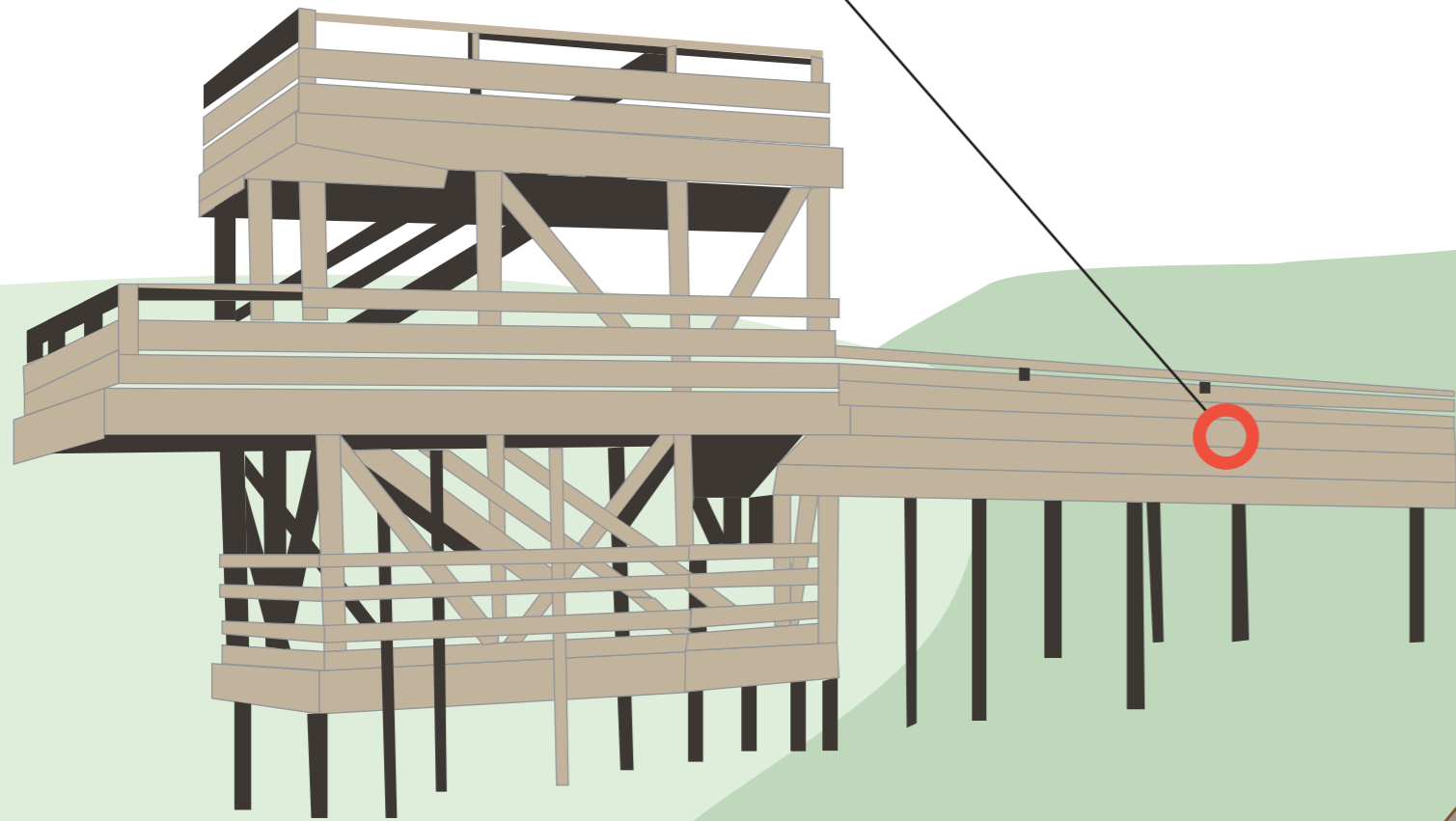
- Do the handrails start 300 mm before and 300 mm after the stairs? (*see section Nature trail and resting area*)
- Do the stair railings mark the start and the end of the staircase and are of the same gradient as the staircase? (*railings should follow the form of stairs*)

- Is the stair step height between 120 mm – 180 mm and the sum of the stair step width and two heights between 600 mm – 630 mm?



# Viewing platform

- Are the landscape and bird watching sites accessible and usable for visually impaired/blind persons and persons in wheelchairs?

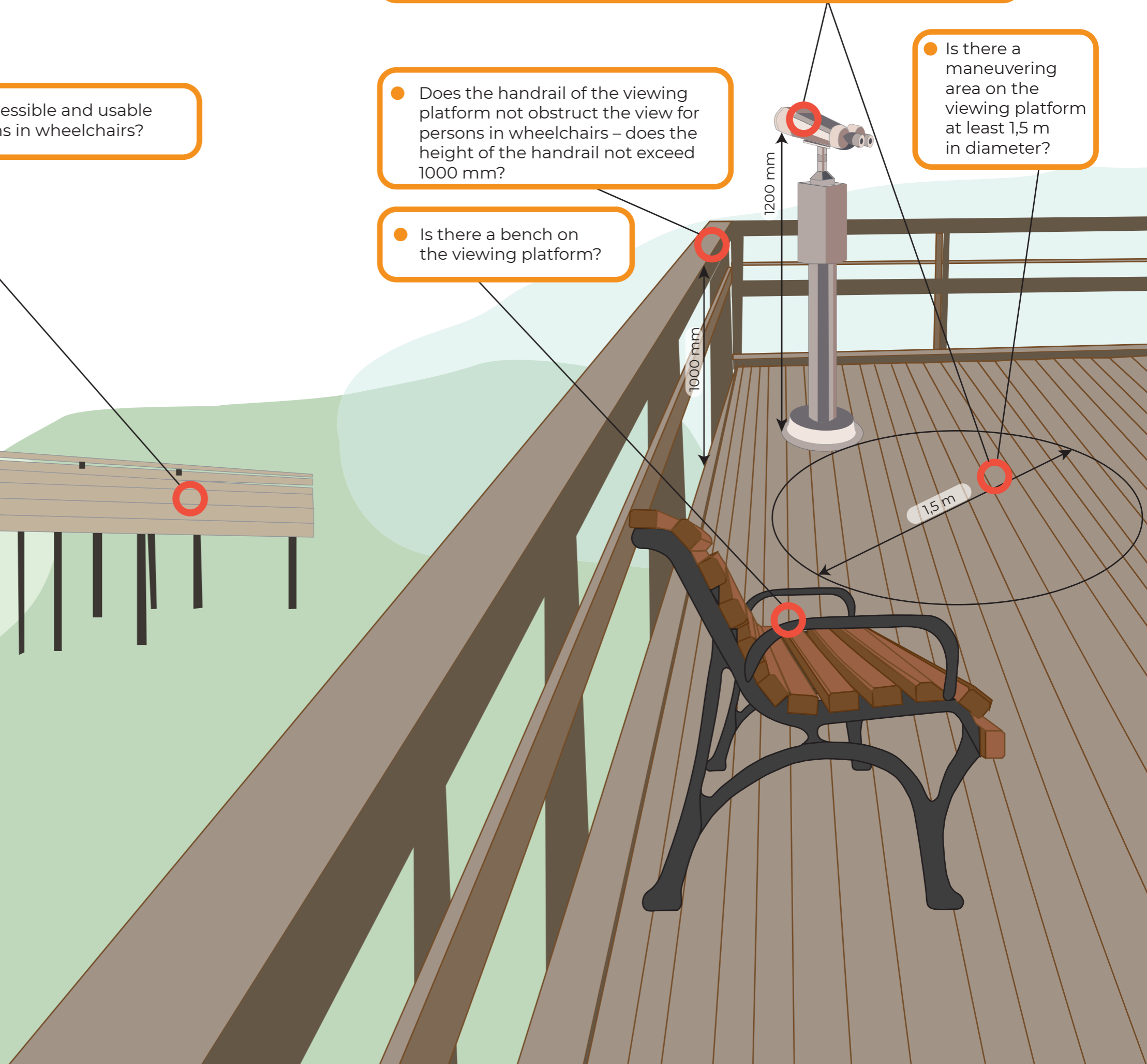


- In case of binoculars, are those installed at 1200 mm height?  
(maneuvering area at the binocular should be least 1,5 m in diameter)

- Does the handrail of the viewing platform not obstruct the view for persons in wheelchairs – does the height of the handrail not exceed 1000 mm?

- Is there a bench on the viewing platform?

- Is there a maneuvering area on the viewing platform at least 1,5 m in diameter?



# Boating/fishing site

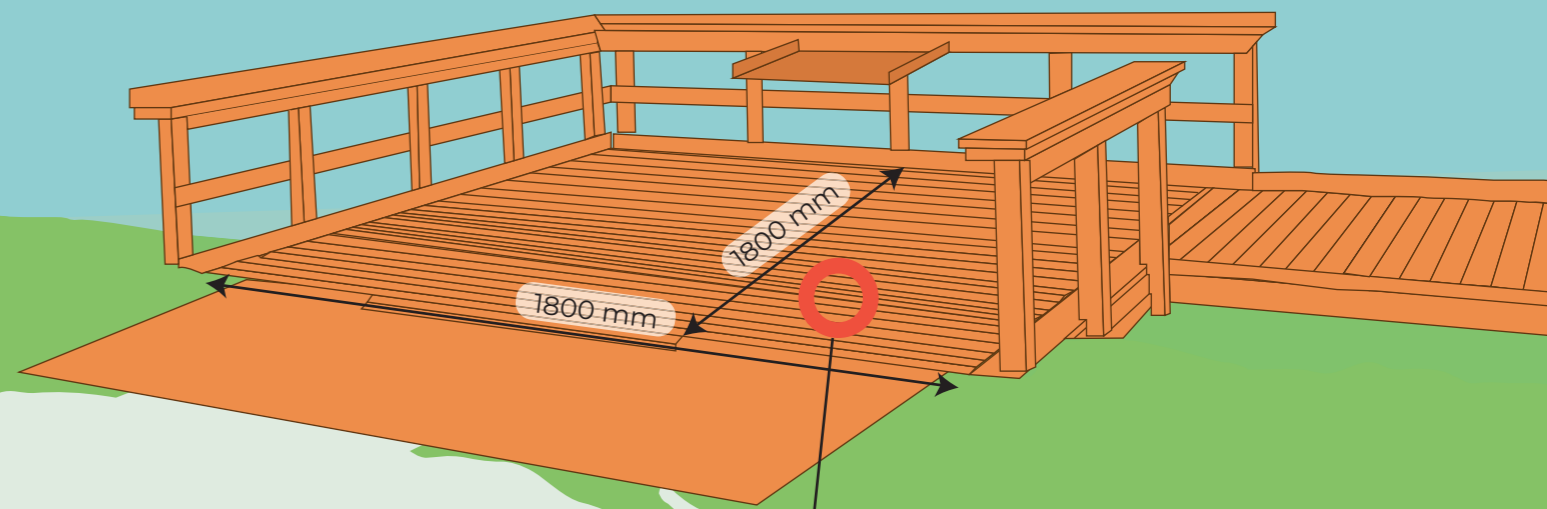
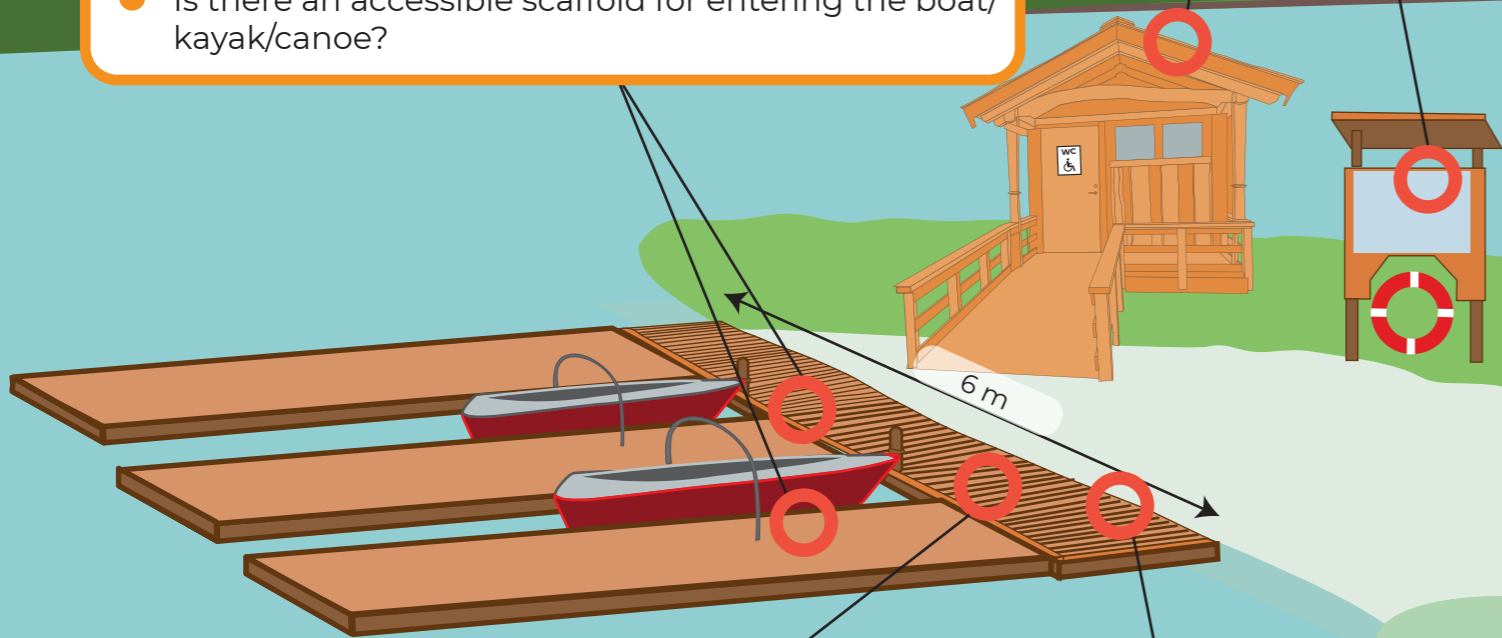
\*see points on limits for surface, steepness, gaps and obstacles of landing site, pier and connection bridge under Nature trail and resting area section

## Boating/kayaking/canoeing site

## Fishing site

- Is there an accessible toilet nearby? (see section Toilet)
- Is the life ring reachable also from the height of a sitting person?
- Is there information on safety rules, contacts, etc.?

- Is it possible to land sideways and lengthways?
- Is there an accessible mooring site for a boat/kayak/canoe on the shore?
- Is there an accessible scaffold for entering the boat/kayak/canoe?



- Is the pier for boat/kayak/canoe at least 6 m long?
- Is the surface intact (no dangerous nails, rotten planks)?
- Is there an accessible scaffold for entering the boat/kayak/canoe?

- Is there an accessible trail to and from the shore? (see section Nature trail and resting area)
- Is it possible to move aiding tools to the shore freely?
- Is the connection bridge accessible for wheelchair users and persons with visual impairment?

- Is the fishing site at least 1800 mm long and 1800 mm wide?
- Is there a 50 mm protective border along the fishing pier/platform edges?
- Is there a railing in the height of 30-50 cm along the fishing pier/platform edges?