UActivE Action Plan
Castilla-La Mancha (Toledo)
1. Introduction

The regional government of Education, Culture and Sport from Castilla-La Mancha, is developing different programmes aimed to promote physically active lifestyles for all age groups in the population.

To promote physical activity includes addressing individual, social an environmental aspects. There are many different determinants of people’s physical activity behaviour. Therefore, many community programmes are focused on creating physical and social environments that make physical activity an easy and accessible option for all.

With this general aim, all agents, institutions, private or state, play an important role to facilitate and to promote physical activity. But, it is at the local level, (i.e. city) from where it is more effective to establish the basis for promoting an active lifestyle.

Castilla_La Mancha regional government participates in the SPAcE (Supporting Policy and Action for Active Environments) European Project, sharing information about good practices in promotion local active environments, developing an action plan, and learning how to use the HEAT tool to evaluate the economic implications of the actual physical activity promotion campaigns.

To accomplish the SPAcE project action plan, Castilla_La Mancha regional government has contacted Toledo town hall. The city of Toledo will be used as the location where to pilot the UActiVE plan. This plan will be a good example to follow by other municipalities within the Castilla-La Mancha region.
2. Environment

2.1. The city and its neighbourhoods

Toledo is a municipality and a city in Spain, capital of the autonomic community of Castilla-La Mancha. It has 83,226 citizens (2015) and it is the second most populated municipality in the province and the forth in the autonomic community.

The city of Toledo is located 71 km south from Madrid, the capital of Spain.

The city is located at the right hand side of river Tajo, on the top of a 100 meters hill above the river. The river forms a meander around the city. The city has a scattered configuration, with neighbourhoods very far away from the city centre. Azucaica neighbourhood it is 7 km away from the city centre, whereas Santa María de Benquerencia, is located opposite Azucaica, 8 Km away from the city centre.

The old town it is in the centre and it is the most attractive area despite of only 14% of the population lives there.

At the bottom of the old town, north direction, we can find: San Antón-Avenida de Europa, Palomarejos, Santa Teresa-Reconquista, Vega Baja y Buenavista neighbourhoods. These neighbourhoods conform the most populated area in the city. Also, on the east direction, we can find Santa Bárbara neighbourhood, where the train station is placed.

Santa María de Benquerencia, is the most populated neighbourhood and it is located 6 km away from the city centre. This recent (created at the 70’s) neighbourhood, is characterised by its both residential and industrial nature.

Moreover, in the last years, there has been a new peripheral urban development including housing developments such as: Valparaiso, La Legua, Cigarrales de Vistahermosa, Tres Culturas-Finca Buenavista, La Bastida, San Bernardo, Montesión and Olivar de los Pozos.

In this context, the Castilla-La Mancha SPAcE Action plan is planning an intervention focused on the active commuting within the Santa María de Benquerencia (B11- Polígono) and the Santa Bárbara (B10) neighbourhoods.

We have selected these two neighbourhoods due to the following reasons:
- **Santa María de Benquerencia**, is the most populated neighbourhood in the city/municipality.

- **Santa María de Benquerencia**, has an easy access to the city by car, therefore almost everybody uses the car.

- Within the neighbourhood we can find plenty of different areas: industrial areas, recreational centres, health centres, sports facilities and sports clubs, etc. which promote many commuting trips by car.

- The distance between **Santa Maria de Benquerencia** and the city centre is of 6 km, which is an easy distance to ride on a bike.

- **Santa María de Benquerencia** has already many walking routes and a bike paths. To join them with a bike path to the city centre could be a good strategy to promote active commuting as part of the Santa María de Benquerencia citizens’ lifestyles.

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*Mobility flows in urban transport in Toledo (PMUS, 2012) – Number of mobility trips out of the total percentage*

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### 2.2. Infrastructure and facilities for an active commuting/mobility

Toledo has a sustainable urban mobility plan (2012) currently in force, which helps the SPAcE Project because both are working in the same direction, i.e. to promote active lifestyles and, in particular, active commuting.
The next maps present the neighbourhood of Santa María de Benquerencia. It is easily accessible by car, but not much by bike or on foot. Taking into account the neighbourhood has already some walking routes and bike paths, the idea of joining these ones with the rest of mobility infrastructures in the city, looks a good opportunity to promote active commuting/mobility from and to the most populated neighbourhood from Toledo.

**Pedestrian paths from Toledo city centre to Santa María de Benquerencia (PMUS, 2012)**

**Cycling routes from Toledo city centre to Santa María de Benquerencia (PMUS, 2012)**

### 2.3. Policies and current Strategies

**Urban Sustainable Mobility plan from Toledo (2012)**

At present, it is a current plan, which offers a great number of actions to promote active mobility (by bike and on foot)

**Strategic Plan Toledo 2020**

It is a project based on a strong participation procedure, which defines a basic strategy for the city development in the next years to come. It includes all agents, as well as the transport section.
Accessibility plan in the old city of Toledo (2004)
It offers different accessible itineraries in the History old town of Toledo.

Accessibility Integral Municipal Plan in Toledo (2011)
It offers all analyses, diagnosis and actions for the accessibility to several buildings, itineraries, transport and signalling in all the city of Toledo.

Healthy School Projects (HSP)
Castilla-La Mancha regional government has launched a healthy schools network among all schools, in which each school designs its own healthy Project. All these projects aim to increase healthy lifestyles in children and adolescents. The IV programme within the projects, focuses on active transportation to school.
2.4. Activity Centres

Industrial Area

Santa María de Benquerencia neighbourhood is divided into two areas: residential and industrial, being the industrial, an area with lots of transportation, i.e. mobility. The possibility to turn into active mobility some of the motorised transportation is one of the main reasons why we intervene in this municipality.

Comercial and recreational area

“Luz del Tajo” is the biggest commercial centre in Toledo, and it is located between the Santa María de Benquerencia and Santa Bárbara neighbourhood. It has 42,000 m² used for shopping areas, restaurants, cinemas, market and leisure centres. It also generates plenty of mobility/transportation from and to the neighbourhood.
Sports facilities

In Santa Bárbara there are: a municipal sports pavilion with an outdoor sport court, a football pitch, and an outdoor swimming pool; a sports pavilion from the Princesa Galiana A-level School, several private gyms, and a track multipurpose.

In Santa Mª de Benquerencia, there are: a municipal sports pavilion with 4 fitness rooms and a gym, 2 outdoor courts, a football pitch, an outdoor and an indoor swimming pools, archery facilities, an athletic track, and four tennis courts; three private gyms.

Health centres

Both neighbourhoods have their own health centre. They are health centers of primary care, so they generate a daily and constant flow of people.

Sports clubs

The sport activity in the neighbourhood is intense, which leads to a great mobility, especially for the young people. At the same time, these sports clubs will be interesting social agents to promote the active mobility SPAcE plan.

In total, in the area of both neighbourhoods Santa Bárbara y Santa Mª de Benquerencia we can find 32 clubs and sports associations:

1. Car Club Toledo
2. Club Balonmano Ciudad Imperial
3. Club Deportivo De Pesca De Toledo
4. Club Deportivo De Pesca Nuestra Señora Del Valle
5. Club Deportivo Evasión
6. Club Deportivo Wushu Choy Lee Fut De Toledo
7. Club Escalada Vertical  
8. Club Santa Bárbara Fútbol Sala  
9. Escuela De Fútbol Base Odelot-Toletvm  
10. Tajo De Aeromodelismo  
11. Asociación Atlética Puerta Bisagra  
12. Asociación De Fútbol Para Veterano Toledo  
13. Club Automodelismo Toledo  
14. Club Baloncesto Polígono  
15. Club Ciclista Bicicletas Pina  
16. Club De Actividades De Montaña K2  
17. Club De Fútbol Benquerencia Toledo  
18. Club De Fútbol Polígono Toledo  
19. Club De Petanca Sta. Mª De Benquerencia  
20. Club De Tenis Mirador  
21. Club De Tiro Imperial Sánchez Infantes  
22. Club Deportivo Apace  
23. Club Deportivo Asdownto  
24. Club Deportivo De Pesca El Tajo  
25. Club Deportivo El Mercadillo De Fútbol Sala  
26. Club Deportivo Judo Polígono Escuela De Frutos  
27. Club Hípica De Toledo  
28. Club Imperial De Tenis  
29. Club Triatlón Tritoledo  
30. Escudería Circuito Del Tajo  
31. Mtb Fuente Del Moro-Bricobolo  
32. Club De Tiro Con Arco Águila Imperial

**Schools**

Schools are important agents to take into account in the SPAcE Project. Schools generate plenty of mobility and transportation, and this project will aim to promote active transportation.

**Primary and 0-Level schools (2-12 years)**

1. CEIP Ángel del Alcázar  
2. CEIP Ciudad de Aquisgrán  
3. CEIP Escultor Alberto Sánchez  
4. CEIP Gómez Manrique  
5. CEIP Gregorio Marañón  
6. CEIP Jaime de Foxa  
7. CEIP Juan de Padilla

**A-Level schools (12-18 years)**

8. IES Juanelo Turriano  
9. IESO Princesa Galiana
Other education centres

10. Superior school of gastronomy
2.5. Community and population

In the neighbourhood of Santa Mª de Benquerencia live 21,239 people, which represents the 25% of the total population in Toledo. In Santa Bárbara neighbourhood live 7,927 people (9.5%). The SPAcE project is focused on an area in the city that represents a 35% of the total population.

In regards to the age of the population, the aging index in Santa Mª de Benquerencia is among the lowest of the city of Toledo, with a population mean age of 41 years old and only a 9.5% of elderly people (over 65 years old). Therefore we are dealing with a considerably young neighbourhood. The presence of elderly people in the neighbourhood is considered as a factor of retaining economic and a convenient help for children care in the family.

Due to the large urban space available, most of the subsidized housing in the last years, have been built in Santa Mª de Benquerencia. This fact has attracted young families to live there, which has resulted in large number of schools.

Recently, in 2016, a report about the community in this neighbourhood has been written (“Monografía Comunitaria del barrio del Polígono – Toledo. Identidades y convivencia”) which offers good information for the SPAcE project. According to this report, there is a strong identity feeling within the neighbourhood. This identity is based on ideas such as: participation, movement, accessibility, diversity, fight, claim, openness, innovation and evolution. These feelings, at times, offer antagonistic conceptions to the Toledo city centre image. The accessibility in the neighbourhood is also a health promotion characteristic and its high healthy value due to the presence of parks and green spaces.
2.6. Physical activity levels

Regular physical activity is associated with a healthier, longer life. However, the majority of adults and young people in Spain are insufficiently physically active for health benefits. The situation is similar worldwide in both developed and developing countries, with a large body of research evidence indicating declining levels of physical activity and physical fitness within all age brackets. Physical inactivity is widely recognized as a major risk factor for chronic diseases, and ranks between the second and sixth most important risk factor in contributing to the population burden of disease in western society. Its prevalence is higher than that of all other modifiable risk factors. Physical inactivity during the early years of life is currently indicated as a major contributor to the increasing levels of obesity, and other serious medical conditions, being seen in children and adolescents in Europe and elsewhere. The increased political, media and scientific interest in obesity since the late 1990’s has placed physical activity high among current public health issues.

The nature of children’s recreational pursuits has changed dramatically over the last few decades. Whereas children used to spend much of their recreational time engaged in active outdoor play, the emergence of television, computer games and the internet has meant that children are now spending much more of their free time engaged in sedentary pursuits. The importance of physical activity for the physical, mental and social health of youth is undisputed, and therefore it is critically important that efforts are made throughout the world to “reintroduce” physical activity into our youth.

In Castilla-La Mancha, a recent study from a sample of 120 schools, n=12000 children (50.02% girls and 49.98% boys) showed that 64% reported they took part in one sport, 26% in two and 10% reported to take part in three or more.

![Bar chart](chart.png)

When we as if children take part in any other type of sports, i.e. not organised sports activities, 77% of children reported “yes” and only 23% of children said “no”. The most popular non organised sports were soccer (30%) jogging/running (15%), biking (13%) and dance (6%). Except dancing, all the other activities are played outdoors.
When we analysed how active children were according to the school grade (Primaria up to 11 years; Secundaria (12-16 years) and Bachillerato (16-18 years), we can see that physical activity practice decreases with age.

### Physical activity by school grade

<table>
<thead>
<tr>
<th>School Grade</th>
<th>Yes (%)</th>
<th>No (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primaria</td>
<td>70,5%</td>
<td>29,5%</td>
</tr>
<tr>
<td>Secundaria</td>
<td>56,5%</td>
<td>43,5%</td>
</tr>
<tr>
<td>Bachillerato</td>
<td>47,8%</td>
<td>52,2%</td>
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</table>

When we looked at gender, we can see that a higher percentage of boys reported practicing physical activity than girls did.

### Physical activity by gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Yes (%)</th>
<th>No (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hombre</td>
<td>68,6%</td>
<td>31,4%</td>
</tr>
<tr>
<td>Mujeres</td>
<td>54,6%</td>
<td>45,4%</td>
</tr>
</tbody>
</table>
When we asked children where they did practice physical activity, 10% reported in school sport facilities, 32% in local sports facilities, 46% in the city environment (squares, parks, streets) and 12% in the outdoors (mountains, river, etc.).

Therefore, it seems that urban spaces are the most popular places for children to play. And that, biking is a popular activity to promote within Castilla-La Mancha children and families.

When we analysed the active transportation to school, we found that 38% cycled to school but only 0.35% of children walked to school. The rest of children travelled to school by motorised transport (47% by public transport and 11% by car). However, when we look at how long does this walking to school transportation take, we can see that 38% take less than 5 min, 47% take from 5 up to 10 minutes, 12% from 15 to 30 minutes and only 3% take more than 30 minutes.
Therefore, it seems reasonable to promote active transportation considering that 85% of children take 10 minutes or less, to travel to school.

*Source: All this data has been taken form the Castilla – La Mancha children lifestyles study 2015 (in press 2017)*
3. **Bases of the project**

**Organization:** Education, Culture and Sports – Castilla-La Mancha Regional government

**Implementation location:** Toledo

**Intervention priorities:** Social and built environment – Links among city areas

**Target groups:**
- Citizens
- Social agents (non-governmental organizations)
- Responsible Autonomic politicians
- Responsible local politicians
- Health care organisations

**Aim**

To promote an active lifestyle in Toledo citizens, based on active commuting/mobility in daily transportation.

**Secondary aims**

- To develop the needed infrastructure to link the different areas by active mobility.
- To initiate the needed dynamics to behaviour change strategies towards an active mobility/transportation/commuting behaviour.
- To provide the neighbourhood social agents with the needed tools to promote an active lifestyle within the population, in particular active commuting/transportation.
- To provide decision taking agents with the right tools and experiences, to introduce active cities projects.
- To develop an intervention model which could be used in the future in other locations within the autonomic community.

**Partners**

**Castilla-La Mancha regional government:**
- Education, Culture and Sports department.
- Health department

**Toledo Town Hall:**
- Major
- Education and culture
- Sports
- Mobility and citizen security department
- Social welfare

Spanish Railway Foundation
Social Agents
Sports associations
Neighbours’ associations
Local businesses

Vision

Active mobility will become an easy, sustainable and popular alternative in Toledo, for an efficient, safe and healthy daily transportation.

Principles:

- Sustainable interventions that last over time
- Focused on daily mobility/transportation
- Citizens and community agents participation
- Targeted to all citizens
- Fairness perspective included
- Multicomponent strategies with the collaboration of different groups: state, private and social public agents
4. **Action Plan**

**Objective 1:**
To achieve politic and organization support to the project by all implicated institutions.

**Actions**

1.1. **To identify the implicated institutions**

At the beginning of the project the implicated/affected institutions will be identified.

After, designing our action plan, we have identified the following:

- Castilla-La Mancha Regional Government
- Toledo Town Hall
- Green ways

1.2. **To present the initiative to the implicated institutions**

After identifying all institutions a meeting explaining the reasons for participating took place.

In each case:

**Castilla-La Mancha Regional Government:** as a project partner, in particular the Sports Department, who will present the Project to the different areas in the regional government.

**Toledo Town Hall:** as the city where the Project will take place. A meeting will take place to all areas of interest (Major, Education and culture, Sports, Mobility and citizen security department and Social welfare).

**Green ways:** Railway Spanish Foundation through Green ways, is the owner of the land where we plan to get ready a cycle path. One of the actions of Railway Spanish Foundation is to promote green ways, in which our project takes place. A meeting with them will be held to share the same interests.

1.3. **To design together all collaborations**

Realización de reuniones con todos los agentes implicados para concretar acciones y asignar responsabilidades a la hora de realizar estas acciones. We want to achieve a firm commitment with our Project.

1.4. **To present the project together including all actions**

Public presentation with all participating institutions, where objectives and pans will be discussed and planned.
**Objective 2:**
To improve the facilities and infrastructure needed to connect by bike or by foot, Santa Mª de Benquerencia neighbourhood to the city centre going through Santa Bárbara neighbourhood. Build 1.8Km of bike path.

**Actions**

2.1 To improve walking paths

The aim is to identify a walking route network that links the facilities areas with the different neighbourhoods. Within this walking routes network, our action plan will take place. The network will offer a variety of walking routes, using direct and safe routes. The principal walking route will be the same as the already existing ones.

The potential actions planned include the following:

- To enlarge sidewalks
- To improve the continuity of sidewalks
- To eliminate or to move away some of the urban furniture
- To plant trees in sidewalks
- To increase the number of “zebra crossing”
- To incorporate pedestrian shelters in high traffic roads sidewalks
- To enlarge sidewalks in crossing areas
- To change the road ad sidewalk surface for blind people
- To create alternative solutions to have safe walking environments at intersections with high traffic
- To improve parking facilities

The identification of all needed actions have been taken from the Mobility and Sustainable Urban mobility plan in Toledo.

On the other hand, the walking routes, bike paths and greenways, will be linked together, therefore walking for leisure will be considered too.

2.2 Creation of a bike path Santa Mª de Benquerencia – City Centre

The bike path from ad to Santa Mª de Benquerencia – City centre

To link the already existing bike paths and walking routes in both, Santa Mª de Benquerencia and the City Centre, has a big potential. The potential is to provide a non-motorised access to the most populated neighbourhood in the city of Toledo.

The alternatives plans/routes need to be analysed focused on its viability and interest.

Another aspect is the ownership of the land. We think the easiest option is to improve a path that goes parallel to the railway. This land belongs to ADIF (“Administrador de Infraestructuras Ferroviarias” i.e. Spanish infrastructure administration) and we will get the needed agreements to improve them.
It is important to note that this area (bike path to create) is not next to a main road or side walk, and it can be a bit remote and less attractive for some people. However, there is an opportunity to this bike path due to the high percentage of citizen living there (35%), and that this bike path connect with the railway station from Toledo, which can offer an opportunity not only for citizens who go to the railway station each morning to go to work in Madrid, but also for tourists who arrive to the city of Toledo by train.

2.3 Bike parking facilities in all activity centres

We will identify several locations where to place bike parking facilities. These locations are the main centres of activities within the neighbourhood. Therefore, it will be easier for citizens to go to these places.

- Sport Hall (Calle Río Valdehuesa)
- Football pitch / cycling ring (Calle Río Valdemarias)
- Indoor swimming pool (esquina de Avda de Boladiez y Calle Río Valdeyernos)
- Comercial centre (Calle Río Alberche)
- New commercial centre
- Schools
- Health centres, libraries, culture centres, etc.

2.4 To build a specific mobility plan for the industrial area in Santa Mª de Benquerencia

The town hall will have to develop and promote a mobility plan in the working areas in the city, being Santa Santa Mª de Benquerencia one of the most important. The plans need to incorporate all participating agents: business, working representatives and the administration. It is important that the plan is also environmentally friendly and that less motorised trips are promoted and includes a follow up to assess the results and compliance.
Objective 3:
To introduce Active Mobility– walking to school project, to the ten schools from both neighbourhoods

There is a high percentage of motorised transport to school. This fact increases the traffic and therefore the number of problems in road safety issues. Moreover, there seems to be a chaotic scenario with cars, at the entrance or finishing school times, where many vehicles are badly parked blocking all traffic and making it difficult for pedestrians to walk.

The town hall and the rest of administrations need to promote a healthier and safer way of transportation in these situations.

The consequences of the motorised transportation are also increasing sedentary behaviour among children and adolescents.

The main conflicts are:

- The accessibility to schools creates problems in security for pedestrians
- The traffic and/or parking in pedestrian places
- Lack of respect in zebra crossing areas, or traffic lights, from the vehicles
- No access plan developed for pedestrians or cyclists
- Not enough awareness and legislation to protect schools from cars

Actions

3.1. To promote and, incentive economically, schools who promote Active Mobility–walking to school

From Castilla-La Mancha government there is an economic help to incentive those schools which promote Active mobility-walking to school targeted at both students and teachers. In the near future, schools will receive some technical support through a guide, to create a walking to school safe route. These guides offer a basic methodology to design and implement the active mobility action by the school, as well as, some actions targeted to the town hall, parents and teachers.

3.2. Security at the entrance and exit school times (Local police help)

A local police will assist in traffic at the entrance and exit school times. He will help specifically at zebra crossing, roundabouts and junctions. The perception of security is essential for the success in these programmes. One of the main barriers for parents to let their child to walk or bike to school, is road safety and vandalism. The presence of a local policemen/women will reinforce the feeling of security.

3.3. Mark trips and design routes from the environment to the school

There will be specific landmarks for the routes to schools. The signals will be marks on the floor, sign posted, etc. The route will be created by both teachers and students. Later, all schools will deliver a course to explain and teach how to understand the marking and how to use the route.

Leaflets will be created about these walking routes to school. They will be disseminated to the general population with particular interest for parents.
Objective 4:  
To design social and participative dynamics that support and promote Active mobility. Organize 12 participatory sessions.

Actions

4.1. To revise the Actual Action plan

When the plan will be finished it needs to be revised by all implicated administrations, and a participative process will take place for the neighbourhood citizen's revision.

The participative process will be available to all citizens and it will include the following:

- Dissemination activities through mass media campaigns, leaflets, radio, and a webpage will be available with all relevant information
- There will be places and ways to provide feedback by citizens to the town hall
- Organization of participating dynamics opened to all citizens at the neighbourhood
- To provide a revised version of the plan including all suggestions/changes/feedback received. The revised version will include also an explanation for what has or not has been included.
- To establish a follow-up procedure for the plan progress evaluation. Citizens will have access to the plan progress and plan accomplishments.

4.2. Workshops with the neighbourhood’s sports clubs

Sports clubs are important agents for the plan success. Sports clubs are responsible for citizens’ mobility and they offer a great opportunity for active transportation. Therefore, active mobility awareness, education and participation workshops, will be provided to these clubs.

The workshops aims will be:

- To increase awareness to promote active mobility in the sports club (active commuting to the sport club).
- To identify the needs to walk or bike to the sport club
- To develop specific strategies to walk/bike to the club
- To provide assistance to promote active mobility

These workshops will be delivered to: Parents, children families, sports people, sports clubs workers, trainers, etc.

4.3. Workshop at neighbours associations

There are two options: creating new workshops specific for active mobility or to include these knowledge in already existing workshops in association within the community. The second looks more promising. All these actions will include debates, follow-up evaluations, active mobility education among others, which will be an ongoing evaluation of the SPAcE project.
Objective 5:
To increase awareness and educate citizens, social agents, institutions and business, in the advantages of active mobility.

Actions

2.1. Communication campaign

Dissemination of SPAcE Toledo Project and its programmes, with the aim to reach the larger number of people and to increase awareness in a sustainable Active mobility plan.

The communication campaign will include the following:

- To design a corporative image that will be used in all projects and it will help to identify them.
- To organise seminars, meetings about different aspects of the project.
- Mass media
- Design attractive sign posted messages to promote active mobility.

2.2. Basic Active mobility courses

Some sectors from the population present difficulties in adopting an active mobility plan.

Therefore, some short workshops will be organised to help people to ride a bike or to walk. Some examples will include:

- Course to learn how to ride a bike (Organised by Cycling and triathlon clubs)
- Course for the elderly in how to know how to choose shoes for walking. (Organised by running or mountain club)

2.3. Dissemination of the project in other municipalities within the autonomic community

This Project will be used as a model to follow by other municipalities within Castilla-La Mancha. Some meetings will be organised to share experiences.

2.4. Help to municipalities who want to design a SPAcE project

From the Castilla-La Mancha regional government will be offered some economic help to those municipalities who implement projects that focuses on active mobility.

Technical support will be provided. Also, the use of the HEAT tool will be used to evaluate the different projects.

A registration with a full data base of all SPAcE municipalities will be created. This registration will be accessible for all. All benefits, barriers and needs will be described to make it easier to join a SPAcE project.
<table>
<thead>
<tr>
<th>Action Step</th>
<th>Responsibility</th>
<th>Support</th>
<th>Time Frame</th>
<th>Necessary Resources</th>
<th>Media and Communication</th>
<th>Evaluation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. To identify the implicated institutions</td>
<td>Education, Culture and Sports – Castilla-La Mancha Regional government</td>
<td>Education, Culture and Sports – Castilla-La Mancha Regional government</td>
<td>2016/12/31</td>
<td>1 person</td>
<td>2 internal meetings</td>
<td>- Nº of implicated institutions</td>
</tr>
<tr>
<td>2. To present the action plan to the identified institutions</td>
<td>Education, Culture and Sports – Castilla-La Mancha Regional government</td>
<td>Education, Culture and Sports – Castilla-La Mancha Regional government</td>
<td>2016/12/31</td>
<td>2 people</td>
<td>2 internal meetings, Print the graphics material, 4 meetings with institutions</td>
<td>- Nº of meetings, Nº of implicated institutions attending to the presentation</td>
</tr>
<tr>
<td>3. To design the collaborations</td>
<td>Education, Culture and Sports – Castilla-La Mancha Regional government, Greenways and Toledo Town Hall</td>
<td>Education, Culture and Sports – Castilla-La Mancha Regional government</td>
<td>2017/07/01</td>
<td>2 personas</td>
<td>6 meetings, 2 meetings with each institution</td>
<td>- Nº of collaborations, % of compliance from the Project collaborators</td>
</tr>
<tr>
<td>4. To present the action plan project with all actions made</td>
<td>Education, Culture and Sports – Castilla-La Mancha Regional government, rest of departments, Greenways and Toledo Town Hall</td>
<td>Education, Culture and Sports – Castilla-La Mancha Regional government</td>
<td>2017/12/31</td>
<td>2 people from Castilla-La Mancha Regional government, 3 people from other institutions</td>
<td>Mass media dissemination, graphic material available, institutional web communication</td>
<td>- Nº of dissemination activities</td>
</tr>
</tbody>
</table>
Progress notes:
Was this step successfully completed? Were any new steps identified in the process?
Goal: To improve the facilities and infrastructures needed to connect by bike or by foot, Santa Mª de Benquerencia neighbourhood to the city centre going through Santa Bárbara neighbourhood

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<tbody>
<tr>
<td>1. To improve walking paths</td>
<td>Toledo Town Hall</td>
<td>Education, Culture and Sports – Castilla-La Mancha Regional government</td>
<td>2018/12/31</td>
<td>Building cost</td>
<td>Follow-up meetings: 4</td>
<td>Nº of pedestrians</td>
</tr>
<tr>
<td>2. Creation of a bike path Santa Mª de Benquerencia – City Centre</td>
<td>Toledo Town Hall</td>
<td>Greenways and the Education, Culture and Sports – Castilla-La Mancha Regional government</td>
<td>2017/12/31</td>
<td>Building cost</td>
<td>Follow-up meetings: 4</td>
<td>%º of cyclist trips from total transportation</td>
</tr>
<tr>
<td>3. Bike parking facilities in all activity centres</td>
<td>Toledo Town Hall</td>
<td>Greenways and the Education, Culture and Sports – Castilla-La Mancha Regional government</td>
<td>2017/12/31</td>
<td>Sale and installation costs</td>
<td>Meetings for making decisions of where to build the bike parking facilities: 2</td>
<td>% of use of bike parking facilities</td>
</tr>
<tr>
<td>4. To build a specific mobility plan for the industrial area in Santa Mª de Benquerencia</td>
<td>Toledo Town Hall</td>
<td>Education, Culture and Sports – Castilla-La Mancha Regional government</td>
<td>2018/12/31</td>
<td>External consultancy costs</td>
<td>Follow-up meetings: 4</td>
<td>Nº of business implicated</td>
</tr>
</tbody>
</table>
Progress notes:

Was this step successfully completed? Were any new steps identified in the process?
Goal: To introduce **Active Mobility– walking to school project**, to all schools from both neighbourhoods

<table>
<thead>
<tr>
<th>Action Step</th>
<th>Responsibility</th>
<th>Support</th>
<th>Time Frame</th>
<th>Necessary Resources</th>
<th>Media and communication</th>
<th>Evaluation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Active Mobility– walking to school programme, to all schools from both neighbourhoods</td>
<td>Education, Culture and Sports – Castilla-La Mancha Regional government</td>
<td>Education, Culture and Sports – Castilla-La Mancha Regional government</td>
<td>2017/12/31</td>
<td>Financial funds: 20,000 €</td>
<td>Meetings to design the financial funds programme: 2 Communication through the official web</td>
<td>- Nº of centres/schools with an Active Mobility plan</td>
</tr>
</tbody>
</table>

**Progress notes:**

*Was this step successfully completed? Were any new steps identified in the process?*
**Goal:** To design social and participative dynamics that support and promote Active mobility

<table>
<thead>
<tr>
<th>Action Step</th>
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<th>Time Frame</th>
<th>Necessary Resources</th>
<th>Media and communication</th>
<th>Evaluation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Participative revision</td>
<td>Education, Culture and Sports – Castilla-La Mancha Regional government</td>
<td>Toledo Town Hall</td>
<td>2017/12/31</td>
<td>2 people</td>
<td>Información/difusión materiales 6 grupos de participación</td>
<td>Nº of participants Nº of changes made</td>
</tr>
<tr>
<td>2. Workshops with Sports clubs</td>
<td>Education, Culture and Sports – Castilla-La Mancha Regional government</td>
<td>Toledo Town Hall</td>
<td>2018/12/31</td>
<td>2 people</td>
<td>Educational materials Web</td>
<td>Nº of sports clubs participating Nº de people in each club</td>
</tr>
</tbody>
</table>

**Progress notes:**
Was this step successfully completed? Were any new steps identified in the process?
## Goal:
To increase awareness and educate citizens, social agents, institutions and business, in the advantages of active mobility.

<table>
<thead>
<tr>
<th>Action Step</th>
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<th>Time Frame</th>
<th>Necessary Resources</th>
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<th>Evaluation</th>
</tr>
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<tbody>
<tr>
<td>1. Communication campaign</td>
<td>Education, Culture and Sports – Castilla-La Mancha Regional government</td>
<td>Toledo Town Hall</td>
<td>2018/12/31</td>
<td>2 people</td>
<td>Institutional Web</td>
<td>- Nº of participants</td>
</tr>
<tr>
<td>2. Educational programme</td>
<td>Education, Culture and Sports – Castilla-La Mancha Regional government</td>
<td>Toledo Town Hall</td>
<td>2018/12/31</td>
<td>2 people</td>
<td>Educational materials</td>
<td>Institutional Web</td>
</tr>
<tr>
<td>3. Dissemination among other municipalities</td>
<td>Education, Culture and Sports – Castilla-La Mancha Regional government</td>
<td></td>
<td>2018/12/31</td>
<td>1 person</td>
<td>Communication through the web Meetings</td>
<td>- Nº of participating municipalities</td>
</tr>
</tbody>
</table>

### Progress notes:
*Was this step successfully completed? Were any new steps identified in the process?