

# “Heho You Got to Go to St. Malo”

Active Transportation Planning in a Small Rural  
Municipality in Manitoba



# St. Malo, MB



# St. Malo, MB



# Setting the Stage

- Timing
  - infrastructure needs upgrading and we need a plan
- Opportunity
  - we have a lot of assets on our side
- Choice
  - making a “sustainable” decision that works for us





# The 10 +1 Reasons for AT in St. Malo

- **St. Malo Fast Facts:**
- The RM of De Salaberry is an “**Age Friendly**” community with a goal to foster and support Age Friendly Projects
- The RM of De Salaberry has a **Green Local Action Plan** that itemizes and supports the development of active and sustainable transportation options and has completed the CLER Program,
- The RM of De Salaberry/St. Malo is home to **the Chalet Malouin**, the largest building footprint in the town, which houses **seniors residents** who utilize scooters and walking for local services,
- The RM of De Salaberry/St. Malo is home to the **Ecole St. Malo School** whereby resident **school age children** participate in active transportation to and from school daily,
- The RM of De Salaberry/ St. Malo is home to **four residential homes and EPIC SMILE St. Malo** which provides housing and employment for **individuals with intellectual disabilities and mobility challenges** whom participate in active transportation for recreation and shopping,



# The 10 + 1 Reasons for AT in St. Malo

- The RM of De Salaberry/ St. Malo is home to the **St. Malo Provincial Park** which hosted approximately **220,000 visitors** annually, many of whom enjoy walking and cycling into the St. Malo Townsite for recreation and supplies,
- The RM of De Salaberry/ St. Malo is home to **the St. Malo Farmers Market** held weekly between June to September that supports local shopping from **tourists, seasonal campers** from Debonair Campground and St. Malo Golf and Cabins Seasonal Campground, **cottagers, and local residents.**
- The RM of De Salaberry is a **growing community** and is a great place to live, work and play and active transportation is part of building a sustainable community – especially when it affects all age groups – young and old.
- The RM of De Salaberry and the **Local Urban District** want to improve streetscape infrastructure
  - We have **strong partnerships** to help facilitate the process.....



# St. Malo Active Transportation Effort Index (Top Ten Things That Helped)



# 1. Become an Age Friendly Community

- Age Friendly Conference
- Age Friendly Committee
- Age Friendly Action Plan





## 2. Get local multi-stakeholder “buy in”

- Local Urban District
- Economic Development Office
- St. Malo and District Chamber of Commerce
- Crow Wing Trail Association
- Chalet Malouin and Senior Resource Coordinator
- Friends of St. Malo Provincial Park
- EPIC SMILE St. Malo
- Ecole St. Malo School
- Garderie des Bambins
- Musee St. Malo Museum
- Need MIT and RHA Reps



### 3. Become an active and engaged community through programming (events, festivals, training)

- Annual Triathlon,
- Annual Cyclocross,
- Annual Hike for Hospice,
- Crow Wing Trail Events
- Velo St. Malo Bike Tours
- St. Malo Summer Festival
- St. Malo Winter Festival
- MB Conservation Interpretive Program
- Actif Epica and the Jack Frost Challenge



# 4. Connect and use external stakeholders to help move AT forward

- LEVERAGE - In-kind resources, expertise, promotion, materials, or programming
  - PACM and ALCOA
  - MB Conservation
  - Centre on Aging Resource Team, University of Manitoba
  - Triathlon Manitoba
  - Manitoba Cycling Association
  - Rivers West, Red River Corridor
  - CDEM
  - Green Action Centre
  - Eastman Tourism
  - Transportation Options Network for Seniors (TONS) Rural Team
  - Need to include Active and Safe Routes to School



# 5. Build AT momentum and awareness

- Observe your community
- Age Friendly Meetings,
- Get informed (Greater Strides, Transport Canada, AT Planning Docs)
- Volunteer Network – to help with community awareness and education
- Economic Implications Fact Sheet
- Health Implications Fact Sheet
- Develop a Fast Facts Sheet
- Active Transportation Brochures
- Brainstorm ideas with external and local experts
- Host a Public Consultation Meeting (Aug 2011)
- Participate in AT events, seminars, conferences etc.





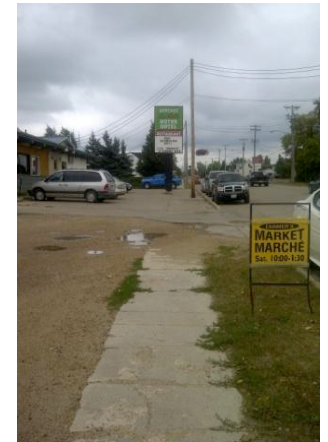
# 6. Identify tools/opportunities to help “measure” mode share shift

- Inventory your observations
- Motorized versus Non Motorized Survey Templates
- Active Transportation Surveys
- Destination/ Origin Surveys
- Active Transportation Policy Statements
- Complete Taking Stock Document
- Letters of Request to Manitoba Infrastructure and Transportation
- Funding Applications and quotes from firms
- St. Malo Provincial Park visitor count estimates

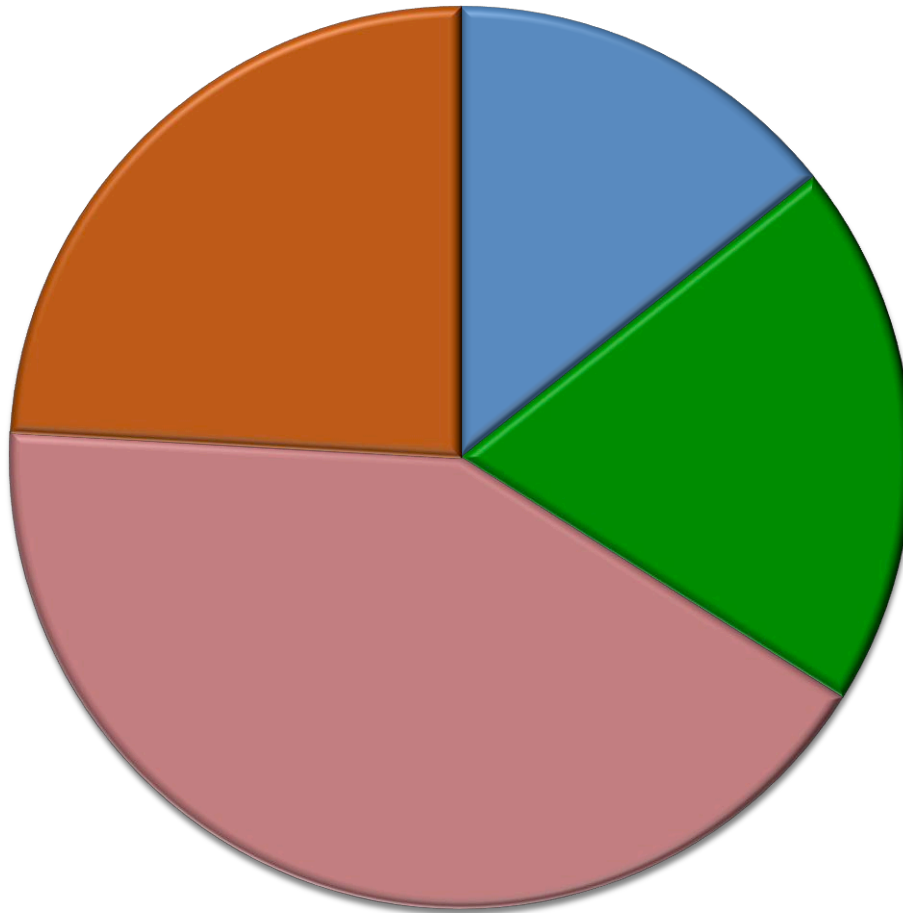


# 7. Develop VISUAL materials and experiences to share

- Poster Boards/pictures/maps/pie charts/walkabouts

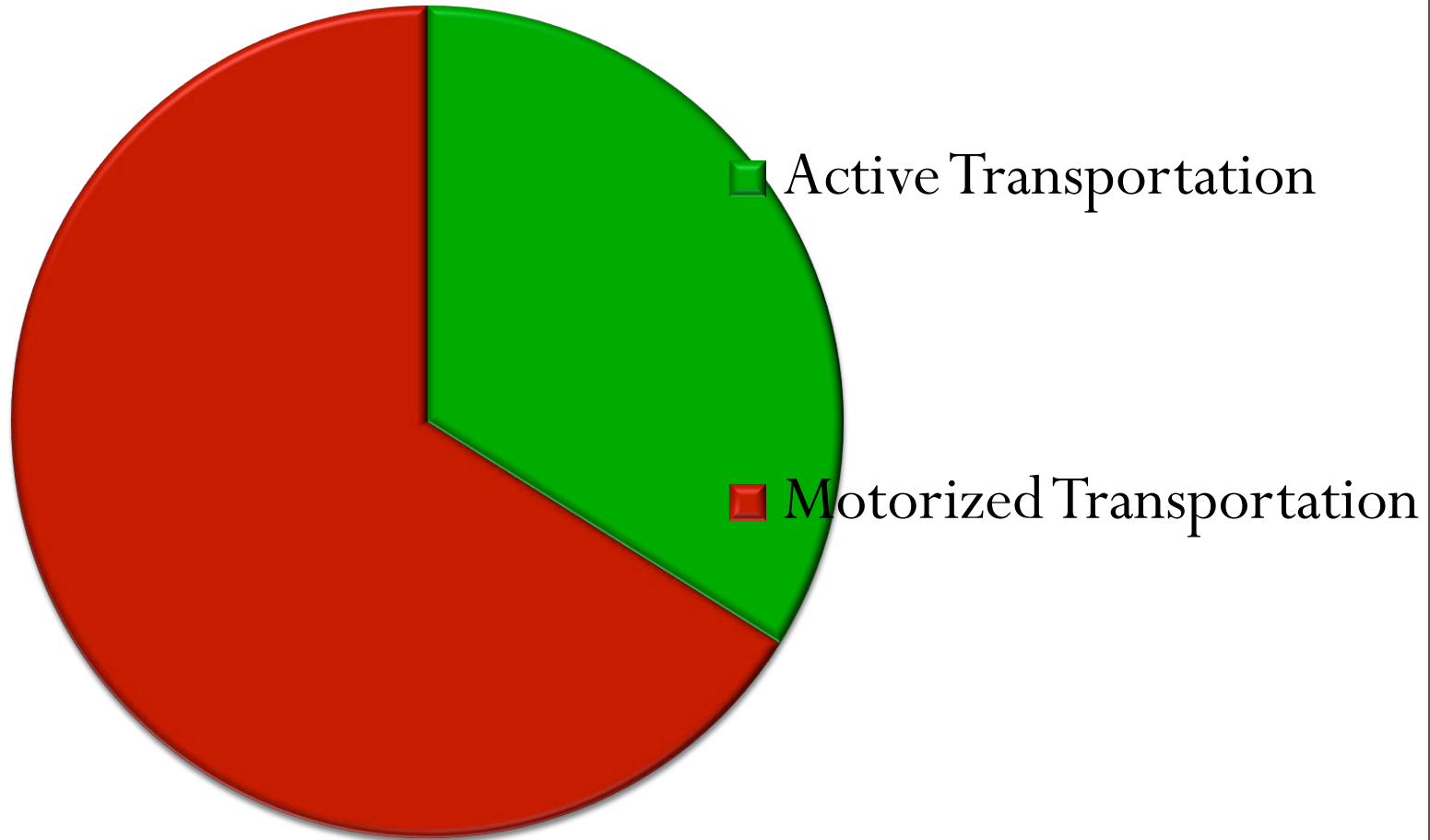


# Mode Share Split: Beach Rd and Tetrault



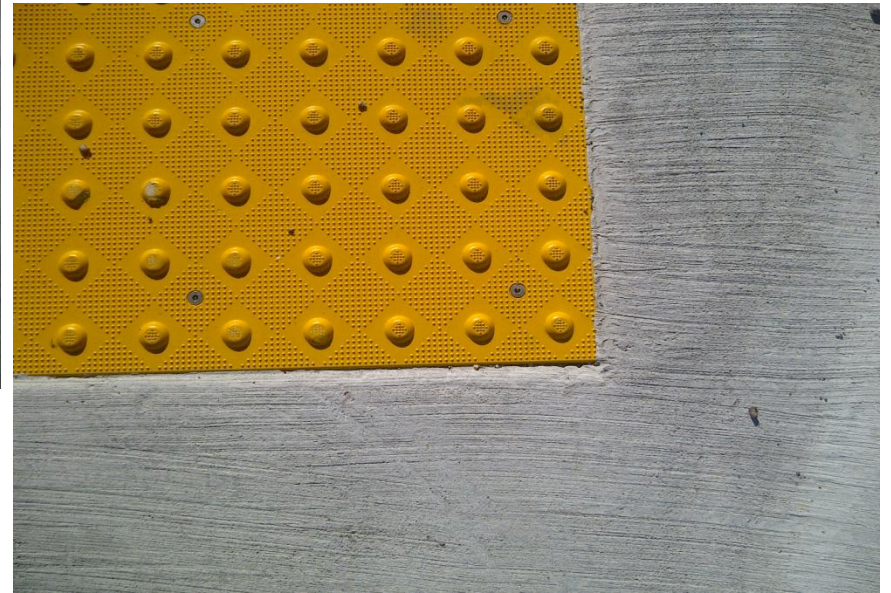
- Small Wheels
- Skate/Ski/Snowshoe
- Wheelchair/Cane/Stroller/Walker
- Walking/Jogging
- Cycling Mode Share
- Snowmobile
- ATV/Dirtbike
- Personal Auto
- Large Vehicle

# Active vs Motorized Mode Share Split: Beach Road and Tetrault Drive





# Capture Visuals of Desirables: Ex. Detectable Warning Tiles



# St. Malo Townsite

Age Friendly. Kid Friendly. Bike Friendly.



## LEGEND

Multi-Use Path

Sidewalk

Cycletrack

Crosswalk

Forest

Grass/Farm

Paved Road and Parking

Gravel Road

Worn Path

Building

30Km/Hr

60 Km/Hr

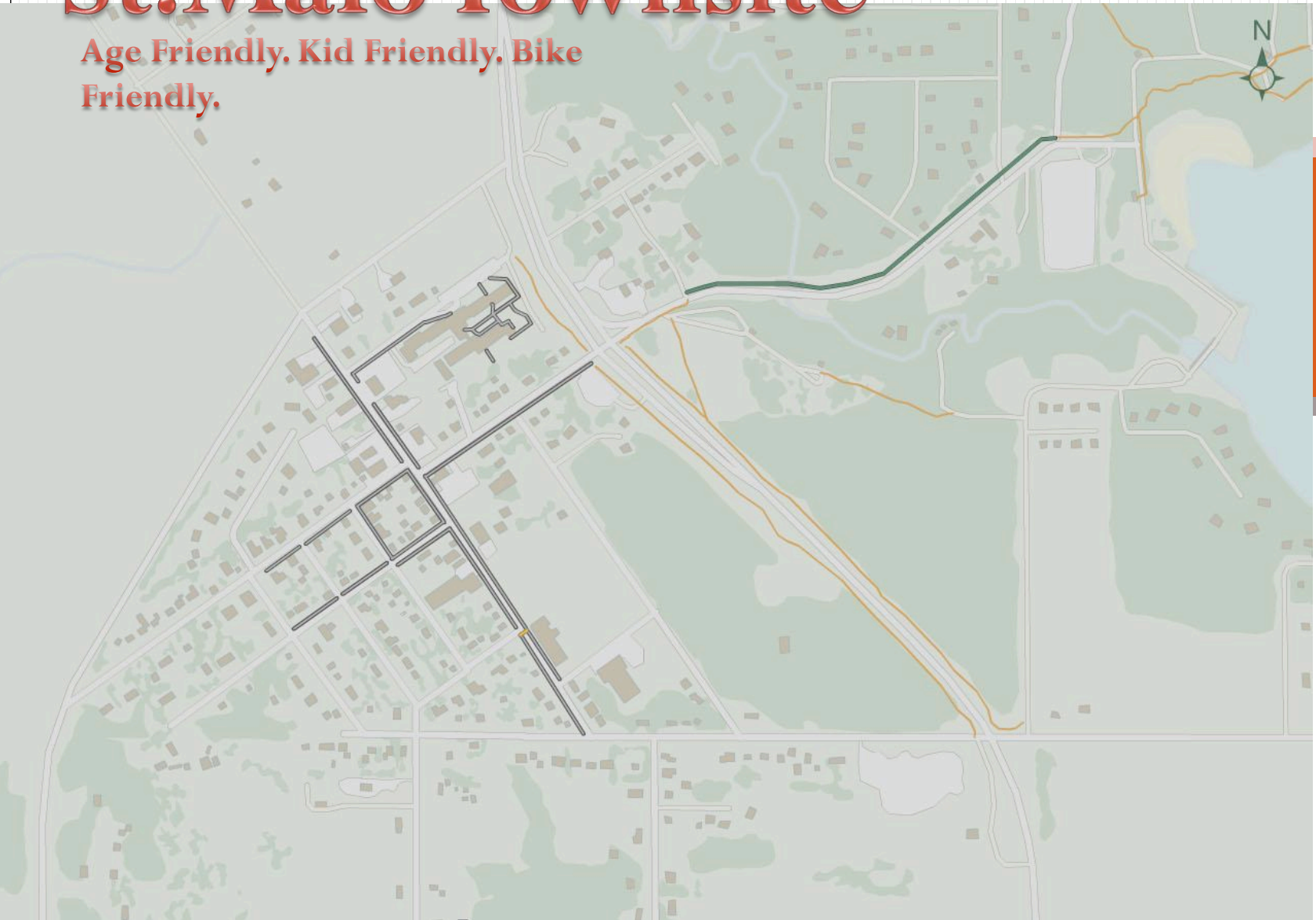
Existing Active Transportation Infrastructure





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Multi-Use Path

Sidewalk

Cycletrack

Crosswalk

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Building

30Km/Hr

60 Km/Hr

Existing Active Transportation Infrastructure - Knockout



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Gravel Road

Worn Path

Building

30Km/Hr

60 Km/Hr

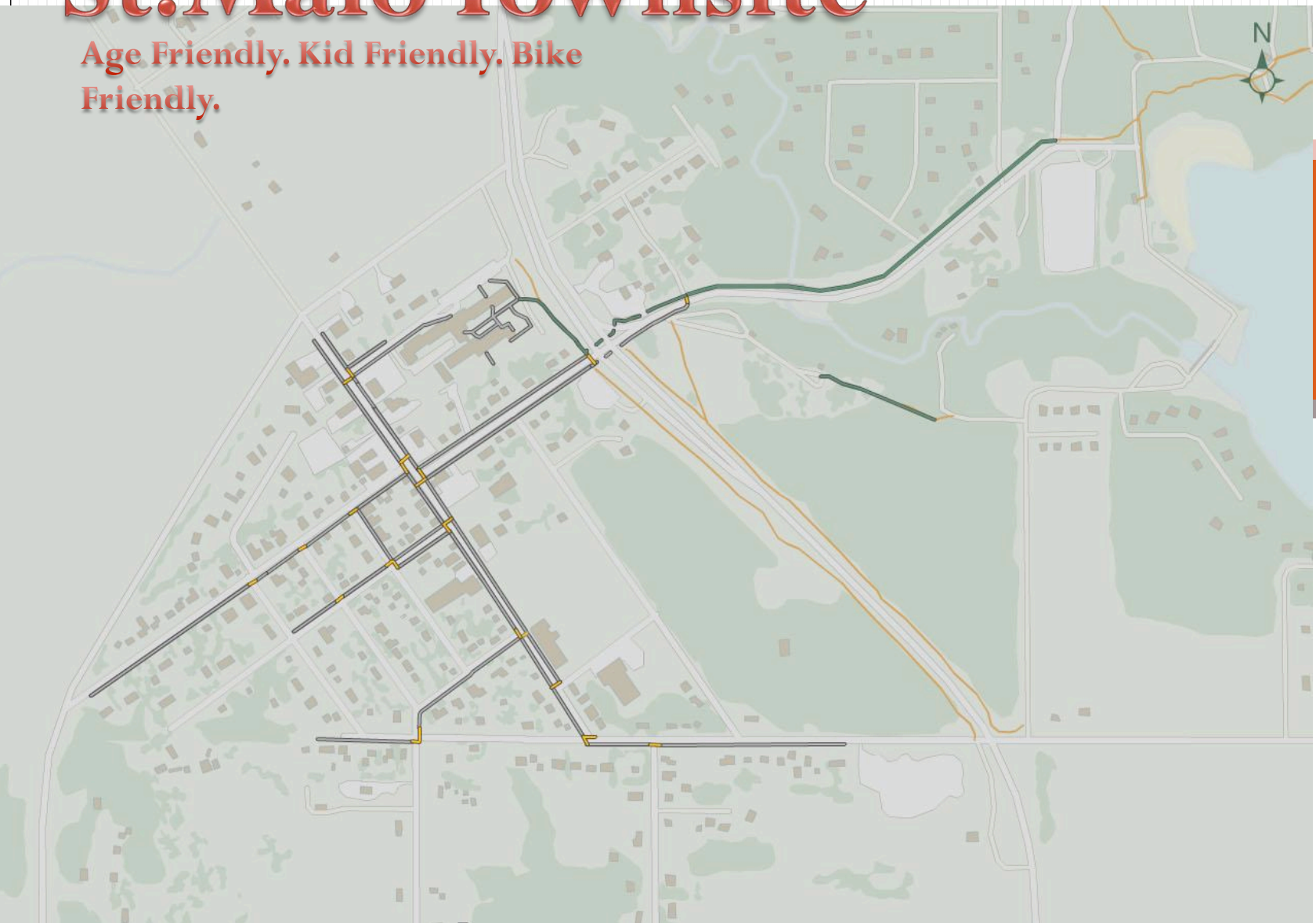
Sidewalks and Crossings – Phase One





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Building

30Km/Hr

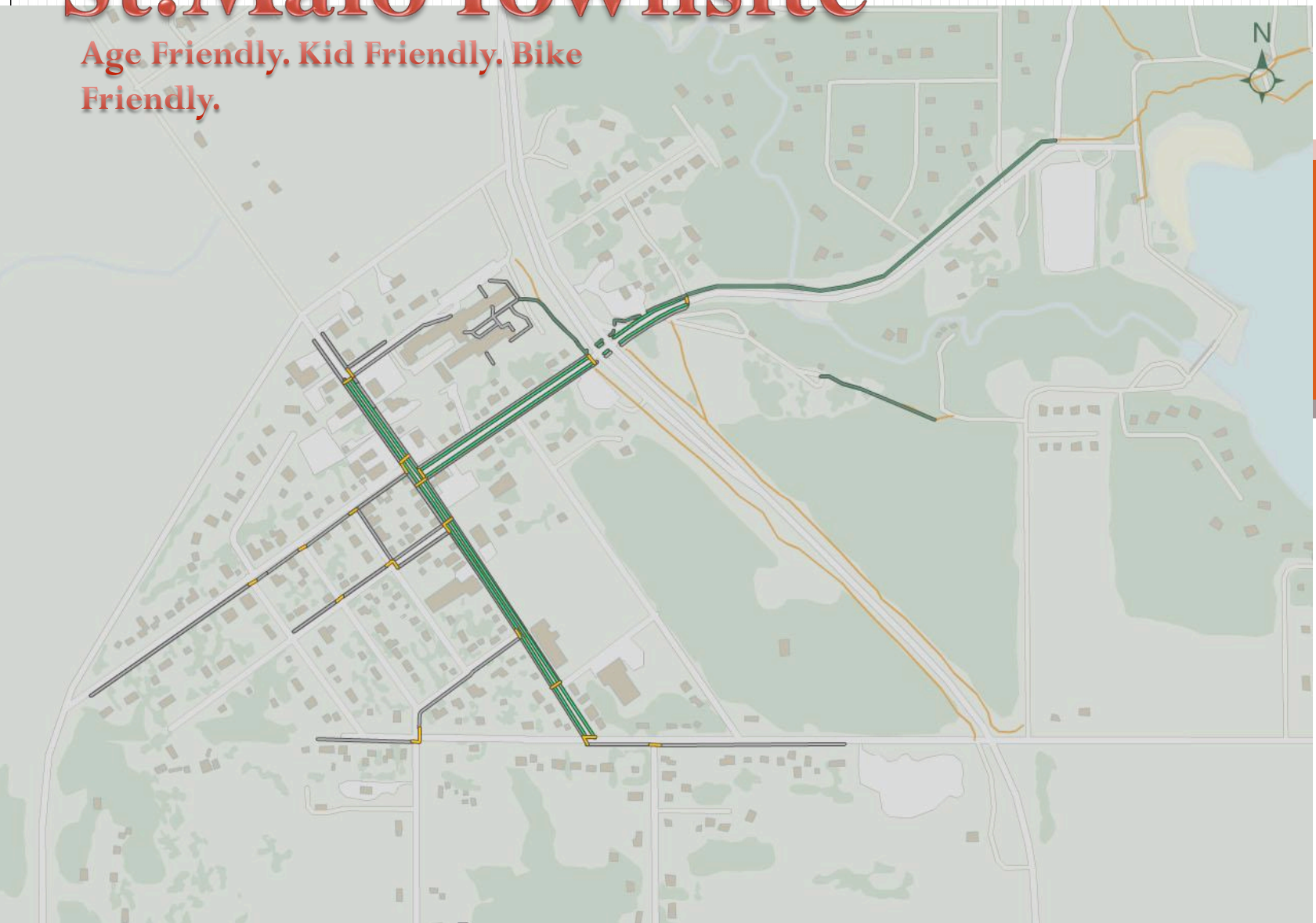
60 Km/Hr

Multi-Use Pathways – Phase One



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Age Friendly. Kid Friendly. Bike Friendly.



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Multi-Use Path

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Cycletrack

Crosswalk

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Grass/Farm

Paved Road and Parking

Gravel Road

Worn Path

Building

30Km/Hr

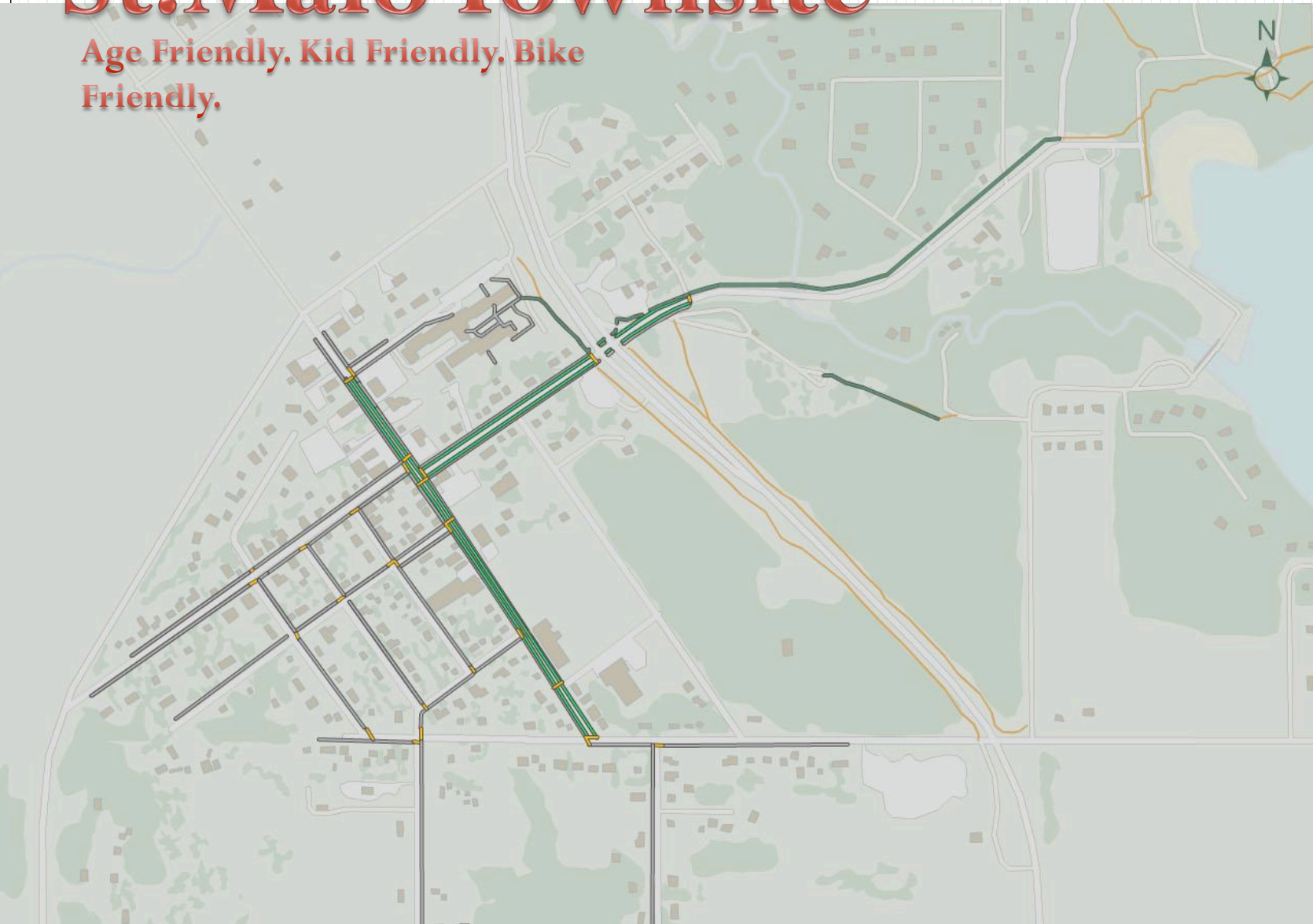
60 Km/Hr

Protected Bike Lanes System



# St. Malo Townsite

Age Friendly. Kid Friendly. Bike Friendly.



### LEGEND

- Multi-Use Path
- Sidewalk
- Cycletrack
- Crosswalk
- Forest
- Grass/Farm
- Paved Road and Parking
- Gravel Road
- Worn Path
- Building
- 30Km/Hr
- 60 Km/Hr

Sidewalks – Phase Two





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Gravel Road

Worn Path

Building

30Km/Hr

60 Km/Hr

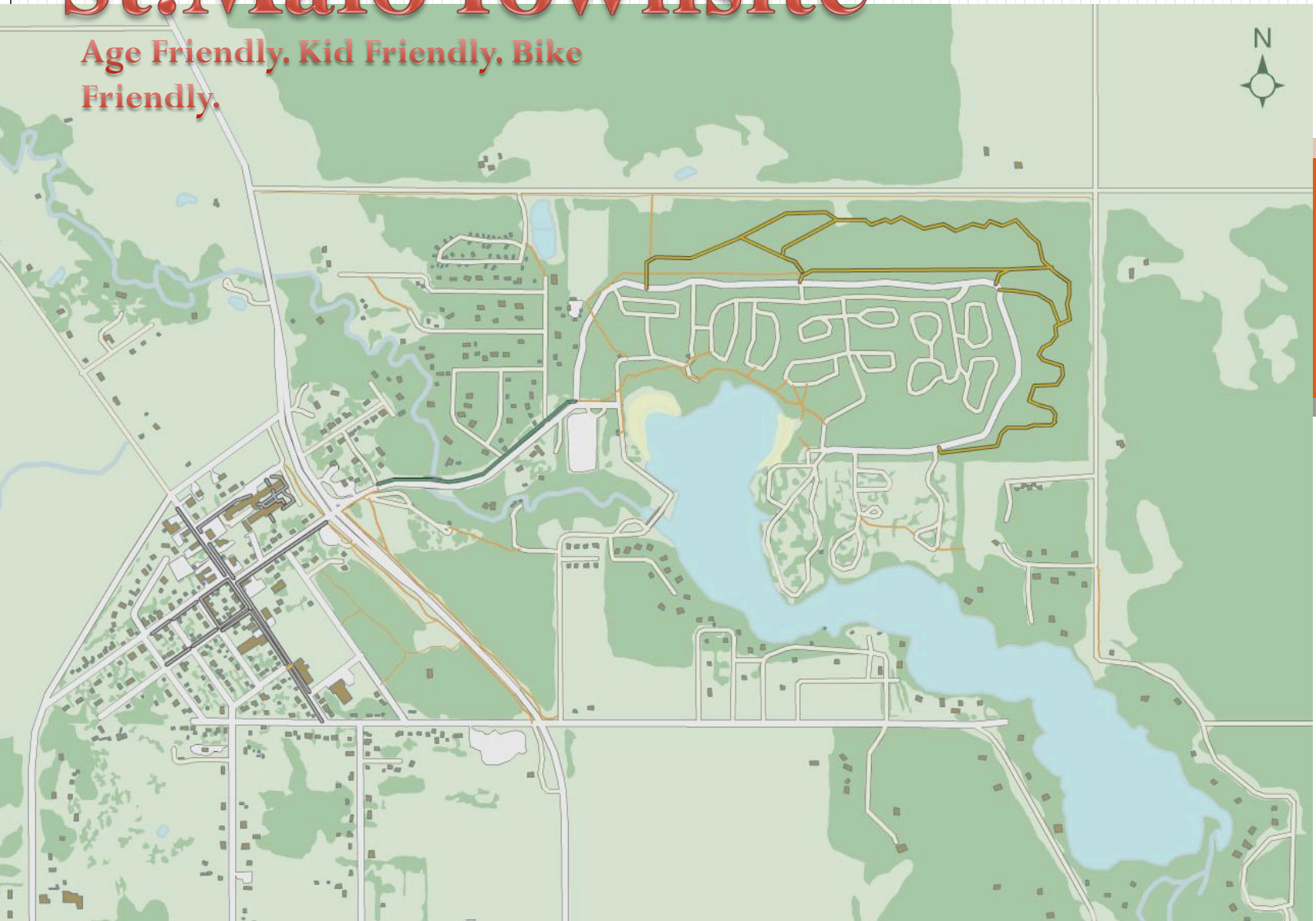
Multi-Use Paths – Phase Two





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Age Friendly. Kid Friendly. Bike Friendly.



## LEGEND

Multi-Use Path

Sidewalk

Cycletrack

Crosswalk

Forest

Grass/Farm

Paved Road and Parking

Gravel Road

Worn Path

Building

30Km/Hr

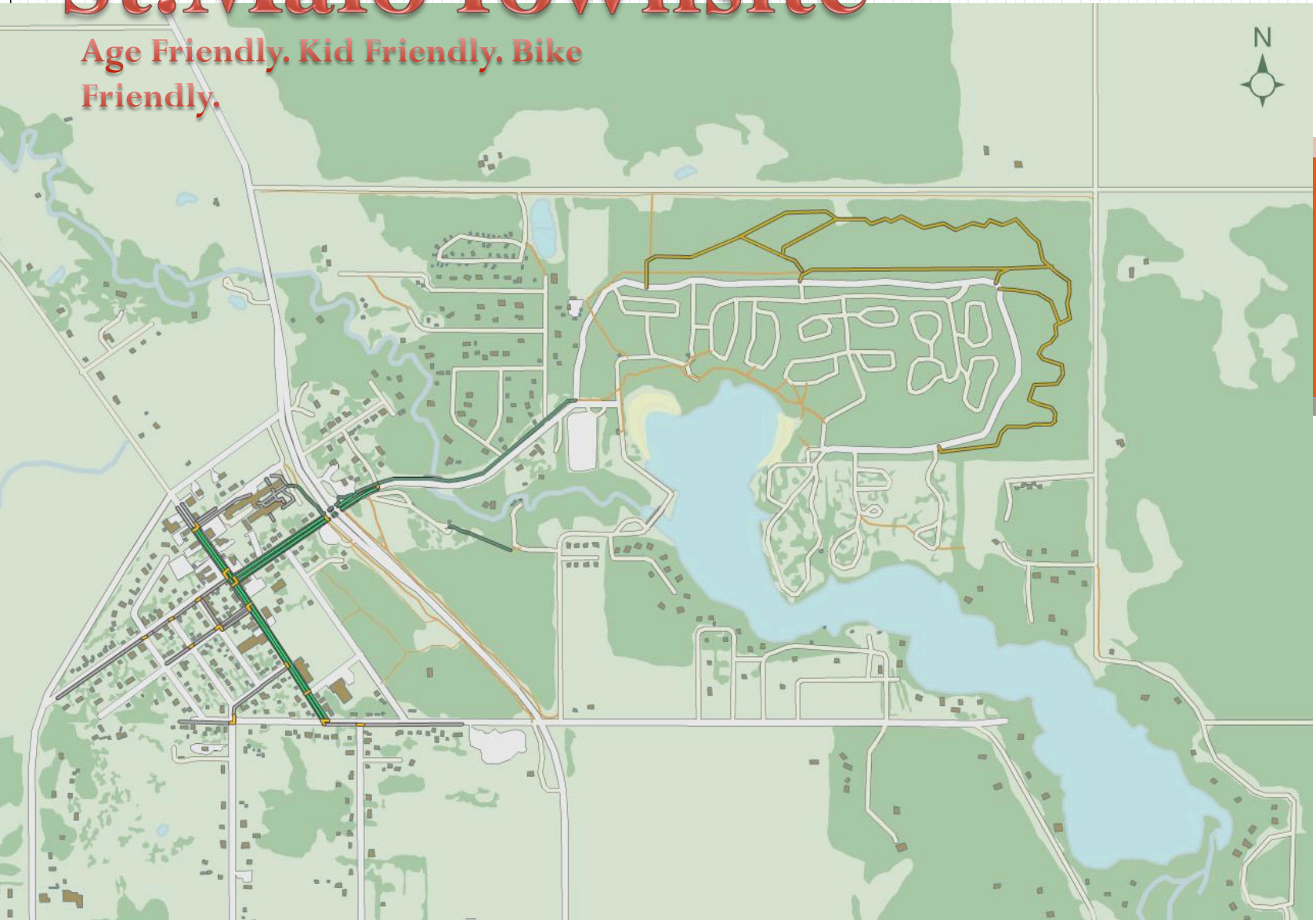
60 Km/Hr

Overview— Existing



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Multi-Use Path

Sidewalk

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Gravel Road

Worn Path

Building

30Km/Hr

60 Km/Hr

Overview— Phase One





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Age Friendly. Kid Friendly. Bike Friendly.



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Sidewalk

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Crosswalk

Forest

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Paved Road and Parking

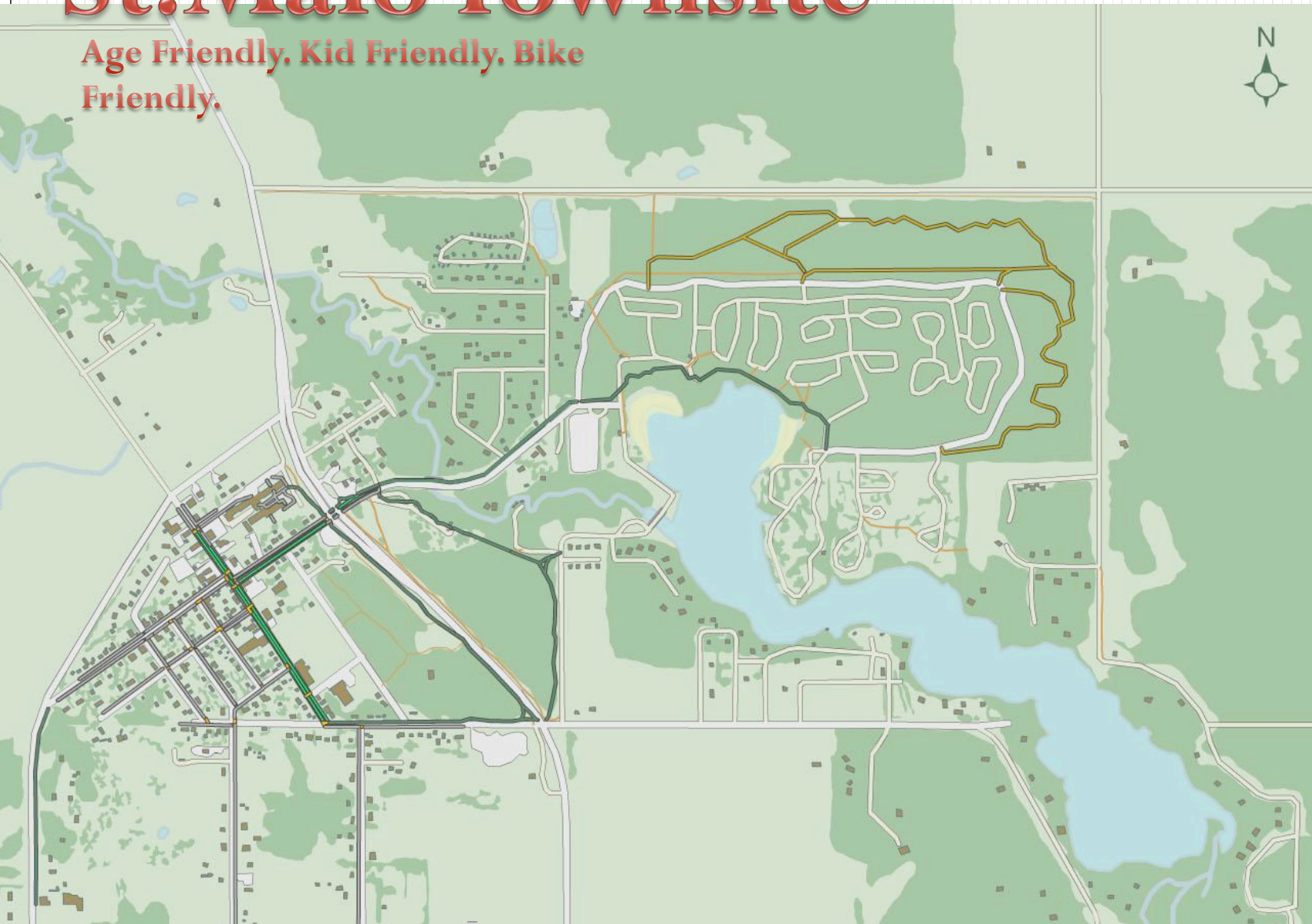
Gravel Road

Worn Path

Building

30Km/Hr

60 Km/Hr

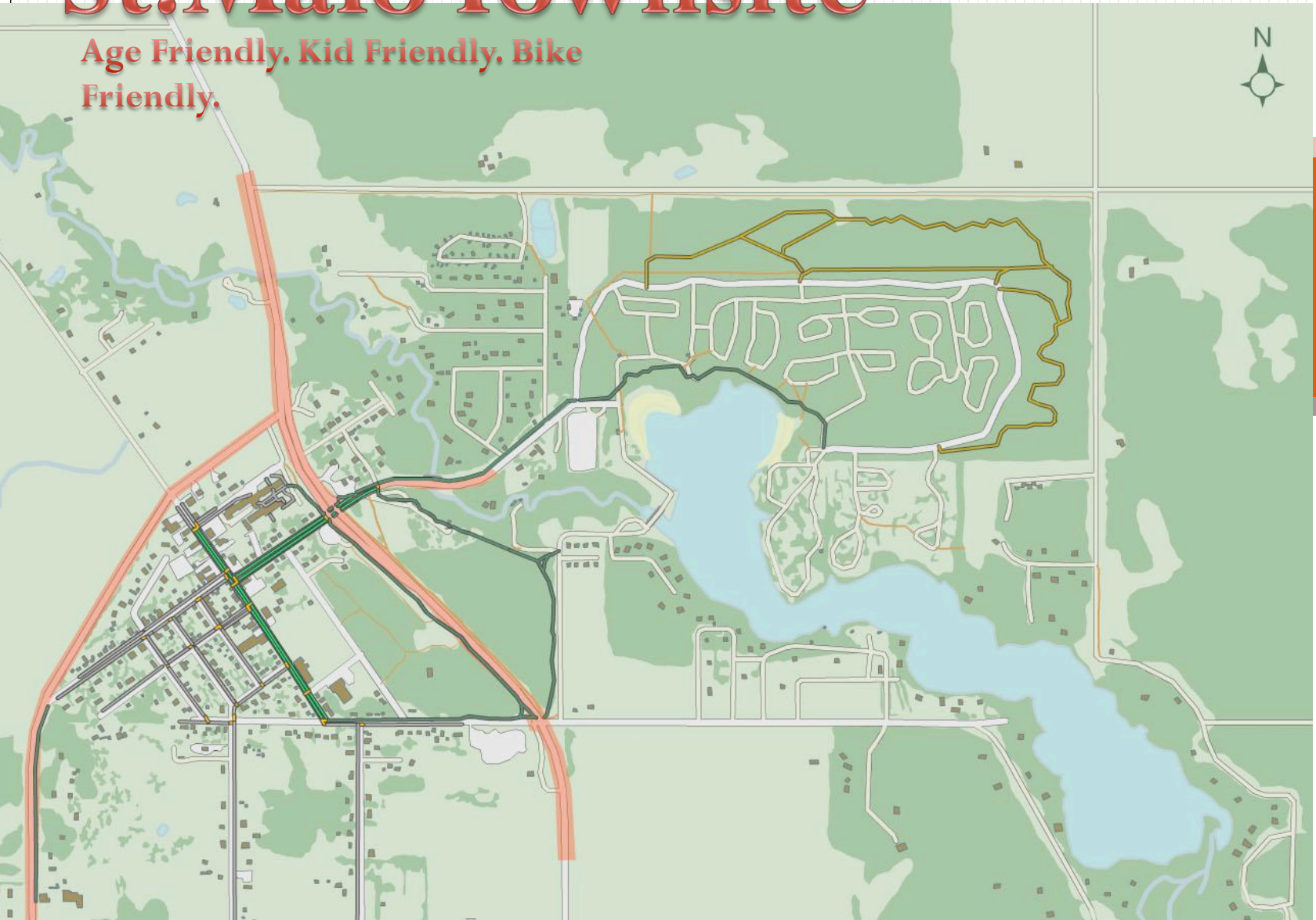


Overview— Phase Two



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Worn Path

Building

30Km/Hr

60 Km/Hr

Overview— Sixty Zone





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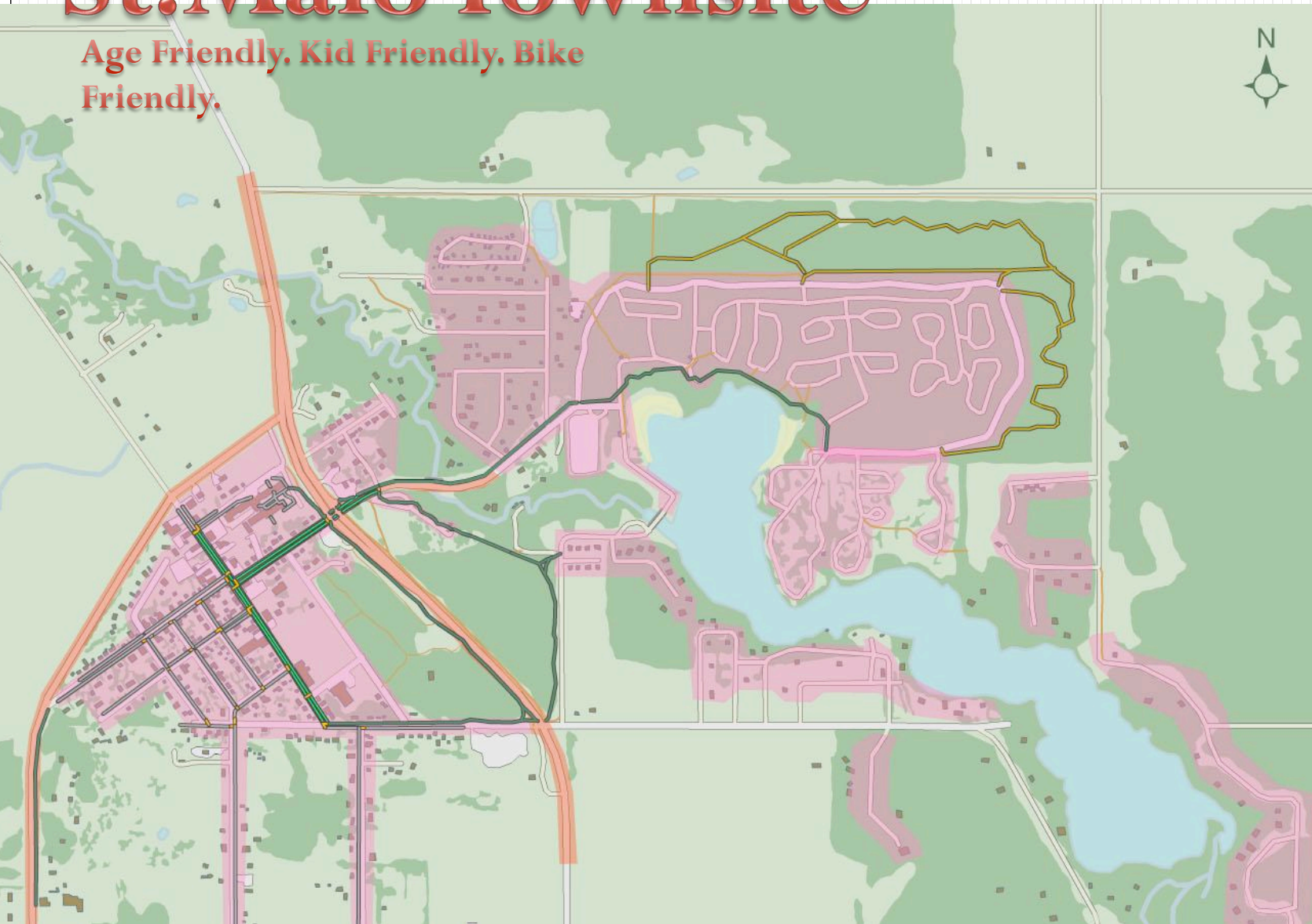
Gravel Road

Worn Path

Building

30Km/Hr

60 Km/Hr



Overview— Thirty Zone



# 8. Participate in a green program: CLER Community

- Partners for Climate Change Protection, ICLEI, Natural Path, ISO Certified, etc
- Community Led Emissions Reduction Program (2008-2011)
- Community Consultation Process & Local Action Plan
- Priority Projects:
  - RM Main Office Retrofit,
  - Residential and Micro-site Composting
  - Compostages Manitoba Services Cooperative
  - Right Sizing RM Fleet – Handi MINI Van
  - Community Garden
  - Biomass Demonstration Project



# 9. Leverage your communities' organizational capacity

- RM Council and LUD – EDO and Service Plan
- St. Malo Chamber of Commerce
  - Active and vibrant board,
  - Priority Projects that include:
    - Highway Signage,
    - Beautification Projects – Planters Benches and Banners, Phase 2 Lamp Post Project
    - Business Improvement Initiatives
    - Events :
      - Volunteer Appreciation Night
      - Family Hockey Tournament
      - Parade with Summer Festival
      - Festival des Amis Winter Festival
      - New Years Eve Celebration



# 10. Apply to the Green Municipal Fund

- Commitment from the LUD, 10% cash for application
  - \$10,000
- Engineering and design work that is needed
- Baseline measurements and data collection so we can prove it is working
- We can leverage funding to access the kind of expertise and best practices that a small RM can rarely afford,
- Put us in a leadership position that entices young families to stay and accommodates our aging citizens.

