

Natural Environment Types (NETs)	Contact Types (CTs)																						
	RESTORATIVE														SOCIAL				COGNITIVE				
	Physical					Psychological									Community & Cohesion				Spiritual, historic & symbolic		Aesthetic perceptio n	Science & Education	
	Sporting	Playing	Recreation	Experienc e	Skills	Stress relief	Resting	Restoration	Self-esteem	Privacy	Security	Memories	Calming	Curiosity	Events	Providing gathering place	Sense of community	Social cohesion	Ornamental	Spiritual	Aesthetic	Food production	Education
PARKS																							
forest parks	3	2.4	2.8	3	3	2.8	2.8	2.8	2.8	3	2.4	2.8	2.8	2.8	2.2	2	2.2	2.2	2.4	3	2.8	2	2.8
nature parks	3	3	2.8	3	3	2.8	2.8	3	2.8	2.8	2.4	2.8	2.8	2.8	2.2	2	2.2	2.2	2.4	3	2.8	2	2.8
manor parks	2.8	2.8	2.8	2.8	2.8	2.6	2.6	2.6	2.6	2.6	2.4	2.6	2.6	2.6	2.6	2.6	2.6	2.6	3	3	3	1.4	2.8
municipal parks	3	2.8	2.8	2.8	2.8	2.4	2.6	2.6	2.8	2.2	2.4	2.6	2.4	2.6	2.8	2.8	2.8	2.8	2.6	2.6	2.8	1.2	2.8
average	3.0	2.8	2.8	2.9	2.9	2.7	2.7	2.8	2.8	2.7	2.4	2.7	2.7	2.7	2.5	2.4	2.5	2.5	2.6	2.9	2.9	1.7	2.8
GARDENS																							
family house private gardens	0.8	2.4	2.4	2.6	2.6	2.8	2.6	2.6	2.8	3	3	2.6	2.8	2.8	2.2	2.2	2.4	2.8	3	3	2.8	2.6	2.4
block house gardens	1.4	2.4	2.4	2.6	2.6	2.8	2.6	2.6	2.8	2.6	2.8	2.6	2.8	2.8	2.6	2.6	2.8	2.8	3	3	2.8	2.2	2.4
schoolyard gardens	1.4	2.4	2.4	2.6	2.6	3	2.6	2.6	2.8	2.8	2.8	2.6	2.8	2.8	2.8	2.8	2.8	3	3	3	2.8	2.4	3
orchards	0.6	2	2	2.6	2.6	2.4	2.2	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2	2.2	2.4	2.4	2.8	2.6	3	3	2.6
community gardens	0.8	2	2	2.6	2.6	2.8	2.4	2.6	2.8	2.8	2.8	2.6	2.8	2.8	2.8	3	3	3	3	2.8	2.8	2.8	2.6
average	1.0	2.2	2.2	2.6	2.6	2.8	2.5	2.6	2.7	2.7	2.8	2.6	2.7	2.7	2.5	2.6	2.7	2.8	3.0	2.9	2.8	2.6	2.6
GREEN LANDSCAPE ELEMENTS																							
brushwood lots	0.8	1.2	1.4	1.4	1.4	1.6	1.6	1.6	1.6	2	1.4	1.6	1.4	1.4	0.8	1.2	1.4	1.2	1.6	1.4	1.8	1	1.4
wood groves	0.8	1.2	1.4	1.4	1.4	1.6	1.6	1.6	1.6	2	1.4	1.6	1.6	1.6	0.8	1.2	1.4	1.2	1.6	1.6	1.6	1	1.4
informal green spaces	2	2.2	2.2	2.2	2.2	2	2	2	2	2.2	2.2	2	2	2	1.4	1.6	1.6	1.6	1.8	1.8	2.2	0.6	2
formal green spaces	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.2	2.8	2.8	2.8	2.8	2.6	2.6	2.6	2.6	2.2	2.2	2.4	0.6	2.4
average	1.6	1.9	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.1	2.0	2.0	2.0	2.0	1.4	1.7	1.8	1.7	1.8	1.8	2.0	0.8	1.8
GREEN LANDSCAPE MATRIX																							
commercial forests	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.6	2.8	2.8	2.8	1.4	1.4	1.4	1.4	2.4	2.4	3	2.4	2
agriculture lands	0.4	0.4	0.6	0.8	0.8	1	1	1	1	0.8	1	1.2	1	1	0.6	0.6	0.8	0.8	1.8	1.8	2.6	2.6	2
grasslands	1.2	1	1.2	1.2	1.2	1.8	1.8	1.8	1.8	1.6	1.8	1.8	1.8	1.8	2	2	1.2	2	2.2	2.2	2.8	2.4	2
average	1.5	1.4	1.5	1.6	1.6	1.9	1.9	1.9	1.9	1.7	1.8	1.9	1.9	1.9	1.3	1.3	1.1	1.4	2.1	2.1	2.8	2.5	2.0
BARRIERS																							
green buffers	1.4	1.4	1.4	1.6	1.4	2.4	2.4	2.4	2.2	2.4	2.4	2.4	2.6	2.4	1	1.2	1.2	1.2	2.2	2.2	2.6	0.4	2.4
green corridors	1.8	1.8	1.8	1.8	1.6	2.4	2.4	2.4	2.2	2.4	2.4	2.4	2.6	2.4	1.2	1.4	1.4	1.4	2.2	2.2	2.6	0.4	2.4
cliffs	1.8	1.4	2	1.8	1.6	2.8	2.8	2.8	2.4	2.6	2.4	2.6	2.8	2.8	1.8	1.8	2	2.2	2.8	2.8	3	0.2	2.6
roads	1.8	0.8	1.8	2	1.8	2	2	2	2.2	1.8	1.6	2.2	2	2.4	0.8	0.8	0.8	1	1.4	1.4	2	0	1.2
coastal zone	1.8	1.6	2	1.8	1.6	2.8	2.8	2.8	2	2.6	2.8	2.6	2.8	2.8	1.8	1.8	2.2	2.4	2.8	2.8	3	0.2	2.6
settlements	2	2.3	2	2	2	2.3	2.3	2.3	2	2	1.6	2.3	2	2.3	3	3	3	3	2	2	2	1	1.6
average	1.8	1.6	1.8	1.8	1.7	2.5	2.5	2.5	2.2	2.3	2.2	2.4	2.5	2.5	1.6	1.7	1.8	1.9	2.2	2.2	2.5	0.4	2.1
BLUE SPACES																							
sea	3	2.8	3	2.8	2.8	2.6	3	2.6	2.4	2.2	1.8	2.6	2.6	2.6	2.2	2.2	2.4	2.2	3	3	3	1.4	2.6
bogs	1.6	1.6	3	2.4	2.2	2.6	3	2.6	2.4	2.6	1.8	2.4	2.6	2.4	1.2	1.2	1.2	1.4	2.6	2.6	2.8	0.8	2.6
rivers	2.2	1.8	2.6	2.4	2.2	2.6	2.6	2.6	2.4	2.2	1.8	2.6	2.6	2.6	1.4	1.4	1.6	1.6	2.8	2.8	3	1	2.6
lakes	1.8	2	2.5	1.8	2	2.5	2.5	2.5	2.3	2	1.5	2.5	2.5	2.5	2	2	2	2	3	3	2.8	1.2	2.5
ponds	1	1.2	2.2	2	1.8	2.2	2	2	2	2	1.4	2	2	1.8	0.8	0.8	0.8	1.2	1.8	1.8	2.8	0.8	2.6
waterfalls	0.6	1	3	1.8	1.6	2.4	2.2	2.2	2.2	2	1.6	2.2	2.2	2.2	1.4	1.6	1.6	1.8	2.6	2.6	3	0.4	2.6
average	1.7	1.7	2.7	2.2	2.1	2.5	2.6	2.4	2.3	2.2	1.7	2.4	2.4	2.4	1.5	1.5	1.6	1.7	2.6	2.6	2.9	0.9	2.6
ACTIVITY AREAS																							
public playgrounds	2.4	2.8	2.2	2.8	2.8	2.6	2.4	2.6	2.4	1.8	2.4	2.6	2.4	2.4	2.4	2.4	2.6	2.6	2	2.2	2.2	0	1.2
block house playgrounds	2.4	2.8	2.2	2.8	2.8	2.6	2.4	2.6	2.4	1.8	2.4	2.6	2.4	2.4	2.2	2.2	2.4	2.6	2	2.2	2.2	0	1.8
sports fields	2.8	2.8	2.2	2.8	2.8	2.6	2.4	2.4	2.4	1.8	2.6	2.6	2.4	2.4	2.8	2.8	2.4	2.6	1.8	1.8	2.4	0	2
outdoor gyms	2.8	2.8	2.4	2.8	2.8	2.6	2.4	2.4	2.4	2	2.4	2.6	2.4	2.4	2.2	2.2	2.4	2.6	1.4	1.6	2	0	1.2
wheels parks	2.8	2.8	2.4	2.8	2.8	2.6	2.4	2.4	2.4	2	2.2	2.6	2.2	2.4	2.2	2.2	2.4	2.2	1.4	1.6	2	0	1.2
hiking trails	2.8	2.4	2.4	2.8	2.8	2.8	2.6	2.8	2.6	2.4	2.8	2.8	2.8	2.8	2.2	2.4	2.4	2.4	2.2	2.2	2.6	0.2	2.6
study trails	2.6	2.4	2.4	2.8	2.8	2.6	2.4	2.6	2.4	2.2	2.6	2.6	2.6	2.6	2.2	2.4	2.4	2.4	2.2	2.2	2.6	0.4	3
camping areas	2	2	2.4	2.8	2.6	2.8	2.8	2.8	2.6	2.2	2.4	2.8	2.8	2.8	2.4	2.6	2.6	2.6	2.4	2.4	2.8	0.4	1.8
beaches	2.8	2.8	3	3	2.8	3	3	3	2.8	2.2	2.6	3	3	3	3	3	2.8	3	3	3	3	0.4	2.2
average	2.6	2.6	2.4	2.8	2.8	2.7	2.5	2.6	2.5	2.0	2.5	2.7	2.6	2.6	2.4	2.5	2.5	2.6	2.0	2.1	2.4	0.2	1.9
MISCELLANEOUS TYPES																							
cemeteries	0	0	1.4	1	0.8	1.8	1.8	1.6	1.6	2.6	2	3	1.8	2.2		2.4	2.6	2.6	3	3	3	0	2.4
churchyards	0	0	1.4	1	0.8	1.8	1.8	1.6	1.6	2	2	2.4	1.8	2.2	2.4	2.4	2.6	2.6	3	2.8	3	0	2.4
military land	0.8	0.8	1.4	1.4	1.2	1.4	1.6	1.4	1.4	1.8	1.6	2.4	1.6	2.4	1.6	1.4	1.4	1.4	1.6	1.4	1	0.2	2.2
vacant lots	1	1	1.2	0.8	0.8	0.8	0.8	0.8	1	1	1	1.2	1	1.2	1.2	1.2	0.8	1.2	0.8	0.8	0.8	0.4	0.6
quarries	0	0	0.2	0.2	0	0	0	0	0.2	0	0	0	0	0.4	0	0	0	0.4	0.4	0.2	0.2	0	0.6
average	0.4	0.4	1.1	0.9	0.7	1.2	1.2	1.1	1.2	1.5	1.3	1.8	1.2	1.7	1.3	1.5	1.5	1.6	1.8	1.6	1.6	0.1	1.6

3	high
2	medium
1	low