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REGENERA WATER SPORT

Monitoring & Evaluation 2024 vs 2025

Background

The Regenera Water Sport project aims to enhance the sustainable and regenerative management of physical activity and practice of sports in freshwater areas and environments with a significant impact on them (blue space).

The theme under review is divided into three categories: daily activity, tourism activity and sport competition. The development of the categories in terms of sustainability and regeneration is monitored at our three pilot sites in Catalonia, Ireland and Finland by local project partners who have chosen activities and local stakeholders for every category.

To track progress, an annual questionnaire is conducted for the stakeholders and the results are compared with the results from previous years. Every category is evaluated on 10 different sustainability indicators. This document presents the developments that occurred between 2024 and 2025.

Sustainability Indicators

The results of the questionnaire are evaluated on 10 different sustainability indicators.

| | | | | |
|-------------------------|-------------------------|-------------------------------|--------------------------|-------------------------------|
| Carbon Footprint | Waste Management | Water Use | Water Quality | Biodiversity |
| Social Impact | Athletes Safety | Outdoor Sports Tourism | Energy Efficiency | Stakeholder Engagement |

PILOT SITE 1: Estany De Banyoles, Catalonia

The first pilot site of the project is Lake of Banyoles, the largest natural lake in Catalonia. The activities chosen by the local project partner, Consell Esportiu Pla de l'Estany, are presented in the table on right.



| | 2024 | 2025 |
|-------------------|---|---|
| DAILY ACTIVITY | Nordic Walking | Nordic Walking |
| TOURISM ACTIVITY | Kayaking, Dragon Boat, Climbing, Archery, Caving, MTB | Kayaking, Dragon Boat, Climbing, Archery, Caving, MTB |
| SPORT COMPETITION | Travessia de l'Estany de Banyoles (swimming) | Travessia de l'Estany de Banyoles (swimming) |

PILOT SITE 1: Estany De Banyoles, Catalonia

The development of every activity on different sustainability indicator between 2024 & 2025

| | Carbon Footprint | Waste Management | Water Use | Water Quality | Bio-diversity | Social Impact | Athletes Safety | Outdoors Sports Tourism | Energy Efficiency | Stakeholder Engagement |
|-------------------|------------------|------------------|-----------|---------------|---------------|---------------|-----------------|-------------------------|-------------------|------------------------|
| Daily Activity | | ... | ... | | | | ... | ... | | |
| Tourism Activity | | | ... | ... | | | ... | ... | ... | |
| Sport Competition | ... | ... | | | | ... | ... | ... | | |

- Clear improvement
- Slight improvement
- ... No change / Not measured

PILOT SITE 2: Keel Lake, Ireland

The second pilot site of the project is Keel Lake, a freshwater lake on Achill Island, near the Atlantic coastline. The activities chosen by the local project partner, Leave No Trace Ireland, are presented in the table on right.



| | 2024 | 2025 |
|-------------------|--|--|
| DAILY ACTIVITY | Kayaking | Multisport: kayaking, windsurfing, canoeing, SUP paddling |
| TOURISM ACTIVITY | Kayaking | Kayaking |
| SPORT COMPETITION | Battle For The Lake (kite/wing, sup/surf, paddle boarding) | Battle For The Lake (kite/wing, sup/surf, paddle boarding) |

PILOT SITE 2: Keel Lake, Ireland

The development of every activity on different sustainability indicator between 2024 & 2025

| | Carbon Footprint | Waste Management | Water Use | Water Quality | Bio-diversity | Social Impact | Athletes Safety | Outdoors Sports Tourism | Energy Efficiency | Stakeholder Engagement |
|--------------------------|------------------|------------------|-----------|---------------|---------------|---------------|-----------------|-------------------------|-------------------|------------------------|
| Daily Activity | | ... | ... | | | ... | ... | | | ... |
| Tourism Activity | | ... | ... | | | | | | | ... |
| Sport Competition | ... | ... | ... | ... | ... | ... | ... | ... | ... | ... |

Clear improvement

Slight improvement

... No change / Not measured

PILOT SITE 3: Lakes Näsijärvi & Pyhäjärvi, Finland

The third pilot site of the project consists two lakes, Lake Pyhäjärvi and Lake Näsijärvi, locating in Tampere, Finland. The activities chosen by the local project partner, Ekokumppanit, are presented in the table on right.



| | 2024 | 2025 |
|-------------------|-----------------------------------|-----------------------------------|
| DAILY ACTIVITY | Lake Trails Cycling Trail Network | Lake Trails Cycling Trail Network |
| TOURISM ACTIVITY | Sauna and swimming | Sailing |
| SPORT COMPETITION | Tampere Marathon | Tampere Marathon |

PILOT SITE 3: Lakes Pyhäjärvi & Näsijärvi, Finland

The development of every activity on different sustainability indicator between 2024 & 2025

| | Carbon Footprint | Waste Management | Water Use | Water Quality | Bio-diversity | Social Impact | Athletes Safety | Outdoors Sports Tourism | Energy Efficiency | Stakeholder Engagement |
|-------------------|------------------|------------------|-----------|---------------|---------------|---------------|-----------------|-------------------------|-------------------|------------------------|
| Daily Activity | | ... | ... | | ... | | ... | | | |
| Tourism Activity | ... | ... | ... | | ... | | | | | |
| Sport Competition | ... | ... | ... | | | | | ... | | |

Clear improvement

Slight improvement

... No change / Not measured

OVERALL SITUATION

According to the questionnaire results, every pilot site and action have had a positive development from the beginning of the project. Some indicators have been on a good level from the beginning of the project, but some more challenging indicators have improved as well. The tables on right show the overall situation in 2024 and 2025.

2024

| CARBON FOOTPRINT | WASTE MANAGEMENT | WATER USE | WATER QUALITY | BIODIVERSITY | SOCIAL IMPACT | ATHLETES SAFETY | OUTDOOR SPORTS TOURISM | ENERGY EFFICIENCY | STAKEHOLDER ENGAGEMENT |
|------------------|------------------|-----------|---------------|--------------|---------------|-----------------|------------------------|-------------------|------------------------|
| | | | | | | | | | |

2025

| CARBON FOOTPRINT | WASTE MANAGEMENT | WATER USE | WATER QUALITY | BIODIVERSITY | SOCIAL IMPACT | ATHLETES SAFETY | OUTDOOR SPORTS TOURISM | ENERGY EFFICIENCY | STAKEHOLDER ENGAGEMENT |
|------------------|------------------|-----------|---------------|--------------|---------------|-----------------|------------------------|-------------------|------------------------|
| | | | | | | | | | |



This presentation is a summary of a broader questionnaire analysis conducted by INEFC Generalitat de Catalunya. The full analysis report can be found on the Regenera Water Sport project website at <https://regenerawatersport.eu>.

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