

**Locating Tranquillity:
Opportunities for
Landscape Management
and Accessibility**

*A report to Cornwall
National Landscape*

Falmouth University

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Executive summary

The meaning of “tranquillity” is seemingly straightforward, but understanding how to maintain and create the conditions for tranquillity in people and place is less so. Where does “tranquillity” happen, and (how) can it be made to happen? This report reviews popular, academic, and policy understandings and uses of ‘tranquillity’ alongside analysis of results of a survey on tranquillity run by Falmouth University and Cornwall National Landscape (CNL). It provides examples of good practice, makes recommendations to inform CNL’s Management Plan, and suggests directions for a future research agenda.

‘Tranquillity’ has evolved from classical origins denoting physical and metaphorical calmness, through to Romantic notions of a rural idyll, with the therapeutic potential of peaceful rural landscapes increasingly acknowledged from the nineteenth century. More recently, these benefits have been further evidenced through environmental psychology, where Attention Restoration Theory (ART) posits that ‘soft fascination’ reduces cognitive work while keeping the mind focused, and has benefits similar to meditation.

Tranquillity became explicit in UK landscape policy in a 2000 DEFRA Rural White Paper, and ‘Relative Tranquillity’ subsequently became one of six elements comprising the definition of ‘natural beauty’ in guidance to designate AONBs and National Parks in 2011 (updated 2021). Research to inform policy has its foundations in 1990s that measured noise or disturbance to assess the impact of new transport infrastructure on undeveloped land. This established the approach of ‘tranquillity mapping’, by which sections of a given area are assigned a tranquillity rating based on such assessments. Research commissioned by the Campaign for the Protection of Rural England from 2004 built on this approach by incorporating public perspectives on what is and is not considered to be tranquil. This is generally organised into visual and audible elements, for example with ‘natural landscape’ and ‘birdsong’ the most prominent contributors to tranquillity and traffic noise and ‘lots of people’ the biggest detractors. The Falmouth-CNL survey found that the role of the sea in providing the physical and sensory stimulus for tranquil experiences is more prominent than in any research done nationally, and we suggest that the seascape should form a key part of understanding how tranquillity is experienced in Cornwall.

Some research has suggested that a mapping approach should be complemented by accounting for the subjective experience of tranquillity. Flurina Wartmann and William Mackaness argue the need to distinguish between ‘potential’ tranquillity of a location (as found in mapping approaches) that might have the conditions *conducive* to a tranquil experience; and ‘experienced’ tranquillity: that is, how tranquil moments emerge in ‘real life’, which may not always reflect quantitative approaches nor research studies that take place in quasi-laboratory conditions. Our recommendations take this distinction into consideration, suggesting ways to engage in and consider subjective experiences of tranquillity, important not only for a fuller understanding of the concept but also to identify means to ensure it is available to as many people in Cornwall as possible. This might mean innovative design or landscape management in places of potential tranquillity, curating trails and paths to create the conditions for tranquil experiences.

1 About this report

This report advances a research agenda between Cornwall National Landscape (CNL) and Falmouth University's Centres for Heritage, Culture & Society and Arts & Health.

'Tranquillity' is a multidimensional concept: this report explores the meanings and uses of tranquillity in a landscape context.

Tranquillity appears in various domains across research, policy, and popular discourse. It is important as it is embedded in landscape and planning policy, and also due to increasing acknowledgement of the benefit of people's interaction with the natural environment for their health and wellbeing. This scoping project therefore provides an overview of existing understandings and practice in the context of CNL, and suggests further avenues to explore.

1.1 Aims and methodology

The aims of this report are: to provide an overview of 'tranquillity' in research, policy, and popular meanings; to contextualise this to a Cornwall context; to provide recommendations to CNL to inform implementation and development of its Management Plan; and to identify areas for potential future research and innovation for the Partnership. Sources of evidence drawn on for the report comprise:

- Interdisciplinary academic and policy literature review, drawing from human and cultural geography including landscape studies; environment and health; spatial practice and design; cultural and social history; and landscape policy and practice.
- Online survey asking about people's experiences of tranquillity, run in February-April 2025 via Cornwall Council's *Let's Talk* platform. 185 responses were received; women are over-represented (comprising 79% of survey respondents) as are people aged between 50-70; people with disabilities are slightly under-represented (comprising 12% of respondents compared with 20% of people in Cornwall). Data was inductively coded in MaxQDA. Results are included where relevant throughout this report; the question set is in Appendix 1 and overview results tables in Appendix 2.

2 Tranquillity: a brief social and cultural history

2.1 The origins of tranquillity

Used in reference to human nature, 'tranquil' is widely understood as *composed, calm, or unflappable*; in application to landscape it is understood as *pleasantly calm, peaceful, restful*. While these definitions are readily accessible, this very accessibility has contributed to the term being difficult to pin down in a practical sense. The word derives from the Latin *tranquillitas*, associated with stillness of the weather, and by extension to describe social equilibrium or times of peace. The metaphorical definition of a calm state of mind was used frequently by Stoic writers, where tranquillity is a desirable state bringing calm or safety in the context of the threat of its opposite. The understanding of tranquillity as peace and order is notable in the commitment to 'insure domestic Tranquillity (sic.)' the primary aim of the US Constitution (1787). Later, English Romantic literature of the 19th Century extended the understanding of the tranquil place, underlining the connection of tranquillity to landscape, specifically the 'unspoilt' landscape. The encroachment of modernity coincides

with this search for a pre-industrial connection with nature.¹ This long history helps explain ‘why protecting tranquillity has had so much attention in a UK context’.² Connection with a rural idyll is still evident in the way that rural landscapes – not least in Cornwall – are mobilised in tourism marketing literature, and tranquillity is indeed a common reason given by people for visiting a particular place.³

2.2 Tranquillity and wellbeing

In the late Romantic era, not only were the aesthetic values of rural landscapes extolled,⁴ but discourses regarding the therapeutic value of landscapes, gardens, fields, and ‘cheerful prospects’ are evident in philanthropic endeavours such as the York Retreat, opened in 1796. The concept of landscapes as components of health and healing was magnified by figures such as Joseph Addison (1672-1719), Samuel Coleridge (1772-1834), and William Wordsworth (1770-1850). Florence Nightingale (1820-1910) supported the idea that landscape and nature are crucial to health and wellbeing, influencing architectural design of hospitals that optimised landscapes for the perceived benefit of patients: designs that exist to this day. In the same period, the Commissioners in Lunacy (1847) developed new recommendations and regulations for asylums highlighting the need for outside space that could be seen, heard, and experienced by patients with “mental incapacity”. These recommendations drove the building of asylums in rural areas, thereby cementing the concept of rural landscapes as mechanisms of healing and of calm, positive states of mind.⁵

More recently, research in environmental psychology has supported the notion that tranquillity is a psychological state, experienced in an environment that offers ‘peace and quiet’.⁶ Kaplan and Kaplan⁷ consider mental and emotional calmness as a cognitive ‘quiet’ that they describe using ‘Attention Restoration Theory’ (ART). ART describes the diversion of attention from the stresses of everyday life: tranquillity can offer the experience of ‘soft fascination’, attention being held in a way that does not demand any significant cognitive capacity. This state has been compared with one achieved through meditation.⁸ As well as the psychological benefits, there is evidence that nature can have positive physical outcomes

¹ Purves R & Wartmann F (2023) ‘Characterising and mapping potential and experienced tranquillity: From a state of mind to a cultural ecosystem service’ *Geography Compass* 17(11), e12726

² Purves & Wartmann 2023: 2

³ Hewlett D & Brown L (2018) ‘Planning for tranquil spaces in rural destinations through mixed methods research’ *Tourism Management* 67: 237–247

⁴ See Purves & Wartmann 2023

⁵ Hickman C (2024) ‘Landscape’ *The Journal of the Landscape Institute*: 9-11

⁶ Herzog T & Barnes G (1999) ‘Tranquillity and preference revisited’ *Journal of Environmental Psychology* 19: 171-18; Velarde M, Fry G & Tveit M (2007) ‘Health effects of viewing landscapes – Landscape types in environmental psychology’ *Urban Forestry & Urban Greening* 6(4): 199–212

⁷ Kaplan R & Kaplan S (1989) *The experience of nature: A psychological perspective* Cambridge University Press

⁸ Kaplan S (2001) ‘Meditation, restoration, and the management of mental fatigue’ *Environment and Behavior* 33(4): 480–506

on recovery after surgery,⁹ child development,¹⁰ improved life expectancy¹¹ and wellbeing.¹² Research is also beginning to unravel the neurobiological mechanisms associated with the experience of tranquillity.¹³

There is an increasing literature within health geography on ‘therapeutic’ landscapes,¹⁴ which frequently allude to ‘tranquil’ experiences or ‘restoration’ in the sense developed by Kaplan; nevertheless, there is little overlap between research into tranquillity *per se* and the wider literature on health and wellbeing in a landscape context. While tranquillity is arguably a desirable day-to-day practice rather than explicitly a health-related one, there may be value in exploring practical recommendations from the latter.



⁹ Watts G et al. (2016) ‘Influence of soundscape and interior design on anxiety and perceived tranquillity of patients in a healthcare setting’ *Applied Acoustics* 104: 135-141; Lechtzin et al. (2010) ‘A randomized trial of nature scenery and sounds versus urban scenery and sounds to reduce pain in adults undergoing bone marrow aspirate and biopsy’ *Journal of Alternative Complementary Medicine* 6(9) 965–972; Yeung S, Irwin M & Cheung C (2021) ‘Environmental enrichment in postoperative pain and surgical care potential synergism with the enhanced recovery after surgery pathway’ *Annals of Surgery* 273(1): 86-95

¹⁰ Watts G et al. (2011) ‘Predicting perceived tranquillity in urban parks and open spaces’ *Environment and Planning B: Planning and Design* 38: 585-594

¹¹ Barboza E et al. (2021) ‘Green space and mortality in European cities: A health impact assessment study’ *The Lancet Planetary Health* 5(10): e718–e730; Bauwelinck M et al. (2021) ‘Residing in urban areas with higher green space is associated with lower mortality risk: A census-based cohort study with ten years of follow-up’ *Environment International* 148: 106365

¹² White M et al. (2021) ‘Associations between green/blue spaces and mental health across 18 countries’ *Scientific Reports* 11: 1–12

¹³ Hunter et al. (2010) ‘The state of tranquility: Subjective perception is shaped by contextual modulation of auditory connectivity’ *NeuroImage* 53(2): 611-618

¹⁴ Gesler W (1992) ‘Therapeutic landscapes: Medical issues in the light of the new cultural geography’ *Social Science & Medicine* 34: 735-46

3 The problem with tranquillity

From its early beginnings to its current use, tranquillity contains a duality (or perhaps dialogue) between *place* and *mind*. Understanding the relationship between the tranquil mind and the tranquil place is fundamental to leveraging tranquillity, in terms of a) the challenges of enabling and maintaining tranquil places, b) the ability to make such places accessible to all in an equitable fashion, and c) in understanding the impact of tranquil places for the population.

As Section 2.1 suggests, accessing the conditions to feel tranquil has long been considered an essential component of human cultural, social, and physical and mental wellbeing. While these benefits might be said to derive from natural landscapes more broadly, the specific positive effects described by research in environmental psychology and neuroscience – as well as its focal role in Natural Beauty policy – suggest that tranquillity warrants particular attention, not least in the context of nature-based social prescribing and acknowledgement of the role of nature in addressing the current mental health crisis.¹⁵ But these benefits cannot be equally accessed by everybody.

3.1 Landscapes of privilege

The Romantic notion of landscapes was one of an unpeopled wilderness,¹⁶ a rural idyll reflecting a society in which Western, white, male and other hegemonic values shaped what was seen as important.¹⁷ These landscapes are places seemingly to be gazed upon, not dwelt within, with potentially negative implications for people who live and work in or near them (often for the benefit of others).

In practice

Black Girls Hike was formed in 2019 and organises group hikes, outdoor activity days, and training events, providing a safe space for Black women to explore the outdoors
<https://www.bghuk.com/events>

Even when the impacts of this view are not so directly manifest, there can be very real effects on people who have not traditionally been seen to ‘belong’ in these environments.¹⁸

¹⁵ The Glover report was commissioned by DEFRA and published in 2019. It recommends the development of ‘Landscapes that cater for and improve the nation’s health and wellbeing’ (Proposal 8). Glover J (2019) *Landscapes Review: Final Report* DEFRA

¹⁶ Meinig W (1979) *The Interpretation of Ordinary Landscapes: Geographical Essays* Oxford: Oxford University Press; Cronon W (1996) ‘The trouble with wilderness - Or, getting back to the wrong nature’ *Environmental History* 1(1): 7–28

¹⁷ Duncan J & Duncan N (2003) *Landscapes of Privilege* London: Taylor & Francis; Berberich C (2006) ‘This green and pleasant land: cultural constructions of Englishness’ in R Burden & S Kohl (eds.) *Landscape and Englishness* Leiden: Brill

¹⁸ e.g. Tolia-Kelly D (2007) ‘Fear in paradise: the affective registers of the English Lake District landscape re-visited’ *The Senses and Society* 2(3): 329–351; Chakraborti N & Garland J (2004) ‘England’s green and pleasant land? Examining racist prejudice in a rural context’ *Patterns of Prejudice* 38(4): 383–398; Little J (2007) ‘Constructing nature in the performance of rural heterosexualities’ *Environment and Planning D: Society and Space* 25(5): 851–866; Little J (2003) ‘Gender research in rural geography’ *Gender, Place and Culture* 10(3): 281–289; Cresswell T (1996) *In Place, Out of Place* Minneapolis: Minnesota University Press

This might mean that a particular landscape may have different meanings to people with diverse cultural backgrounds that are not accounted for in dominant understandings of tranquil landscapes. And varying experiences in rural landscapes – of, for example, people who have experienced racism there, of people who are neurodivergent, or of women on their own in a remote area – can result in different abilities to access tranquil experiences. Issues of equal access to nature and landscapes are increasingly being prioritised in policy,¹⁹ but there remains much to do (in 2019, representation on AONB boards comprised 0.7% of people from BAME backgrounds and 0.4% people with disabilities, far below a nationally representative level²⁰) and so any distinctive barriers and opportunities relating to tranquillity should be borne in mind. This adds to existing calls to ensure that people from groups that are marginalised are represented in all aspects of landscape management relating to tranquillity.

Recommendations

3.1(i): Ensure that a diverse range of individuals and/or groups (such as Queer Kernow or Black Voices Cornwall) are invited to add their voices to any future research or consultation work on tranquillity

3.1(ii): Ensure that management and decision-making fora are representative of the demographic profile of Cornwall

3.2 Accessing tranquillity

As well as issues arising from social constructs of who does or does not ‘belong’ in a tranquil place, there are other societal barriers to be considered. Although work to improve physical access to rural landscapes, such as for people who use wheelchairs, has increased,²¹ to our knowledge issues of access and mobility have not been explicitly linked with the ability to experience tranquillity. Another characteristic that has not been considered in the tranquillity literature is how neurodiversity may affect people’s experiences of tranquil places, and how and whether tranquillity from a neurotypical perspective can be used to understand impacts on neurodivergent states of mind.

Further, people experiencing poverty or who do not have access to their own transport or expensive outdoors equipment may also find that access to the outdoors presents a practical challenge. 54% of those who responded to our survey question ‘If it is somewhere you visit regularly, how do you get there?’ (N=166) said that they travelled by car, with 41% saying they walked or wheeled. However, responding to the question ‘If you don’t visit often, why not?’, 10% said that they would need a car in order to do so, and a further 7% pointed to the availability or practicality of public transport (e.g. ‘I can’t get there often as I depend on public transport (the bus), which is very irregular’).

¹⁹ Glover 2019. National organisations addressing these issues include Queer Out Here (www.queerouthere.co.uk), Black Girls Hike (www.bghuk.com) and the Black Environment Network (ben-network.org.uk)

²⁰ Glover 2019: 157

²¹ Pini B, Philo C & Chouinard V (2017) ‘On making disability in rural places more visible: Challenges and opportunities’ *Journal of Rural Studies* 51: 223–229

Recommendations

3.2(i): Seek opportunities to highlight and encourage access to potentially tranquil places that are accessible without one's own transport, including in the built environment

3.2(ii): Work with local public transport service providers to enable easier access to potentially tranquil spaces

3.2(iii) Explore equipment 'loan' schemes, allowing people to access waterproof coats, boots etc for the day

While a tranquil 'blank slate' might be desirable in the abstract, then, it is vital to consider whether any of the policy and practice around tranquillity in landscape management is carrying any assumptions along with it. In this report, the gaps that we have identified in existing policy and research in this respect inform our recommendations.



4 Tranquillity in landscape policy

National policies on tranquillity, as other aspects of landscape management, sit within a supra-national framework that sets out parties' responsibilities with respect to landscape and heritage management and planning. These tend to note the balance required between natural, cultural, social, and economic factors at play in a landscape context. The Council of Europe Landscape Convention (2016), for example, defines landscape management as 'action, from a perspective of sustainable development, to ensure the regular upkeep of a landscape, so as to guide and harmonise changes which are brought about by social, economic and environmental processes'. Although it does not specify 'tranquillity', ICOMOS' guidance for heritage impact assessments within UNESCO World Heritage Sites²² (much of which applies to areas in the care of CNL due to the Cornwall and West Devon Mining

²² ICOMOS (2011) *Guidance on Heritage Impact Assessments for Cultural World Heritage Properties* UNESCO

Landscape World Heritage Site) recommends consideration of visual/noise disturbance to the WHS.

4.1 Natural beauty

Tranquillity is closely linked in policy with 'natural beauty'. Natural beauty was first used in the 1907 Act to establish the National Trust for Places of Historic Interest and Natural Beauty.²³ When the Act received Royal Assent in 1949, it defined natural beauty as including 'preservation of [...] characteristic natural features, flora and fauna'.²⁴ Tranquillity was not explicit in the definition, although the values that underpin it can be detected. Tranquillity as a distinctive concept became part of the policy landscape in England in 2000, when it was referenced as an asset of the countryside in DEFRA's Rural White Paper, *Our Countryside: The Future – A fair deal for rural England*.²⁵ This set out an ambition to increase measures to consider 'less tangible features such as tranquillity and lack of noise and visual intrusion, dark skies and remoteness from the visible impact of civilisation'. The 2006 Natural Environment and Rural Communities Act indirectly affected National Parks and AONBs by:

- 1) redefining "natural beauty" to include wildlife and cultural heritage: natural beauty may 'consist of, or include, land used for agriculture or woodlands, or used as a park, or an area whose flora, fauna or physiographical features are partly the product of human intervention in the landscape';
- 2) recognising the significance of opportunities provided for the public to understand and enjoy an area's special qualities.

Subsequently, the Campaign for the Protection of Rural England (CPRE) has been instrumental in championing tranquillity within landscape policy. CPRE's work from 2004 (see Section 5) resulted in the notion of *Relative Tranquillity*, one of 6 factors that must be met to achieve or maintain an AONB or National Park designation. These criteria were embedded in policy in 2011 within Natural England's *Guidance for Assessing Landscapes for Designation as National Park or Area of Outstanding Natural Beauty in England*,²⁶ updated in 2021.²⁷ The six criteria are defined there as follows:

- **Landscape quality:** This is a measure of the current physical state or condition of the landscape and its features
- **Scenic quality:** The extent to which the landscape appeals to the senses (primarily, but not only, the visual senses)
- **Relative wildness:** The degree to which relatively wild character can be perceived in the landscape and makes a particular contribution to sense of place
- **Relative tranquillity:** The degree to which relative tranquillity can be perceived in the landscape.

²³ Selman P & Swanwick C (2010) 'On the meaning of natural beauty in landscape legislation' *Landscape Research* 35(1): 3–26

²⁴ Selman & Swanwick 2010: 13

²⁵ DEFRA (2000) *Rural White Paper: Our Countryside: The Future—A Fair Deal for Rural England* https://webarchive.nationalarchives.gov.uk/ukgwa/20060715143233mp_/http://www.defra.gov.uk/rural/rural/wp/default.htm

²⁶ Natural England (2011) *Guidance for Assessing Landscapes for Designation as National Park or Area of Outstanding Natural Beauty in England*

²⁷ Natural England (2021) *Guidance for Assessing Landscapes for designation as National Park or Area of Outstanding Natural Beauty in England*

- **Natural heritage features:** The influence of natural heritage on the perception of the natural beauty of the area. Natural heritage includes flora, fauna, geological and physiographical features.
- **Cultural heritage:** The influence of cultural heritage on the perception of natural beauty of the area and the degree to which associations with particular traditions, people, artists, writers or events in history contribute to such perception.

Tranquillity also features in the ‘Natural heritage features’ criterion, which notes the ‘Presence of individual species that contribute to sense of place, relative wildness or tranquillity’. The 2021 version adds examples of evidence, including landscape character assessment, CPRE tranquillity mapping, Dark Skies mapping, observations in the field, OS mapping, undeveloped coastline or lake shores.

4.2 Planning and development

Tranquillity is also explicit in the UK’s 2012 National Planning Policy Framework, revised in 2024.²⁸ Section 15 on ‘Conserving and enhancing the natural environment’ sets out that ‘Planning policies and decisions should [...] ensure that new development is appropriate for its location taking into account [...] impacts that could arise from the development’ by ensuring they, *inter alia*, ‘identify and protect tranquil areas which have remained relatively undisturbed by noise and are prized for their recreational and amenity value for this reason’. Section 8(107) emphasises that Local Green Space designation may also take tranquillity into account, being used where (*inter alia*) the green space is ‘demonstrably special to a local community and holds a particular local significance, for example because of its beauty, historic significance, recreational value, tranquillity or richness of its wildlife’.



²⁸ UK Government (2024) *National Planning Policy Framework*
https://assets.publishing.service.gov.uk/media/67aafe8f3b41f783cca46251/NPPF_December_2024.pdf

5 Methods to define and assess tranquillity

Tranquillity policies have been shaped by methodologies that have evolved since the 1990s, from measurement of ‘disturbances’ to participatory approaches, but generally centres on a mapping or map-based framework with a view to capturing and defining what makes particular places tranquil or otherwise. In this section we review this methodological evolution and put it in the context of critiques from other research. For a methods timeline, see Appendix 3.

5.1 Mapping from the ‘top’...

Research to inform policy began in attempts to quantify tranquillity using methodology developed by Simon Rendel of ASH Consulting in 1991, commissioned by the Department of Transport in relation to a proposed transport corridor in Central England. Rendel used geographical datasets to establish the proximity of visual and audio disturbances such as transport infrastructure and powerline networks to a given area. Clearly the potential to protect natural landscapes and biodiversity from development is conducive to such a method, which has formed the basis of much subsequent research, particularly within environmental psychology and applied acoustics.²⁹ In 2015, Land Use Consultants (LUC) returned to the methodology developed by Rendel in an updated comparative mapping study of the New Forest National Park. The rationale was to ensure that changes in tranquil areas can be accurately assessed over time, both historically and for future tracking of changes.³⁰

This approach enables robust data to inform planning decisions, but only considers a narrow understanding of tranquillity as relating to *place* and not (recalling the place/mind duality observed earlier) the subjective person. This means that ‘decisions about the degree and extent of impact on tranquillity are made primarily by expert stakeholders representing views of agencies, institutions, and academics rather than through inclusive decision-making processes that also engage with the wider public’.³¹ It has also tended to focus on elements that detract from tranquillity (e.g. noise) rather than those that enhance or contribute to it.

In practice

Research by Cranborne Chase & West Wiltshire Downs AONB (now Cranborne Chase National Landscape) sought to add nuance to the national tranquillity map by undertaking ground surveys. These revealed large differences between local surveys of tranquillity against the scoring from the national tranquillity map data.

<https://cranbornechase.org.uk/wp-content/uploads/2020/04/TranquillityReport.pdf>

²⁹ e.g. Pheasant R, Fisher M, Watts G, Whitaker D & Horoshenkov K (2010) ‘The importance of auditory-visual interaction in the construction of ‘tranquil space’ *Journal of Environmental Psychology* 30(4): 501–509

³⁰ LUC (2014) *New Forest National Park Tranquil Area Mapping*
www.newforestnpa.gov.uk/app/uploads/2018/05/New-Forest-National-Park-Tranquil-Area-Mapping-Report-March-2015-FINAL2.pdf

³¹ Brehme C, Wentzell-Brehme S & Hewlett D (2018) ‘Landscape values mapping for tranquillity in North York Moors National Park and Howardian Hills AONB’ *International Journal of Spa and Wellness* 1(2): 111–132: 113

5.2 ...Mapping from the bottom

Critics of this positivist approach have pointed out that ‘it cannot be assumed that all users will agree on a single definition, nor seek the same type nor level of tranquillity in their recreation experience’.³² In 2004, therefore, CPRE and the Countryside Agency established an updated methodology in research commissioned from Northumbria and Newcastle universities.³³ This retained the place-based mapping focus, but also included members of the public, and led to a 2006 national survey from CPRE with responses from over 1300 people. Participants were asked what factors were most likely to add to and detract from their sense of experiencing tranquillity when they visited the countryside. Then, using a Geographical Information Systems (GIS) model, researchers associated the survey information with national datasets and took account of topography to create a map showing the tranquillity of each locality. These criteria were then used in the national study in a ranking exercise with 1347 countryside visitors to establish the most impactful criteria.³⁴

This acknowledgement that ‘place’ does not equal ‘location’ but is rather a result of the interaction of people with their environment³⁵ is a vital component in connecting locations and people’s positive experiences and wellbeing. However, proactive consideration of people’s diverse characteristics and how these might impact on how, when, and where they might experience tranquillity is still lacking. For example, the only demographic variables collected in the CPRE work were age and gender, and these were used only to assess the representativeness of the sample rather than to explore whether there are any qualitative differences in experiences by these characteristics.

Recommendation

5.2(i): Ensure participant engagement in work on tranquillity, to ensure subjectivity is accounted for

These mixed methods approaches – combining quasi-objective factors with participant input – remain at the heart of how tranquillity is mapped and understood in a policy context. The 2004/2006 method (with a further update in 2008) remains the predominant approach underpinning policy on tranquillity. Most recently (2022) LUC, working with Natural England, have created an interactive tool³⁶ that integrates datasets related to natural beauty and tranquillity, the *All-England Strategic Landscape Mapping interactive tool*. The interactive map allows layering by the six natural beauty factors but also allows a more nuanced approach that includes considerations such as access and inclusion.

³² Brehme et al. 2018: 113

³³ MacFarlane R, Haggett C, Fuller D, Dunsford H & Carlisle B (2004) ‘Tranquillity mapping: Developing a robust methodology for planning support’ *Report to the Campaign to Protect Rural England, Countryside Agency, North East Assembly, Northumberland Strategic Partnership, Northumberland National Park Authority and Durham County Council* Centre for Environmental & Spatial Analysis, Northumbria University

³⁴ Jackson S, Fuller D, Dunsford H, Mowbray R, Hext S, MacFarlane R & Haggett C (2008) ‘Tranquillity mapping: Developing a robust methodology for planning support’ *Report to the Campaign to Protect Rural England* Centre for Environmental & Spatial Analysis, Northumbria University, Bluespace environments and the University of Newcastle upon Tyne

³⁵ e.g. Tuan Y ([1977] 2008) *Space and Place* Minneapolis: University of Minnesota Press; Massey D (2005) *for space* London: Sage

³⁶ <https://all-england-strategic-landscapes-mapping-hub-luc.hub.arcgis.com>

Recommendations: Ensure robust tranquillity mapping by, for example:
5.2(ii): Consider using the 2022 LUC/Natural England tool to ensure other domains of landscape (such as human need and biodiversity) are sufficiently accounted for
5.2(iii): Complement GIS mapping with local ground truth assessments, possibly engaging the public as citizen scientists

5.3 Non-mapping approaches

Despite the development of somewhat more nuanced approaches to mapping tranquillity, there is still a need for better qualitative understandings that account for diverse experiences and backgrounds. Even participatory approaches tend to be positivist in seeking to determine and define attributes and parameters of tranquillity that can be quantified and mapped in the landscape.³⁷ But work to distinguish between different groups is finding distinctions that are crucial to understand. One recent study³⁸ found that ‘institutions consider a wider range of factors to inhibit tranquillity than residents’, who in turn tended to find more places tranquil than might be expected using existing mapping methodologies. The researchers also found differences between residents and visitors, with residents finding more places in an area tranquil than visitors, while visitors more than residents considered traffic to be the most significant detractor. This study also found small but statistically significant gender differences, where more male (64%) than female (56%) respondents said that the noisy coastline detracted from their sense of tranquillity, for example.

This points to the need to better understand the reality of how people with different experiences, backgrounds, and personal circumstances and characteristics experience tranquillity in their daily lives. However, methods of all kinds ‘often elicit responses about an ideal tranquil setting’ whereas, as Wartmann and Mackaness have argued, ‘the experience of tranquillity in the outdoors differs from how one imagines and describes an ideal tranquil setting during an interview situation when at home or in a community hall’.³⁹ They therefore analysed location data from photo-sharing site Flickr. They found that locations by the sides of the road, for example, were being tagged as ‘tranquil’ – a finding significantly at odds with mapping approaches that plot tranquil locations as being far from roads and traffic noise. The authors suggest that this points to the need to consider ‘real life’ moments of seeking and finding tranquillity alongside those generated in quasi-experimental methods or using quantitative criteria. They therefore propose two distinctive notions of tranquillity: *potential* and *experienced*. Potential tranquillity is ‘how people imagine a tranquil place to be and how they describe it’ and can be mapped, as is frequently done, ‘using GIS data and criteria such as remoteness from infrastructure and people’. Experienced tranquillity describes ‘areas where people actually experience tranquillity’.⁴⁰ These may align, or may not.

This distinction echoes the place–mind distinction noted earlier, and provides, we suggest, a flexible and practical means of considering tranquillity that also enables more creative approaches that complement mapping. Drawing on more nuanced understandings of place,

³⁷ Hewlett D, Harding L, Munro T, Terradillos A & Wilkinson K (2017) ‘Broadly engaging with tranquillity in protected landscapes: A matter of perspective identified in GIS’ *Landscape and Urban Planning* 158: 185–201

³⁸ Hewlett et al. 2017

³⁹ Wartmann F & Mackaness W (2020) ‘Describing and mapping where people experience tranquillity. An exploration based on interviews and Flickr photographs’ *Landscape Research* 45(5) 662–681: 664

⁴⁰ Wartman & Mackaness 2020: 664

people, and the environment would ‘move beyond seeing tranquillity as a function of a combination of environmental characteristics, to recognising it as being co-constructed between the physical properties of landscapes and the social perspectives of the people imbuing these places with meaning’.⁴¹

In our review of tranquillity in relation to landscape features, below, we therefore provide an overview based on the findings of the methods above; consider how such domains appear currently in CNL’s Management Plan; and triangulate these with the findings of our qualitative survey. The value of free text and focusing on experienced rather than potential tranquillity is evident in an emerging richer understanding of how, when, as well as where people feel tranquil outdoors in Cornwall.



6 Characteristics of tranquillity

In this section, we review some of the characteristics that have been used to define what is tranquil – and what is not – and triangulate existing research with the results of our survey.

6.1 Types of landscape

Early work on tranquillity focused on the types of landscape in which one might feel tranquil (woodlands, lakes etc), some of it attempting to disentangle what was ‘tranquil’ from what was ‘pleasant’ for example.⁴² The CPRE research included photographs of images of different landscapes including various types of agricultural land, moorland and hills, types of woodland, beach, wetland, and grassland.⁴³ Notably, these images do not include clifftops, dunes, or spaces in the built environment. Rather than being presented with pre-determined images of particular landscapes, before beginning our survey, respondents received this

⁴¹ Purves & Wartmann 2023: 9

⁴² Herzog T & Barnes G (1999) ‘Tranquillity and preference revisited’ *Journal of Environmental Psychology* 19(2): 171–181

⁴³ Jackson et al. 2008

instruction (see Appendix 1 for the full question set): *Before you start answering the questions, we'd like you to think of a place when you felt tranquil - whatever that feeling means to you. Please take a moment to really picture the scene and your surroundings. Close your eyes and imagine being there...* Respondents were not asked to name a specific place, but places that were mentioned are plotted below:



Map taken from Cornwall Council Historic Environment Record. Crown copyright and database rights 2025 Ordnance Survey AC0000817921.
Fig 6.1: Locations named as imagined tranquil places, shown as red dots with National Landscape sections shaded green

While not representative of all types of landscape imagined (since it only shows those places named), it is interesting to note that many locations are on the coast. Free text responses were inductively analysed and categorised by landscape type:⁴⁴

⁴⁴ In this chart and others below, total frequency may be more than the number of survey respondents since more than one code may have been assigned to each response.

In the tranquil scene you're imagining, where are you?

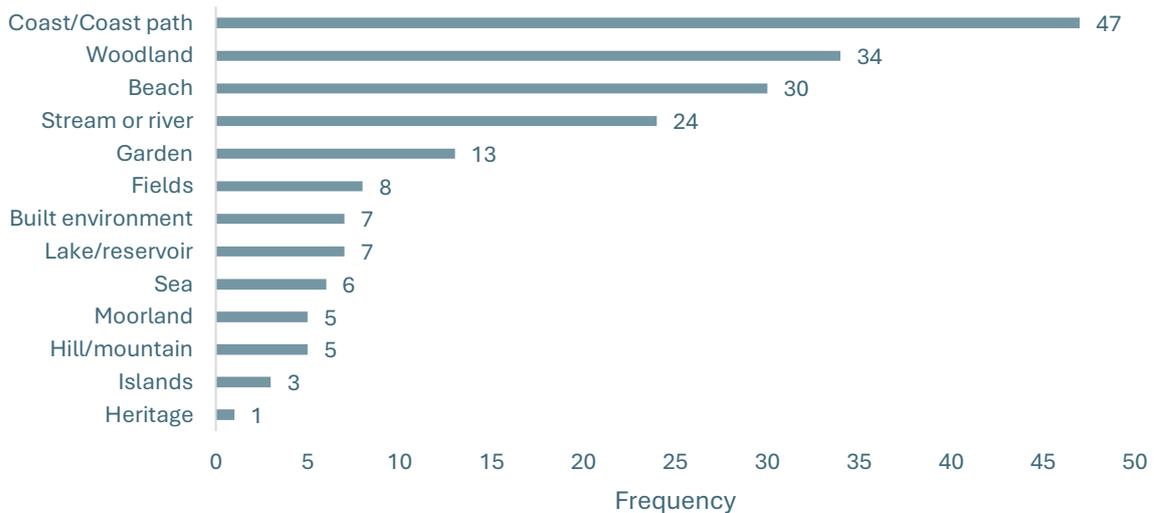


Fig 6.2 'In the tranquil scene you're imagining, where are you?', Falmouth-CNL Tranquillity Survey

The most popular type of landscape described in our respondents' imagined tranquil places can be summarised as *seascape*. The majority of respondents imagined they were on the coast, or more particularly on the coast path; beaches were coded separately, and were the third most common scene. Similarly, some respondents imagined being on a boat at sea, or being physically in the sea, whether swimming, snorkelling, or paddling. Most who imagined being in a woodland also imagined a river or stream within the scene. Also notable is the code 'garden', which was used to categorise imagined scenes of domestic gardens or curated public gardens, particularly notable in the light of tranquillity maps that locate tranquil places away from built environments.

6.1.1 Seascapes

'Seascape' is defined by Natural England as coastal and marine areas 'seaward of low water mark', which also defines the extent of the Cornwall National Landscape designation in its coastal sections. Its character is thus defined as 'An area of sea, coastline and land, as perceived by people, whose character results from the actions and interactions of land with sea, by natural and/or human factors';⁴⁵ similarly, the UK Marine Policy Statement takes the European Landscape Convention's (ELC) definition of landscape and extends this to mean 'landscapes with views of the coast or seas, and coasts and the adjacent marine environment'.⁴⁶ The Natural England guidance on Seascape Character Assessment depicts land as integral to a seascape:⁴⁷ and indeed many respondents described imagining a broad view to the horizon encompassing land and sea. This example is typical:

⁴⁵ Natural England (2010) *Natural England's Position on All Landscapes Matter*

⁴⁶ "There is no legal definition for seascape in the UK but the European Landscape Convention (ELC) defines landscape as an area, as perceived by people, whose character is the result of the action and interaction of natural and/or human factors. In the context of this document, references to seascape should be taken as meaning landscapes with views of the coast or seas, and coasts and the adjacent marine environment with cultural, historical and archaeological links with each other" (Paragraph 2.6.5.1).

⁴⁷ Natural England (2012) *An Approach to Seascape Character Assessment* (Commissioned Report NECR105). Similarly, the IUCN (2008) *Guidelines for Applying Protected Area Management Categories* <https://iucn.org> considers 'Landscapes/Seascapes' as in effect a single category.

I can see a broad stretch of blue water (the sea) reaching out to the horizon, a huge expanse of sky, the green of the field around me, flowers and shrubs and hedgerows and trees, I can see birds riding the air currents.

In this context, it is interesting to note that tranquillity maps have generally presented the coast as a solid boundary rather than active edge:⁴⁸ and yet the importance in our survey of the coast (cliffs and beaches) and the sea, both a location for tranquillity and (see below) a source of sensory impetus to experience or detract from it, is clear. The Natural England/LUC map does enable 'Heritage Coast' as a coastal layer, which is defined by agreement between the relevant maritime local authorities and Natural England and represents the 'best stretches of undeveloped coast'. As such it could be taken as a broad proxy for tranquillity. Indeed, these areas broadly reflect CNL Sections. While CNL's designation ends at mean low water, its role from a seascape perspective means it can comment and influence things that happen offshore that may have a visual impact on natural beauty. This indicates a need to consider these coastal and marine spaces in their own right.

Recommendations

6.1(i): Consider how the principles of tranquillity translate distinctively to beach, cliff, and marine settings, including in any tranquillity mapping exercise

6.1(ii): Consider enabling free text questions, or 'other' free text boxes, in participant engagement to allow more inductive understanding of specific types of landscape where people feel tranquil

6.2 Defining the tranquil – and the non-tranquil

Both mapping and participatory methods present the primary domains in which tranquillity is experienced as the *visual* and the *audible*. The role of other senses or environmental factors is not notably explored (potentially, of course, reinforcing this conclusion). The 2006 national survey that underpinned CPRE's mapping method used a graffiti wall to generate participants' views on what was, and was not, tranquil. 44 'tranquillity criteria' were produced, which are listed in Appendix 4. The top 8 responses on what tranquillity *is* were:

1. Seeing a natural landscape
2. Hearing birdsong
3. Hearing peace and quiet
4. Seeing natural looking woodland
5. Seeing the stars at night
6. Seeing streams
7. Seeing the sea
8. Hearing natural sounds

The top 8 responses on what tranquillity *is not* were:

1. Hearing constant noise from cars, lorries and/or motorbikes
2. Seeing lots of people

⁴⁸ See for example CPRE's 2007 map, in which the land is edged with a solid black line that also traces regional boundaries https://www.cpre.org.uk/wp-content/uploads/2019/11/tranquillity_map_england_regional_boundaries_1.pdf.

3. Seeing urban development
4. Seeing overhead light pollution
5. Hearing lots of people
6. Seeing low flying aircraft
7. Hearing low flying aircraft
8. Seeing power lines

Further work in 2008⁴⁹ sought to identify what weighting each criterion should be given, splitting the criteria into the two categories ‘audible’ and ‘visual’. The primary positive criterion was ‘a natural landscape’ (visual), followed by ‘birdsong’ (audible). The main detractor was ‘Constant noise from cars, lorries, and motorbikes’ (audible), followed by ‘lots of people’ (visual).

Our survey supported the factors negatively affecting tranquillity: the top three most common free text responses to ‘What, if anything, do you think might make this place less tranquil for you’ matched the top three detractors of tranquillity in the 2006 report (categorised by CPRE as visual for people and development, and audible for traffic, though these distinctions were less clear in our responses):

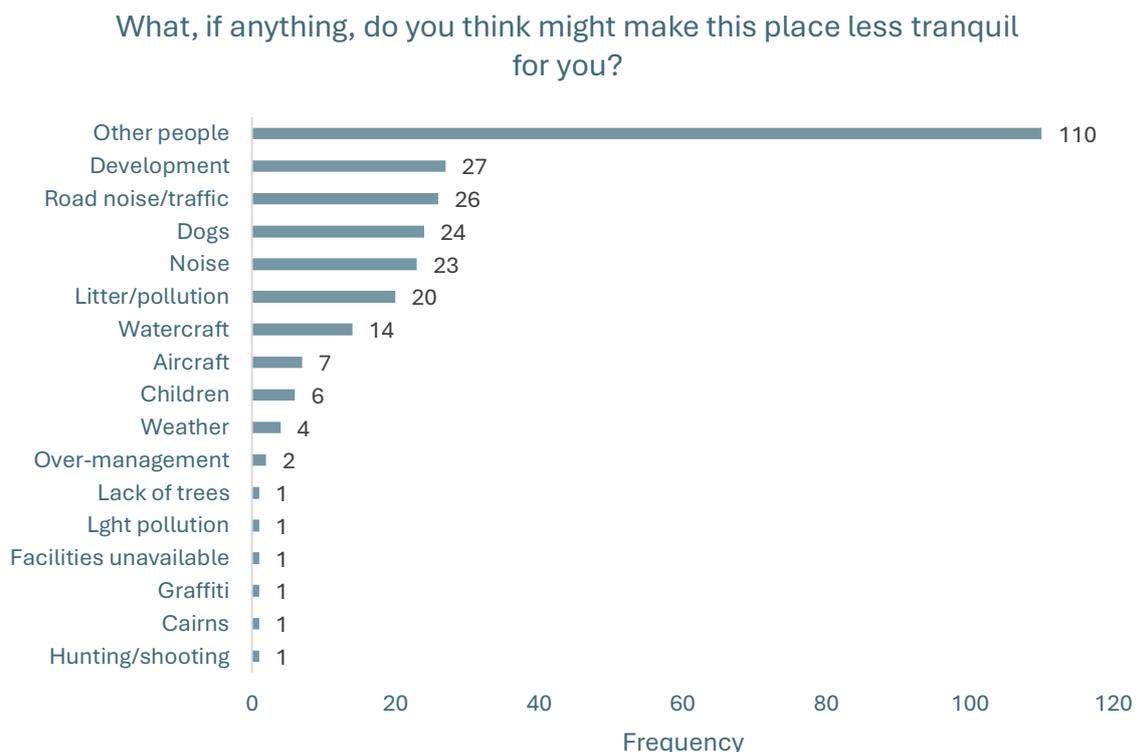


Fig 6.3: ‘What might make this place less tranquil for you’, Falmouth-CNL Tranquillity Survey

‘Other people’ was sometimes stated as being due to potential undesirable behaviours, such as making noise or having out of control dogs:

Lots of people running around and screaming.

⁴⁹ Jackson et al. 2008

It is less pleasing when there are more people about, particularly dog walkers who do not have their animals under control, barking dogs just ruin the peace & tranquillity of the whole experience.

But was just as often simply their presence:

It is less tranquil during the school holidays when there are many more people on that stretch of the coast path, generally other people make this spot less tranquil

This is reflected in CNL's Plan – some areas are tranquil as they are explicitly not near people, such as the Camel Estuary [Section 03], and Carnewas to Stepper Point [04]. Indeed, asked 'How could tranquil places be made more inviting or inclusive?', our survey respondents' most common response could be summarised as 'Don't', on the basis that more people would render the place inherently untranquil.

Difficult to answer, we're all free to visit these places but if everybody does they won't be tranquil anymore.

This paradox is evident in the CNL Management Plan's Special Qualities description of the Camel Estuary, which has 'over 500,000 users per year, appreciating this scenic and tranquil landscape'. This raises the paradox that tranquil places are only such if there are people there to experience them, while these very people also detract from it. By the same token, the majority of survey respondents said that in their imagined tranquil place they were alone (or alone with their dog).

The prominence of dogs in survey responses also raises a double-edged sword: for some, the dog's presence was a core part of the tranquil experience (and may have instigated the walk in the first place), yet for many, other people's dogs had the potential to spoil a tranquil experience. Relatedly, signs of human presence such as litter, graffiti, signage, or fencing was often cited as a factor that would spoil tranquillity.

In practice

In France, the programme *Quiétude Attitude* designates quiet areas where visitors are urged to adopt five 'good habits' to preserve tranquillity for the protection of wild animals, including keeping dogs on leads and respecting 'nature's silence'.

<https://quietudeattitude.fr>

Relatedly, development in the form of housing, industry, and visitor infrastructure, features regularly as a detractor from tranquillity. DEFRA's 2000 Rural White Paper urged 'remoteness from the visible impact of civilisation'; a 'natural landscape' as opposed to 'urban development' were prominent positive and negative components in the 2004 study. The CNL Plan mostly evokes the negative (development) aspect of this rather than the positive (natural landscape) side, although an example of the latter is the Helford River, 'an area of great individual character and tranquil beauty' [08]. Places should remain undeveloped to maintain 'rugged and simple tranquillity' [01] [02], visitor facilities [04] 'impact on' the tranquillity – once more the paradox of tranquil places being unpeopled –

and a specific aim to ensure that ‘the area east of Polruan’ remains undeveloped in order to remain tranquil. It is notable that, as Hewlett and colleagues observe, the ‘most tranquil areas and therefore those which the public would most want to travel to are frequently those to which they are either not permitted, or which are the most difficult to access (particularly for those with mobility disabilities)’.⁵⁰ Elements of infrastructure that are not captured in CPRE’s tranquillity mapping dataset do not appear in the CNL Plan, such as mobile phone masts, point to point internet, water pumping stations, drone flying and the classification of no-fly zones, fencing and wooden-shuttered metal barns.

Recommendations

6.2(i): Consider how landscape design might be used for unobtrusive visitor management to mitigate the effect of high numbers of visitors in potentially tranquil places (such as multiple or no paths to reduce bottlenecks, or strategic planting as screening and/or to incorporate the horizon)

6.2(ii) Introduce physical or online signage to reduce disturbance in potentially tranquil places, encouraging people to consider their impact in terms of litter and in keeping dogs under control

6.2(iii) Consider how fencing and other infrastructure can be minimised to mitigate its impact on natural settings

Industry itself presents another challenge to balance human need where mineral extraction, airports, and ports could adversely impact tranquillity, while positively impacting jobs and livelihoods. Indeed, the Cornwall and West Devon Mining Landscape World Heritage Site – intersecting with CNL and similarly subject to requirements regarding character and planning – as industrial development could equally potentially feature negatively. Yet, as with the social media analysis about noise levels next to roads, some research has suggested that the encroaching modernity in the form of dilapidated or unpicturesque buildings may not always be as unwelcome as is often thought.⁵¹ Indeed, one survey respondent’s imagined tranquil place was ‘*in the foothills of Caradon Hill. Through the old mineworkings and slag heaps*’. This points to the need to identify ‘development’ and its potential for tranquillity on a case-by-case basis rather than simply as a negative factor.

Recommendations

6.2(iv): Identify additional locations of potential tranquillity as places to nurture, enhance, and signpost

6.2(v): Work with landowners to enhance public access to more locations of potential tranquillity

6.2(vi): Identify infrastructure developments beyond buildings themselves that may detract from tranquillity

6.2(vii): Consider signage or online information strategies to reduce littering

6.2(viii): Consider how creative landscape design might enable the demands of people and industry to be better balanced

⁵⁰ Hewlett et al. 2017: 194. Proposal 16 in the Glover review suggests ‘Consider expanding open access rights in national landscapes’ (Glover 2019).

⁵¹ Hodsdon L (2022) ‘Picture perfect’ landscape stories: Normative narratives and authorised discourse’ *Landscape Research* 47(2): 271–284

6.2.1 Audible

As observed above, sound has been particularly emphasised as a factor affecting tranquillity, with much research focusing on narrowly defined parameters of noise level seemingly directly correlated with how tranquil a place is,⁵² designed to be quantitatively assessed. Research underpinning the CPRE reports emphasises birdsong and other natural sounds, as well as the lack of noise ('peace and quiet') as positive factors; and traffic, people, and aircraft as negative factors.

CNL's Management Plan reflects these (see Appendix 5 for sections of the Plan that address explicitly audible factors). Noise from busy roads ([03] [12]) – and by extension the risk of increasing this via too much parking provision [09] – and airspace are noted as detracting factors. In addition, industrial modernity could qualify as a detractor. Bodmin Moor [12] is stated as 'one of the few places in Cornwall where you can enjoy complete peace, quiet and tranquillity', in line with the 2004 criteria – although, per our observations in Section 3, we suggest that the extent to which tranquillity can be experienced on a moor depends heavily on one's individual characteristics and is not only reflected by considering locations of potential tranquillity (factoring in, for example, fear for personal safety).

While birdsong was a common response to 'What can you hear?' in our survey, as in the CPRE research, the survey results indicate additional audible domains. Most notable of these is hearing the sea, such as imagining '*a gentle sound of waves lapping on a shingle beach*' or '*The sound of water lapping at the shore and gently tapping against the rocks*'. Nor are these necessarily what might be considered a peaceful sound: one respondent imagined hearing the '*Crash of waves against the cliffs*', another '*The roar of the sea as it flows in to the beach*.' This is the lowest ranked of the top 8 criteria in the CPRE study, a discrepancy likely due to the fact that many Cornwall residents will have a particular affinity with the sea (whether due to longstanding connection or lifestyle choice). Relatedly, as well as road and air traffic noise, noisy watercraft such as jetskis were frequently mentioned as potential detractors from tranquil places. As with the choice of location itself as described above, this suggests that CNL could pay more attention to marine and coastal areas in curating tranquillity than research at a national level might suggest.

Recommendations: Consider the sounds of the sea as an important component of tranquillity by e.g.

6.2(ix): Identify coastal sites that might be highlighted further in the Plan

6.2(x): Assess the noise of the sea as a potentially positive tranquillity factor in any future Tranquillity Mapping

6.2(xi): Make immersive recordings/soundscapes available online for wide access

As noted above, the focus on sound has been critiqued as representing an overly narrow view of tranquillity that when mobilised in landscape planning and management as *potential* tranquillity may not fully represent people's real *experienced* tranquillity.⁵³ In the study

⁵² e.g. Pheasant, Fisher, Watts G & Horoshenkov (2010) 'The importance of auditory-visual interaction in the construction of tranquil space' *Journal of Environmental Psychology* (30): 501-509

⁵³ Hewlett et al. 2017

described above that used social media analysis to complement mapping-based methods,⁵⁴ locations by the sides of the road were being tagged as ‘tranquil’ on photo-sharing site Flickr, and the authors suggest this points to the need to consider ‘real life’ moments of seeking and finding tranquillity alongside those generated in quasi-experimental methods. There is also a potential need to balance natural and cultural considerations. In France, a recently enacted law on ‘sensory heritage’ arose when incomers complained about neighbouring farm noise, and the sounds of everyday life – potentially relating to intangible cultural heritage – proved inconsistent with these people’s search for tranquillity.⁵⁵

Recommendation

6.2(xii): Tranquillity mapping should account for *experienced* as well as *potential* tranquillity. For example, it might indicate places to pull in alongside the road, car parks that are short walks from places, or picnic bench locations

6.2(xiii): Consider how to balance everyday dwelling practices alongside tranquil places, especially in the context of living heritage and tourism

6.2.2 Visual

Less explicitly tested in research into tranquillity, but clearly emerging from participatory methods is the visual (as noted, of course, this will in many cases correlate with the audible e.g. in low flying aircraft). This is supported by our survey, in which many respondents described what they imagined seeing in their tranquil place by evoking multiple components often at the broad landscape scale, frequently taking in views to the horizon.

Dark skies first appeared as a component of tranquillity in the DEFRA 2000 Rural White Paper, and ‘Seeing the stars at night’ was one of the top 8 tranquil factors in the 2006 survey. Research into the mental health of young people who have experienced adverse childhood experiences⁵⁶ suggests that sunset, especially as a ‘gateway’ to night, might play a strong role in providing moments of calm and safety. The CNL Plan notes Hartland [01] and Bodmin Moor [12] as the most tranquil in this respect, but flags Goonhilly Earth Station and RNAS Culdrose (outside the AONB) [08] as detracting from tranquillity from dark skies.

The UK Government’s *Advice on how to consider light within the planning system*⁵⁷ asks decision makers to query, amongst other things, whether ‘new lighting would be conspicuously out of keeping with local nocturnal light levels’. Ensuring communication and information about lighting specification and usage both in private and agricultural settings is important. CPRE has produced guidance for people wishing to object to light pollution.⁵⁸

⁵⁴ Wartmann & Mackaness 2020

⁵⁵ Bendix R (2022) ‘Life itself: An essay on the sensory and the (potential) end of heritage making’ *Traditiones* 50(1), 43–51

⁵⁶ Hodsdon L & Mankee-Williams A (in preparation) ‘Picturing nature: green space and the construction of safe and tranquil moments by young people who have experienced adverse childhood experiences’ *Journal of Health & Place* tbc

⁵⁷ www.gov.uk/guidance/light-pollution#where-light-shines

⁵⁸ www.cpre.org.uk/wp-content/uploads/2019/11/light-pollution-as-a-statutory-nuisance-a-how-to-guide.pdf

In practice

The EU-funded project *Loss of the Night* is measuring change in light pollution by involving citizen scientists. People can download an app and are asked to look for specific stars, and report if they can see them from their location.

<https://actionproject.eu/citizen-science-pilots/loss-of-the-night>

Light requirements for tranquillity may nevertheless be different in built environments that fall within the CNL, such as St Just or Padstow. Research into ‘park nightscapes’⁵⁹ has found that lighting in parks increases people’s positive associations, for example.

Recommendation

6.2(xiv): Support developers to incorporate light for tranquillity in built areas

Our survey respondents were asked at what time of day or night they imagined themselves in their tranquil place. Responses were grouped into times of day, fairly evenly split across daylight hours (responses that simply said ‘daytime’ are excluded from the chart below).

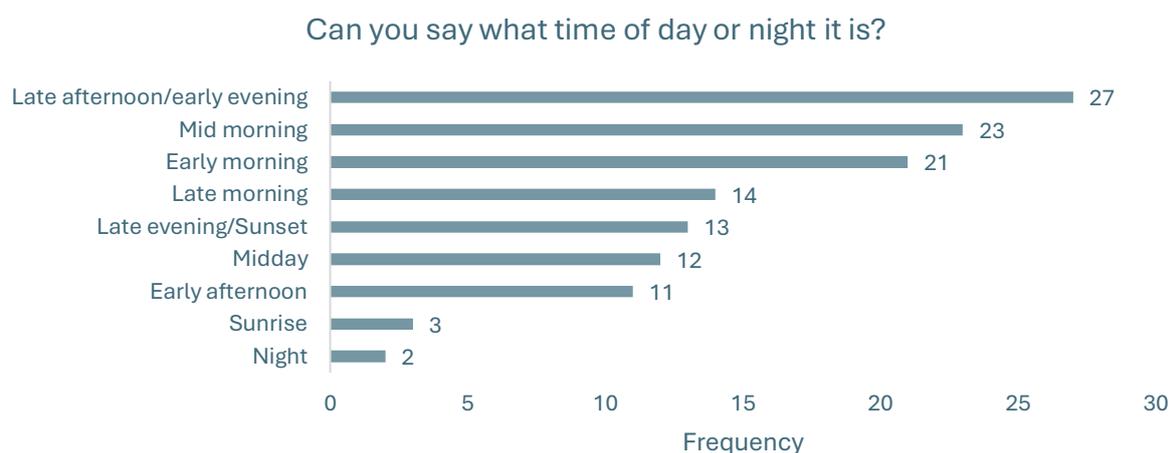


Fig 6.4: ‘Can you say what time of day or night it is?’ Falmouth-CNL Tranquillity Survey

Despite the prominence of dark skies as a tranquillity factor (and the presence of Dark Skies areas within the CNL), only 2% of imagined tranquil places were experienced at night time. This may be due to preference, but may also be due to practical factors. Given that Dark Skies areas are by definition remote, accessing them at night will be less viable for those without their own transport, and may not be a consideration for people for whom these areas could signify personal danger and fear rather than relaxation. The Glover review recommends ‘A night under the stars in a national landscape for every child’.⁶⁰

Recommendation

6.2(xv): Provide transport and organised group events to enable inclusive access to Dark Skies areas, and/or signpost to organisations that offer these

⁵⁹ Lis A, Zienowicz M, Kącki Z, Iwankowski P, Kukowska D & Shestak V (2024) ‘Park lighting after dark – is it a route or a place? How people feel in park nightscapes’ *Landscape and Urban Planning* 248: 105098

⁶⁰ Glover 2019: 85 (Proposal 8)

In practice

Bosavern Community Farm near St Just has run Dark Skies events for up to 25 people, allowing access to Dark Skies areas in safety as well as incorporating moth identification and nocturnal wildlife spotting

www.bosaverncommunityfarm.org.uk/dark-skies-wildlife-talk



6.2.3 Other senses, weather, and climate

Although the focus on the audible and visual from the tranquillity research reflects the primary ways that people experience landscapes (and is backed up by our survey responses), this has arguably led to other senses being excluded from research prompts and so forgotten altogether. For many of our survey respondents, however, their tranquil experience was multi-sensory.⁶¹ We asked respondents what they could see in their imagined scene, and then separately (free text) ‘What else can you sense? What can you hear, smell, taste, touch?’. Responses frequently reveal respondents’ immersion in the scene they are imagining. Of the responses coded as ‘touch’, the most common response (27 of 68 who responded to this question) was to mention the weather, particularly the sun or breeze

feel the wind on my face and hands and tugging at my clothes.

Many respondents imagined that they could feel rock, sand, or pebbles on the beach:

Touching the pebbles and feeling how smooth the tumbling waves have made them.

⁶¹ cf. Gorman R (2017) ‘Smelling therapeutic landscapes: Embodied encounters within spaces of care farming’ *Health & Place* 47: 22–28

The rock face, as I reach out my hand to touch it, is slimy yet solidly reassuring.

Others imagined feeling water (*'the silky sea which is also pleasantly cold'*), plants (*'Some of the moss is velvet soft'*) and the ground itself (*'I can feel the rugged path or the mud or the rocks on the path'*). Some respondents even describe feelings that are mildly uncomfortable, such as *'getting scratched by brambles and stung by nettles'* or *'salty lips from the sea air'*. Those who described what they could smell often evoked a natural freshness: the *'sea'* and *'salty'* as well as *'fresh'*, *'air'* *'grass'*, *'flowers'* and *'earth'* being frequently felt. One response to *'What would make this place feel less tranquil?'* described *'offensive smells (e.g. BBQ, dog poo, stagnant water)'*. Of 19 respondents who described what they could taste, 13 said they could taste the sea salt in the air or on their lips. Others described the food or drink they had recently consumed.

As well as subjectivities relating to people, understandings of tranquillity also make certain assumptions about what sort of environments are described as tranquil. For example, the role weather and climate are likely to play has not been considered:⁶² places susceptible to wind such as West Penwith may seem to fulfil criteria for tranquillity, but this may be harder to find faced with a raging westerly. As the climate warms, places with less shade such as Bodmin Moor may likewise be less germane to a calm, restorative experience. This could be considered in the context of tree cover in Cornwall, where there is 9.3% tree cover of which only 1.9% is natural forest.⁶³

Recommendations

6.2(xvi): Consider how shade and shelter provided by natural vegetation could enhance tranquillity

6.2(xvii): Tranquillity mapping could incorporate evidence on how visitors and residents experience the elements as a factor affecting tranquillity

Survey responses, interestingly, embrace changeable weather. Extremes were generally rejected, but respondents frequently described a light breeze in their imagined tranquil place rather than what might be considered perfect weather: *'warm and balmy, with a gentle breeze'* or *'Pleasantly warm. Breeze from the southwest. Scattered clouds to breakup the deep blue skies'*. This preference for weather to be part of the experience might, we suggest, be another way in which people come to feel present within their environment.

Research on urban tranquillity in fact suggests that an urban environment (there are few formally urban areas within the CNL, but this might apply to any built area) does not necessarily preclude the potential to experience tranquillity;⁶⁴ and the scope of the European Landscape Convention⁶⁵ includes the urban and peri-urban, as does the NPPF.

⁶² Anthropologist Tim Ingold has argued that weather has been neglected in considerations of experiencing landscapes e.g. (2010) *'Footsteps through the weather world: walking, breathing, knowing'* *Journal of the Royal Anthropological Institute*

⁶³ Global Forest Watch www.globalforestwatch.org/dashboards/country/GBR/1/20/?category=land-cover&map=eyJjYW5Cb3VuZCI6dHJ1ZX0%3D

⁶⁴ Yan W, Meng Q, Yang D & Li M (2024) *'Developing a theory of tranquility in urban public open spaces for future designs'* *Applied Acoustics* 217: 109824

⁶⁵ Council of Europe Landscape Convention, 176 (2016)

There is also evidence that although development is seen to detract from tranquillity, this does not mean that it cannot be found in and around buildings, particularly in places of worship⁶⁶ and in cultural heritage.⁶⁷ This may be due to how time-depth and perspective act as mechanisms by which tranquillity can have positive effects.⁶⁸ One survey respondent felt tranquil in a ‘sunny corner in Truro’, another in a churchyard; another ‘a city at night with all the lights’. The Glover review recommends ‘welcoming new landscape approaches in cities and the coast’ as part of a move to think about access to nature in an accessible way.⁶⁹

Recommendations

6.2(xviii): Identify spaces within built environments as potential places where people might feel tranquil, especially relating to religious and/or cultural heritage (e.g. churchyards, holy wells, stone circles)

6.2(xix): Identify exceptions to negative role of buildings (e.g. holy wells, churches, or stone circles), and enhance/signpost

7 Reconciling potential and experienced tranquillity

Our review suggests that locations that exhibit sufficient tranquil factors and not an excess of non-tranquil factors can create the *conditions* in which people might have a tranquil experience but do not necessarily mean they will; and that this may be mediated by people’s individual characteristics, including demographic factors. In this section we briefly consider ways that the potential and the experienced might be more proactively connected, beyond the recommendations for inclusivity above. There is scope here to creatively consider how the quantitative squares on maps can be activated in people’s subjective experiences, and so be ‘further enhanced through specific improvements in soundscape, landscape design (e.g. through the provision of green infrastructure) and/or access’.⁷⁰ One possibility is to curate a journey towards tranquillity by designing a route that curates the visitor experience towards a more tranquil state of mind.

In practice

The Church of the Autostrada (the Motorway Church) by the Italian architect Giovanni Michelucci takes into account the arrival of drivers who leave a fast-flowing motorway to visit the church and enjoy a moment of respite and prayer. It is about supporting a traveller’s transition from fast, directional travel towards the experience of rest and tranquillity. There is not only one route to the centre: a visitor is offered a choice of “processional” promenades. Equally, the indirect route that the visitor follows acts as a protection for the congregation during their service, preventing abrupt arrivals or disturbance, as any visitor will approach the tranquil space of prayer only by degrees.

⁶⁶ Herzog T, Ouellette P, Rolens J, & Koenigs A (2010) ‘Houses of worship as restorative environments’ *Environment and Behavior* 42: 395-419

⁶⁷ Hewlett & Brown 2018

⁶⁸ Kaplan S (1995) ‘The restorative benefits of nature: Toward an integrative framework’ *Journal of Environmental Psychology* 15: 169-182

⁶⁹ Glover 2019: 20 (Proposal 21)

⁷⁰ Purves and Wartmann 2023: 10

One study created a “tranquillity trail” in South East Ireland using a mapping tool whose users reported ‘increased levels of relaxation and reduced stress’.⁷¹ While the tool adhered to a quantitative methodology that can be critiqued as overly focused on particular parameters, in principle this approach could offer opportunities to encourage people to visit places of potential tranquillity, particularly ones that may not be the ‘obvious’ places and so offer respite from crowds and proximity to populated areas. Other initiatives along the same lines, such as ‘Slow Ways’⁷² or ‘Quiet Lanes’⁷³ projects could be signposted or enhanced. The Glover review proposes in general ‘Better information and signs to guide visitors’,⁷⁴ and this could usefully be considered in the context of tranquillity. Any consideration of routes might also include their destination, to curate the two-stage journey and create a state of mind that is possibly more receptive to feeling tranquil. As above, these could be selected to ensure that residents can still easily access and appreciate such places in high tourist season, and could be chosen or created for easy access on foot.

Once in the potentially tranquil location, the question arises of *how* people spend time there: in states of repose, meditation, stopping, feeling, smelling, quiet, etc. In our survey, some respondents were active (walking, riding, or snorkelling), but the majority were still, looking out to sea, watching wildlife, reading, or closing their eyes. Most often the top three were in combination i.e. sitting and observing during a pause on a walk. Activities coded as ‘eating/drinking’ are mostly those having picnics or drinking from flasks in an unbuilt space; only once or twice are they in a café.

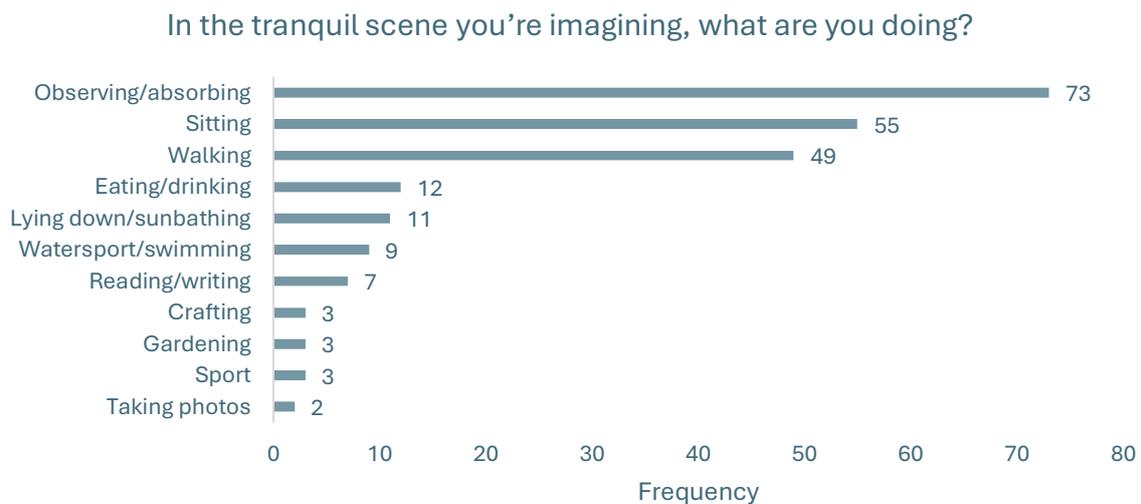


Fig 7.1 ‘What are you doing?’ Falmouth-CNL Tranquillity Survey

⁷¹ Watts G & Bauer J (2022) ‘Tranquillity trails – design, implementation and benefits for healthy leisure’ *World Leisure Journal* 64(2): 156–165

⁷² <https://beta.slowways.org>

⁷³ www.cpre.org.uk/wp-content/uploads/2019/11/quiet_lanes_1.pdf; <https://letstalk.cornwall.gov.uk/truro-quiet-lanes>

⁷⁴ Glover 2019: 92 (Proposal 12)

Recommendations

7.1(i): Curate ‘tranquillity trails’ already identified as offering potential tranquillity

7.1(ii): Extend ‘Quiet Lanes’ to ‘Quiet Providers’ e.g. with tourism operators, campsites

7.1(iii): Introduce design elements that increase locations’ potential tranquillity (e.g. additional planting or landscaping, benches, architectural follies, sculpture etc)

7.1(iv): Pilot a designed trail to a location enabling people to experience tranquillity in different ways both on the journey and at its culmination (such as through planting attracting insects, birds, and wildlife, viewing platforms etc)

8 Future research agenda

This literature and policy review and small-scale survey has highlighted a number of areas in which existing understandings on tranquillity could be expanded so that the concept can be implemented in a more inclusive, nuanced way.

8.1 What works?

This review has highlighted the fundamental paradox at the heart of efforts to ensure that tranquil experiences are available to all. We have recommended some ways of using creative approaches to navigating this paradox, and suggest that further research could usefully trial and evaluate these, asking questions such as

- What types of landscape design interventions are effective in managing visitor numbers while retaining a tranquil experience?
- What might ‘tranquillity at home’ look like – indoors, in gardens, in built spaces – and how can people be supported to have tranquil experiences?
- How can the public transport system be effectively used to support widening access to potentially tranquil places?

8.2 Experiencing tranquillity

While there has been a great deal of research aiming to quantify and objectively define tranquil locations, the increasing focus on the plurality of ways that people experience tranquillity beyond these (such as that highlighted in Wartmann & Mackaness’ research that argues for ‘experienced’ tranquillity) urges a parallel understanding of how people find tranquillity, and how behavioural interventions could support opportunities to experience it, asking questions such as:

- How might the resemblance of feeling tranquil with that of meditation be leveraged in the context of visitor experiences?
- How might insights from social psychology help visitors behave ‘for’ tranquillity?

8.3 Demographic and intercultural dimensions

As we noted in Section 3.1, research on tranquillity to date has – unlike that on landscape experiences more broadly – failed to consider the role that personal characteristics could play in mediating between potential and experienced tranquillity. Further research is needed in order that policy and practice can better understand, deliver, and support everyone in society to be able to access tranquillity, asking questions such as:

- What are the potential impacts of personal characteristics such as gender, ethnicity, sexuality, or neurodivergence – considered both distinctively and intersectionally – on how, when, and where tranquillity can be experienced in rural landscapes?

- How is tranquillity understood interculturally i.e. in non-Western contexts, and what might we learn about how to manage landscapes for tranquillity?

8.4 Links with other domains

As we observed above, tranquillity has – due to its distinctive role in informing planning and protected landscape designation – forged a distinctive path in how it has been researched, understood, and implemented. However, given its close links with other domains in practice, we suggest that further work to address tranquillity’s role in landscape management might usefully connect with other key agendas within public health such as via work on ‘therapeutic landscapes’ and Blue Space, place-making and community engagement projects, and work on landscape access and experience more broadly.



Appendices

Appendix 1: Falmouth-CNL tranquillity survey question set

Imagine a tranquil place...

Before you start answering the questions, we'd like you to think of a place when you felt tranquil - whatever that feeling means to you. Please take a moment to really picture the scene and your surroundings. Close your eyes and imagine being there...

Q1 In the tranquil scene you're imagining, where are you? Please briefly describe your location. This might be a specific place that you can name. Or it might be a general description of a place.

Q2 Who are you with? Are you alone? Or with other people or animals?

Q3 What are you doing? Doing an activity? Sitting and simply looking, standing, moving around?

Q4 What can you see? Please name a few things that are in your surroundings – whatever seems important.

Q5 What else can you sense? What can you hear, smell, taste, touch?

Q6 Can you describe your feelings? Perhaps these are different to those you feel before you are in this place.

Q7 Do you notice anything else about the environment? What is the weather like? What is the temperature like?

Q8 Can you say what time of day or night it is?

Q9 If it is somewhere you visit regularly, how do you get there?

Q10 If you don't visit often, why not? We're interested in what the barriers might be for people being able to access places that make them feel tranquil

Q11 What, if anything, do you think might make this place less tranquil for you?

Q12 Is there anything else about this place that you'd like to share?

Q14 What is your favourite kind of place to find tranquillity outside?

Q15 How could tranquil places be made more inviting or inclusive for everyone?

Q16 Please select the first digits of your postcode

Q18 What is your sex?

Q19 Is the gender you identify with the same as your sex registered at birth?

Q20 Which of the following age bands do you fall into

Q21 Do you consider yourself to have a disability?

Q23 Do you look after, or give any help or support to family members, friends, neighbours or others because of either a long-term ill-health, disability or problems related to old age?

Q24 Which of the following best describes your sexual orientation?

Q25 How do you describe your religion or belief (if any)?

Q26 Which of these best describes your ethnic group?

Q27 Which of these best describes your employment status?

Q28 Which of the following best describes your housing status?

Appendix 2: Survey results

A2.1 Demographic profile of respondents

Question	N	%	Cornwall % (Census 2021)
What is your sex?			
Female	146	79	51
Male	31	17	49
Prefer not to say/no response	8	4	
Is the gender you identify with the same as your sex registered at birth?			
Yes	179	97	99.6
No	6	3	0.4
Which of the following age bands do you fall into?			
Under 30*	8	4	12
30-39	14	8	14
40-49	29	16	14
50-59	50	27	18
60-69	44	24	18
70-79	27	15	16
80+*	6	3	8
Prefer not to say/no response	15	8	
Do you consider yourself to have a disability?			
Yes	37	20	12
No	145	80	88
Prefer not to say/no response	3	2	
Do you look after, or give any help or support to family members, friends, neighbours or others?			
Yes	56	30	
No	126	68	
Prefer not to say/no response	3	2	
Which of the following best describes your sexual orientation?			
Straight or heterosexual	155	84	89
Sexualities other than straight*	15	8	11
Prefer not to say/no response	15	8	
How do you describe you religion or belief (if any)?			
Christian	66	36	45
None	85	46	46
Pagan	7	4	1
Other religions*	19	10	
Prefer not to say/no response	8	4	
Which of these best describes your ethnic group?			

White Cornish	38	21	97
White British	125	68	
White other	14	8	
Other ethnicities*	3	2	3
Prefer not to say/no response	5	3	
Which of these best describes your employment status?***			
Employed full-time	61	32	
Employed part-time	34	18	
Employed zero-hours	3	2	
Seasonal worker	0	0	
Self-employed or Company Director	9	5	
Student	4	2	
Unemployed & looking for work	0	0	
Retired	65	34	
Not working/Other	11	6	
Prefer not to say/no response	4	2	

*Categories with a small number of responses have been combined where possible

**N=191 as more than one response option is possible

A2.2 Selected responses

The following tables are provided as broad summaries of those survey questions where such overviews are viable. In all cases except 'how do you get there?' (which used pre-populated response options), "N" refers not to the number of individual respondents, but on the frequency of excerpts of text coded within that theme (e.g. one respondent might account for 3 entries in the N column, while another may not have provided any response at all). These should not therefore be taken as statistical or numerically accurate reflections but rather to indicate broadly what the most commonly cited responses were.

In the tranquil scene you're imagining, where are you?	n	%
Coast/Coast path	47	25
Woodland	34	18
Beach	30	16
Stream or river	24	13
Garden	13	7
Fields	8	4
Lake/reservoir	7	4
Built environment	7	4
Sea	6	3
Hill/mountain	5	3
Moorland	5	3
Islands	3	2
Heritage site	1	1

Who are you with?	n	%
Alone	102	51
Partner	30	15
Dog	26	13
Family	24	12

Friend/s	15	8
Horse	2	1

What are you doing?	n	%
Observing/absorbing	73	32
Sitting	55	24
Walking	49	22
Eating/drinking	12	5
Lying down/sunbathing	11	5
Watersport/swimming	9	4
Reading/writing	7	3
Sport	3	1
Gardening	3	1
Crafting	3	1
Taking photos	2	1

Can you say what time of day or night it is?	n	%
Late afternoon/early evening	27	21
Mid morning	23	18
Early morning	21	17
Late morning	14	11
Late evening/Sunset	13	10
Midday	12	10
Early afternoon	11	9
Sunrise	3	2
Night	2	2

If it is somewhere you visit regularly, how do you get there?	n	%
Car	90	54
Walk/wheel	68	41
Cycle	2	1
Bus	2	1
Plane	2	1
Train	1	1
Boat/watercraft	1	1
Taxi	0	0
Swim	0	0

If you don't visit often, why not?	n	100
Insufficient time	23	24
Health/age limitations	12	12
I'd need a car	10	10
Too many people	9	9
Distance	8	8
Cost	8	8
Public transport availability	7	7
Children/family commitments	4	4
Weather	4	4

Dog restrictions	4	4
Traffic	3	3
Inaccessible	3	3
Tide-dependent	1	1
Facilities	1	1

What, if anything, do you think might make this place less tranquil for you?	n	%
Other people	110	41
Development	27	10
Road noise/traffic	26	10
Dogs	24	9
Noise	23	9
Litter/pollution	20	7
Watercraft	14	5
Aircraft	7	3
Children	6	2
Weather	4	1
Over-management	2	1
Hunting/shooting	1	0
Cairns	1	0
Graffiti	1	0
Facilities unavailable	1	0
Light pollution	1	0
Lack of trees	1	0

How could tranquil places be made more inviting or inclusive?	n	%
Don't!	39	20
Better physical accessibility	33	17
Restrictions	21	11
Public transport	20	10
Parking	14	7
Improved behaviour/state of mind	13	7
Better trails/landscape design	12	6
Information	11	6
Facilities	10	5
Places to sit	9	5
Group provision	5	3
Right to roam	4	2
Make them free	3	2
Improve safety	2	1
Bins	1	1

Appendix 3: Timeline of research and policy relating to tranquillity

- 1991 – Department of Transport report by Simon Rendel develops first method for measuring tranquillity
- 1995 – CPRE and Countryside Commission – National Intrusion maps visualise areas disturbed by noise and visual intrusion
- 1999 – Forestry Commission report by Simon Bell - ‘Tranquillity Mapping as an Aid to Forest Planning’ extends Rendel’s method to include concepts of naturalness and mitigation provided by forests to tranquillity disturbances
- 2000 – CPRE – Report by Levett, R. - A headline indicator of tranquillity: definition and measurement issues.
- 2000 – DEFRA *Our Countryside - The Future - A Fair Deal for Rural England*
- 2004 - *Tranquillity Mapping: The 2004 North East Pilot Study & Chilterns Study*
- 2004 – GIS pilot study
- 2005 - CPRE - *Saving Tranquil Places* report establishes new protocol and tool for measuring tranquillity.
- 2005 – CPRE - *Mapping Tranquillity, National Study*
- 2006 – CPRE - *Tranquillity measurement tool. A map of England divided into 500m2 providing a tranquillity index score from 44 measured criteria*
- 2006 – CPRE – *Quiet Lanes* designation as part of the transport act 2000
- 2008 Cranborne Chase & West Wiltshire Downs AONB, ‘Tranquillity Mapping- Investigative Study
- 2010 Cranborne Chase & West Wiltshire Downs AONB, Tranquillity Mapping - Ground Truthing Methodology & Interim Report
- 2011 Natural England – Guidance for assessing Landscapes for designation as National Park or AONB
- 2012 – UKGOV - National Planning Policy Framework
- 2015 - LUC – New Forest National Park Tranquil Areas Mapping, revisited Rendel’s methods to create comparative change studies
- 2019 DEFRA independent review by Glover - Landscapes review: National Parks and AONBs
- 2019 - ‘*Natural Tranquillity*’ measurement method established by Clive Bentley, focuses on the level and character of sounds
- 2022 – Natural England & LUC - *All-England Strategic Landscape Mapping interactive tool*

Appendix 4: 2004 Tranquillity Criteria

44 criteria relating to what is tranquillity and what is not tranquillity were established from the 2004 study using a graffiti wall method to capture participants responses at selected sites. Circa 500 responses were collected.⁷⁵

○

What is tranquillity?	What is not tranquillity?
a01 - Seeing A natural landscape	a22 - Seeing, Lots of people
a02 - Seeing Wide open spaces	a23 -Seeing, Anyone at all
a03 - Seeing A wild landscape	a24 - Seeing, Overhead light pollution (night time)
a04 - Seeing Remote landscapes	a25 - Seeing, Low flying aircraft

⁷⁵ www.cpre.org.uk/wp-content/uploads/2019/11/tranquillity_mapping_developing_a_robust_methodology_for_planning_support.pdf

a05 - Seeing Trees in the landscape	a26 - Seeing, High altitude aircraft
a06 - Seeing Deciduous trees in the landscape	a27 - Seeing, Coniferous woodland
a07 - Seeing Natural looking woodland	a28 - Seeing, Power lines
a08 - Seeing Streams	a29 - Seeing, Wind turbines
a09 - Seeing Rivers	a30 - Seeing, Urban development
a10 - Seeing Lakes	a31 - Seeing, Any signs of human impact
a11 - Seeing The Sea	a32 - Seeing, Railways
a12 - Seeing The stars at night	a33 - Seeing, Roads
a13 - Hearing Birdsong	a34 - Seeing, Towns and Cities
a14 - Hearing Wildlife	a35 - Seeing, Villages and Scattered Houses
a15 - Hearing Natural Sounds	a36 - Seeing, Military training (other than aircraft)
a16 - Hearing Silence	a37 - Hearing, Lots of people
a17 - Hearing Peace and Quiet	a38 - Hearing, Low flying aircraft
a18 - Hearing No human sounds	a39 - Hearing, High altitude aircraft
a19 - Hearing Running water	a40 - Hearing, Trains and Railways
a20 - Hearing Lapping water	a41 - Hearing, Constant noise from cars, lorries and/or motorbikes
a21 - Hearing The sea	a42 - Hearing, Occasional noise from cars, lorries and/or motorbikes
	a43 - Hearing, Military training (not aircraft)
	a44 - Hearing, Non-natural sounds

Appendix 5: CNL Management Plan: tranquillity analysis by domain

Audible

Pg	Area	Content	Comments
149	03 Camel Estuary	The Council for the Protection of Rural England's (CPRE) tranquillity, intrusion and night blight mapping shows the most 'disturbed' (least tranquil) section of the AONB is the Camel Estuary . This is due to the proximity of major roads including the A389, B3314 and the A39 (Atlantic Highway), which lies partially within the AONB along with the more urban settlements of Padstow, Rock and Wadebridge.	#sound
151	03 Camel Estuary	Seek reduction of impacts on landscape character and tranquillity from major roads such as the A39, A389 and B3314 by for example reduction in street lighting, reduction in signage, less intensive management of roadside vegetation, non-intrusive methods of traffic calming and local hedging styles and materials in highway works.	Policy CE-P1 #sound #light
205	08 South Coast Western	Airspace activities associated with RNAS Culdrose have significant impacts upon the enjoyment and tranquillity of the section .	Landscape Condition description. #sound
205	08 South Coast Western	Large-scale quarrying operations between Dean Point and Porthallow are poorly integrated into the surrounding landscape with potential future pressures anticipated on tranquillity, scenic	Landscape Condition description.

		beauty, wildlife habitat, flora and the adjoining Marine Conservation Zone.	#sound #aesthetic #industry
228	09 South Coast Central	Support management of visitor car parking in quiet and remote tranquil rural areas in the Fal Ria and throughout the Roseland, up to Porthpean, so that levels of use do not increase. Resist additional parking provision as part of visitor proposals preferring and requiring sustainable transport arrangements. Reduce visual impacts by use of carefully located unobtrusive small scale dispersed rural car parks set back from the coast for example as managed by the National Trust at Vault Bay and Dodman Point.	Policy SCC-P5 #sound #people
254	12 Bodmin Moor	The overall sense of wilderness on Bodmin Moor still endures, despite thousands of years of human intervention. It remains one of the few places in Cornwall where you can enjoy complete peace, quiet and tranquillity, being particularly important for its dark night skies.	Special Qualities description. #sound #light
258	12 Bodmin Moor	Some aspects of the A30 are visually intrusive intrude on the moorland setting such as the use of coloured tarmac, signage, advertising hoardings and detailing. Traffic noise locally erodes tranquillity.	Landscape Condition description. #sound

Visual Light

Pg	Area	Content	Comments
28	ALL	“Dark night skies are a special quality of the AONB and contribute to the areas sense of tranquillity and remoteness. A combination of clear night skies and low levels of light pollution make Cornwall one of the best places in the country for stargazing. However, views of the stars are at threat from increasing volumes of light pollution caused by artificial light”	#light
130	01 Hartland	The Council for the Protection of Rural England’s tranquillity, intrusion and night blight mapping shows Hartland to be the most ‘undisturbed’ section of the Cornwall AONB.	Landscape Condition description. #light
205	08 South Coast Western	The light pollution associated with Goonhilly Earth Station and RNAS Culdrose (outside the AONB) adversely impacts upon the tranquillity of the area.	Landscape Condition description. #light
254	12 Bodmin Moor	The overall sense of wilderness on Bodmin Moor still endures, despite thousands of years of human intervention. It remains one of the few places in Cornwall where you can enjoy complete peace, quiet and tranquillity, being particularly important for its dark night skies.	Special Qualities description. #sound #light

People

Pg	Area	Content	Comments
147	03 Camel Estuary	Away from the tourist ‘hot spots’ the Camel Estuary forms a tranquil and intimate landscape with creeks and tributary valleys where many small woodlands colonise the gentle slopes.	Special Qualities description. #people #nature
147	03 Camel Estuary	On the south side of the estuary the disused railway has provided a perfect setting for the Camel Trail, a popular cycle and multi-use route which runs 18 miles from Padstow to Bodmin Moor and	Special Qualities description. #people

		sees over 500,000 users per year, appreciating this scenic and tranquil landscape.	
152	03 Camel Estuary	Support the co-ordinated management of the activities taking place on the Camel Trail and other recreational facilities to ensure that they do not detract from tranquillity or visual amenity , to the benefit of all users.	Policy CE-P3 #people #aesthetic
156	04 Carnewas to Stepper Point	The peaceful and wild nature found in this section of the AONB, reflected in the modest character of Porthcothan and Harlyn, is interrupted sharply in places by recreational activity. The busy beaches of Harlyn, Treyarnon and Constantine Bay are very popular for surfing and other water- based activities, whilst the sand dunes at Constantine Bay are managed for golf. Prideaux Place with its grand Elizabethan Manor House and grounds on the very edge of this section of the AONB is registered as historic parkland and provides tranquillity in contrast to the flurry of outdoor activity towards the coast.	Special Qualities description. #people
158	04 Carnewas to Stepper Point	Expansion of visitor facilities at some of the more popular coastal locations impacts upon the peace and tranquillity of the area.	Landscape Condition description. #people #development
228	09 South Coast Central	Support management of visitor car parking in quiet and remote tranquil rural areas in the Fal Ria and throughout the Roseland, up to Porthpean, so that levels of use do not increase. Resist additional parking provision as part of visitor proposals preferring and requiring sustainable transport arrangements. Reduce visual impacts by use of carefully located unobtrusive small scale dispersed rural car parks set back from the coast for example as managed by the National Trust at Vault Bay and Dodman Point.	Policy SCC-P5 #sound #people

Natural and developed landscapes

Pg	Area	Content	Comments
132	01 Hartland	Require all development to support the conservation and enhancement of the undeveloped character of the coast, in order to retain its rugged and simple tranquillity , maintaining the sparsely populated settlement pattern and tranquil characteristics of this section of the Cornwall AONB. Respect local vernacular, scale and use of materials that makes this area distinctive.	Policy H-P1 #development
143	02 Pentire Point to Widemouth	Seek conservation and enhancement of the undeveloped character of the coast; for example, Witches Cauldron to Port Quin Bay, around High Cliff and around Dizzard in order to retain rugged and simple tranquillity and promote the enhancement of other parts of coast for example around Tintagel, Boscastle and Port Isaac such that they return to having a more undeveloped character.	Policy PPW-P3 #development
158	04 Carnewas to Stepper Point	Expansion of visitor facilities at some of the more popular coastal locations impacts upon the peace and tranquillity of the area.	Landscape Condition description. #people #development

193	07 West Penwith	Ensure that development at Land's End Airport has appropriate regard to the rural character of the area and tranquillity is maintained.	Policy WP-P3 #development #aesthetic
209	09 South Coast Central	The overriding sense of the Roseland is of an extremely tranquil and well-managed farmed landscape with a globally renowned, stunning coastline that extends east across Mevagissey Bay and on to St Austell Bay in the north.	Special Qualities description. #development
227	09 South Coast Central	Prevent further cumulative landscape and visual impact from individual developments on local character and tranquillity for example along the shores and slopes of the Fal Ria and creek side, waterside and coastal settlements. Require all new development, including replacement dwellings, to respond appropriately to the sensitivity and capacity of the landscape and to reflect the traditional and characteristic built form and context.	Policy SCC-P1 #aesthetic #development
242	10 South Coast Eastern	Require particular consideration of effects on landscape character of new areas of housing within the settings of Fowey and Polruan and elsewhere eroding their settings and recognising the harmful effects on the designated landscape of some areas of recent residential development. Seek to retain the special character of the legible historic development pattern of the Fowey and other settlements, recognising the harmful effects of contemporary development which interrupts and masks this pattern. Respect the particular landscape character and tranquillity of the area east of Polruan and ensure that development within this area and its coastal setting does not detract from this.	Policy L-SCE-P10 #development
Pg	Area	Content	Comments
147	03 Camel Estuary	Away from the tourist 'hot spots' the Camel Estuary forms a tranquil and intimate landscape with creeks and tributary valleys where many small woodlands colonise the gentle slopes.	Special Qualities description. #people #nature
202	08 South Coast Western	The key landscape characteristics of this area is a marked contrast to the landscape of the Lizard Peninsula, the Helford River is an area of great individual character and tranquil beauty. Rounded landforms slope to deep, narrow valleys with dense woodland of predominately sessile oak and it is one of the few places in England where the ancient woodland meets the sea.	Special Qualities description. #nature
Pg	Area	Content	Comments
205	08 South Coast Western	Large-scale quarrying operations between Dean Point and Porthallow are poorly integrated into the surrounding landscape with potential future pressures anticipated on tranquillity, scenic beauty, wildlife habitat, flora and the adjoining Marine Conservation Zone.	Landscape Condition description. #sound #aesthetic #industry
210	08 South Coast Western	Any new proposals for mineral extraction and quarrying, such as at Dean Quarry, that adversely impact upon the scenic beauty, special qualities, landscape character and tranquillity of this section of the AONB, and the Manacles Marine Conservation Zone, will not be supported.	Policy SCW-P2 #industry