



The Countryside Code

Respect – Protect – Enjoy

Please Read to get the most out of your Walk

Respect everyone

- Be considerate to those living in, working in and enjoying the countryside
- Leave gates and property as you find them
- Do not block access to gateways or driveways when parking
- Be nice, say hello, share the space
- Follow local signs and keep to marked paths unless wider access is available

Protect the environment

- Take your litter home – leave no trace of your visit
- Do not light fires
- Always keep dogs under control and on a lead
- Dog poo – bag it and bin it in any public waste bin or take it home
- Care for nature – do not cause damage or disturbance

Enjoy the Walk

- **Check your route card, we will be walking as a Group so help will always be at hand, we will be walking to our slowest member.**
- Marshalls will be at key points at the walk to provide refreshments and will help should you need assistance or a lift back to your Car.
- **Enjoy your Walk, have fun, make a memory**

Having the right Kit is essential not only to keep warm and dry but to keep safe. The kit you wear should reflect the conditions you may face on the walk. Remember on the hills the weather can change surprisingly fast. The following list details the essentials for general hillwalking.

Boots

Well fitting, suitable for the terrain, preferably which supports your ankles. Gaiters may be beneficial for areas that are particularly boggy or where ticks may be present.

Clothing

A layered system is always best as you can adjust for the temperature best, the base layer should always wick away the moisture with an insulating mid-layer and a breathable waterproof jacket (with hood) and trousers. A hat and gloves should be packed also. Avoid materials that may absorb water, e.g. cotton T-shirts or jeans. If possible, wear clothing, especially a waterproof jacket that is a bright colour, so that you can be easily found in the event of an emergency.

Navigation

Your route card will have a Map and directions for the walk, marshal's will be at key points on the walk to assist you if you need anything. It is advisable to carry a compass to confirm where you are. Smartphones or GPS are excellent aids but should not be relied on solely.

Rucksack

Only use a rucksack big enough for the items that you need. You may have to keep the contents in a waterproof bag if the rucksack is not waterproof.

Safety equipment

A whistle, head torch (with spare batteries or better still a spare torch) and mobile phone are essential.. If you need assistance Phone numbers are included on the route card.

If you find yourselves in trouble make sure you are as warm and dry as possible, ring the emergency numbers on the route card, If contact cannot be made , follow the international distress signal by blowing 6 blasts on your whistle wait for a minute then repeat, the recognised reply will be 3 blast and then wait for a minute. Do not stop following the 6 blast call until help arrives.

Other items

Walking poles are very useful as they save energy and limit damage to the knees. Don't forget to pack according to the weather so a sun hat, sun glasses and sun screen along with midge repellent. Take enough food and water for you and your dogs for the whole journey and have some packed as emergency rations.