



Good practices for Hillwalkers



- ◆ For many of us, walking is about enjoyment, recreation and freedom from structures and regulations. However it involves us in using an increasingly scarce commodity – unrestricted open space



- ◆ To ensure continued walking we have to accept some guidelines on our activity. We must respect the interests of others and act as responsible partners in the use and development of the countryside



- ◆ Overall we should be aware that we walk in areas where other people live and work and be aware of the effect we can have on the environment.

As walkers we should:

- be properly equipped and fit for the activity concerned
- be competent in navigation skills and capable of coping with the chosen route
- have an up-to-date weather forecast and know the time of dusk
- be aware of the potential hazards and know what to do if something goes wrong.
- be responsible for our actions.



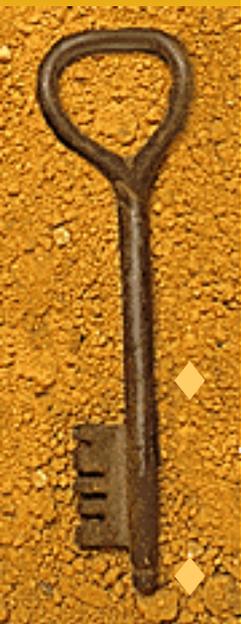


In line with good practice in relation to access and conservation we should always:

- ◆ park safely
- ◆ keep the number of cars to the min.
- ◆ keep group numbers small
- ◆ be friendly and courteous when we meet landowners
- ◆ use approved routes in areas where there are known problems



- ◆ be careful not to damage fences, walls
- ◆ use stiles and gates where they exist, leaving gates as we find them
- ◆ avoid taking dogs on the hills
- ◆ walk on rock and stones where possible, rather than on vegetation or soft ground
- ◆ be imaginative in our route choice, taking care to avoid using eroded paths



- ◆ if we must use an eroded route, stay on the path or well away from it
- ◆ make no unnecessary noise, especially when passing near houses
- ◆ leave no litter behind, even biodegradable items take years to disappear
- ◆ have respect for all natural things and do not disturb plants, birds and animals.



Leaders should:

be competent to lead groups

be appropriately equipped to ensure the safety of the group

- ◆ be trained in first aid

- ◆ know the route, the ability of group members and ensure that they are properly equipped

be prepared to alter the route to meet the needs and interests of the group



Leaders should

- ◆ show good example to the group, with regard to conservation issues and relations with landowners
- ◆ ensure everybody in the group knows what to do, what not to do, and why
- ◆ encourage group members to take an interest in navigation and other hillwalking skills



Interaction with the local community

We use the land of local communities where we walk, in return we should make an effort to contribute to that community. When locals see some benefit from our activities, we will be more welcome.



We should consider:

- using the local shops and filling stations
- stopping for a drink in the local pub
- eating in the local coffee shop or restaurant, or staying in a local B&B
- supporting local events and charities, eg tidy towns committee
- advising farmers of any injured or distressed animals we come across
- always asking ourselves "If I lived here, how would I feel?"