

#OUTDOORS FOR EVERYONE

Practical tips & advice - Plan ahead and practice responsible outdoor recreation



Stay Local and within a **5km radius of your home** for exercise and try leave your car at home.

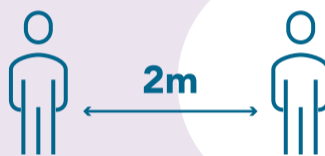


5km



Ensure you **park responsibly** and don't block gateways, forest entrances and narrow roads which need to be passable for emergency services

Distance yourself at least **2 metres** (6 feet) away from other people



Let's keep the outdoors litter free - **Love This Place Leave No Trace**



Wash and sanitise your hands regularly

Whether walking, jogging or cycling - please **be considerate** and make sure to give others space who may be also exercising around you



Many outdoor sites get very busy over weekends and have limited parking - Consider exercising in **quieter, less-used spaces**



Respect private landowners - don't trespass



Many outdoor amenity sites **do not have toilet facilities** - please plan ahead



We love our scenic outdoor spaces - **don't destroy what you've come to enjoy**