

## **Regulations and Safety**



## **Countryside Code**

From a gentle stroll or relaxing picnic, to a long-distance walk or heart-pumping adventure, the urban countryside provides every opportunity for enjoyment and relaxation. If you follow the Countryside Code wherever you go, you'll get the best enjoyment possible and you'll help to protect our open spaces now and for future generations.

- 1. Be safe plan ahead and follow any signs.
- 2. Leave gates and property as you find them.
- 3. Protect plants and animals, and take your litter home.
- 4. Keep dogs under close control.
- 5. Consider other people.

For more information about the Countryside Code visit the website at

www.countrysideaccess.gov.uk.

