

Walking Top Tips

Our Local Walks leaflets have been produced for the enjoyment of local people and to encourage you to get outdoors and see more of the local area. Here are our Top Tips to make your walk more enjoyable:

- * Dress appropriately for the weather. Sturdy shoes are recommended. Some routes take in fields and/or wooded areas so may become muddy in wetter weather. Remember sun cream in the hotter months and take a drink with you.
- * Be aware of your limits - our walk leaflets include an estimate of the distance of the route and an indication of the terrain.
- * Leave yourself sufficient time to complete the walk before it gets dark - we also recommend letting someone know where you are going, if you are walking alone.
- * Please respect the countryside and other people enjoying the outdoors - take litter home with you, leave gates as you find them and keep dogs under effective control.
- * Relate the map to the route description before setting out and during each walk. Read several sentences before continuing whilst on walks, as following one sentence at a time can create doubt.
- * Take care on all road/rail crossings - there are some busy roads to cross on some of these walks so please be alert.
- * Whilst we have made every effort to describe walks and routes accurately, please be aware that paths, routes and conditions may change. Make sure you stick to public rights of way and use common sense in ensuring paths are safe. If you find an issue with one of our routes, please let us know so we can go and check it out (we are not able to respond to "Help I am Lost" type enquiries though!).

*For more information, find us on Facebook,
see our website www.SO18BigLocal.org.uk or call/text 07528 338104*



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