

COVID-19 Outdoor Access Guidance



The Rights of Responsible Access still apply – but please follow the Scottish Outdoor Access Code and the latest Scottish Government Advice:

- **One outing for exercise per day - Walk, run or cycle, alone or with members of your household. Cyclists and runners – when passing others please call ahead and be prepared to give way so that social distancing is maintained.**
- **Stay local - please do not travel in your car to take exercise; please make use of the paths, open spaces and quiet roads in your own local area**
- **Keep your distance – please stay at least 2 metres away from other people and if possible try to avoid busy times on popular paths or places**
- **Avoid contact - try to avoid touching surfaces and if possible plan a route that does not require you to open gates**
- **Dogs – please put them on a lead or keep them close at heel and do not let them approach other people or livestock**
- **Respect the health and safety of farmers and others working the land – please follow all reasonable requests and signs to avoid particular areas, such as farmyards, fields with pregnant or young livestock, and other busy working areas**