

# *Countryside code*

From a gentle stroll or relaxing picnic to a long-distance walk or heart-pumping adventure, the countryside provides every opportunity for enjoyment and relaxation.

- **Be safe - plan ahead and follow any signs.**
- **Leave gates and property as you find them.**
- **Protect plants and animals, and take your litter home.**
- **Keep dogs under close control.**
- **Consider other people.**
- **Do not allow your dog to foul the countryside.**

If you follow the Countryside Code wherever you go, you will get the best enjoyment possible and you will help to protect the countryside now and for future generations.

# *Cycle safety*

- **Before each journey spend a few minutes ensuring that your bike is in good working order, paying particular attention to brakes, tyres and the steering system.**
- **Wear bright clothing and a cycle helmet. At night front and rear lights and a red rear reflector are legally required and get you seen.**
- **When riding on roads always follow the Highway Code.**

Travel  
Information



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