

# Out and About

**Y**ou may walk freely on land and mountains in Scotland provided you do no damage and respect the restrictions of the stalking season. Most local walks are covered by Ordnance Survey (OS) 1:50,000 sheets 19, 24 and 25. Some walks require transport at each end but walking halfway and back can provide an enjoyable alternative.

## Points to remember

- 1 Carry a map and compass and know how to use them
- 2 Take warm clothing and rainwear
- 3 Rivers and streams, easy to cross in dry weather, can be dangerous in spate so have the courage to turn back
- 4 Wear suitable footwear e.g. walking boots

- 5 Leave a written note of where you plan to go in case of a slip on rough ground (estates do not accept responsibility for accidents)
- 6 Take adequate food and water
- 7 Keep dogs under close control

Please do not enlarge or widen existing tracks where marshy by going to the side and please do not indulge your fancy by erecting cairns.

## Deer Stalking season

The main stag season is September to mid October and the hind season is mid October to mid February. It would be appreciated if you would be sensitive when walking in areas where deer stalking is taking place during these times.



*The mist can descend very rapidly... a map and compass are essential.* STEVE CARTER