



Press Release

12 May 2016

For immediate release

Tick Munros – don't let Munros tick you

Walkers warned of tick danger in the Scottish hills

With winter hardly gone from the mountains, mountain safety experts are advising walkers and climbers: "Tick the Munros – just don't let the Munros tick you!"

Those perennial pests of the Scottish hills and countryside are back.

And while the physical and mental health benefits of hill walking are well known, walkers should still be aware of an almost invisible danger.

Ticks are small arthropods (related to spiders and scorpions) and are common in vegetated areas in the Scottish hills. They are particularly suited to mild damp climates and therefore thrive on the west coast mountain regions of Scotland. Aside from being a nuisance, ticks carry diseases, including Lyme disease which can be extremely serious if not diagnosed early.

Heather Morning the Mountain Safety Advisor with The Mountaineering Council of Scotland is advising hill-goers to check themselves carefully after a day on the hill to ensure they haven't picked up any unwanted guests.

For even after the cold and snowy spring time of 2016, the wee beasties seem to be out in force. Heather said: "Last weekend we were climbing at Duntelchaig, near Loch Ness. At home later, we noticed several ticks on our feet and since then have found several latched onto our bodies even though we had checked ourselves when we got home. The dog didn't escape either; we have been removing ticks from her for several days now."

Heather recommends that hill walkers are vigilant and take some simple precautions such as tucking trousers into socks or wearing gaiters when on the hill. It's also well worth taking a good look at yourself when you return home to spot the ticks before they latch on. She said: "From experience, they seem to appear even a few days later. If you find one attached to you, remove with a tick hook. If in doubt seek advice from your doctor."

If you've never had a tick, check out this six-minute video clip to see what they look like and how to safely remove them: <http://www.mcofs.org.uk/hillwalking-essentials-video.asp>

Ends

Notes for editors

Images for this press release are downloadable here:

[www.mcofs.org.uk/assets/tick in hand.jpg](http://www.mcofs.org.uk/assets/tick%20in%20hand.jpg)

Image of an engorged tick

Further information

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About the MCoFS

- The MCoFS acts to represent, support and promote Scottish mountaineering.
- The MCoFS is the only recognised representative organisation for hill walkers, climbers and ski-tourers who live in Scotland or who enjoy Scotland's mountains.
- The MCoFS is a membership organisation with over 12,000 members representing hill walkers, climbers and mountaineers.
- The MCoFS also acts for 75,000 members of the BMC or British Mountaineering Council on matters related to Landscape and Access in Scotland.
- MCoFS landscape and access work is supported financially by the Scottish Mountaineering Trust and the BMC
- The MCoFS is a not for profit company limited by guarantee and incorporated in Scotland. Company number SC322717.
- The Mountaineering Council of Scotland, The Old Granary, West Mill Street, Perth PH1 5QP