HILLWALKING & CLIMBING IN SCOTLAND

PHASE ONE

STAY LOCAL

Stay within approx 5 miles of home
Avoid crowded areas and known hotspots
Walk or cycle where possible

BE PREPARED

Plan your activity and travel before you go
Check the weather forecast
Car parks and public toilets will be closed

BE CONSIDERATE

Follow the Scottish Outdoor Access Code for COVID-19
Be aware of farm animals, wildlife & nesting birds
Take all your litter home

BE SAFE

Know your limits - stick to what you are familiar with
Take suitable clothing and equipment
Be self-sufficient: rescue services may be limited

2m physical distancing
Clean your hands regularly
Stay home if you are self-isolating

Read the full guidance here:
www.mountaineering.scot/coronavirus