



**Press Release**

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**For immediate release**

## **It's a dog's life in the mountains**

### **Advice for canine mountaineers**

More and more people are adopting outdoor lifestyles and seeking the mental and physical benefits of walking in Scotland's countryside and mountains. And many are also keen to take their best four-legged friends along with them.

But as numerous social media posts have shown, many dog owners encounter problems when their pets prove unable to go the distance or – the opposite problem – when their dog decides 'walkies' aren't over yet and goes missing.

When taking dogs into the countryside it's easy enough to find advice on legal responsibilities, about keeping them under control near livestock or ground-nesting birds, but tips on looking after the dog's welfare can be harder to track down.

Now Mountaineering Scotland, the body which represents hillwalkers and climbers in Scotland, and routinely issues advice on mountain safety, has issued new advice on canine safety.

A new section in the hillwalking segment of the organisation's website contains several pages of advice on walking the hills and mountains with a dog – how to keep it safe, comfortable and happy, as well as within the law.

The information for the pages was compiled by Mountaineering Scotland members with many years' experience and expertise in sharing their mountaineering with their dogs, both in summer and in winter.

Advice includes tips on terrain and weather, food and water, first aid for dogs, and how to control dogs in different situations.

Mountaineering Scotland member Anne Butler, who is also Vice-President of The Munro Society and has climbed all of Scotland's Munros five times over, is seldom seen on the hill without her collie Ralph.

She said: "My dogs are great companions in the hills and get excited whenever they see my boots come out. But you can't just take a dog into the hills and expect it to be able to walk for miles, know how to avoid cliffs and cornices, and have its own internal map for getting home.

"You have to introduce dogs gradually and be aware that for all their energy they'll still have limitations and you have to be responsible for their wellbeing.

“We’ve tried in these web pages to highlight some of the most important points dog owners need to think about if they want their pets to become their hillwalking partners.”

Mountaineering Scotland’s webpages with advice on canine hillwalking can be found at [www.mountaineering.scot/activities/hillwalking/taking-the-dog](http://www.mountaineering.scot/activities/hillwalking/taking-the-dog)

## Ends

### Notes for editors:

**Image:** [http://www.mountaineering.scot/assets/contentfiles/media-upload/1. It's a Dogs Life.JPG](http://www.mountaineering.scot/assets/contentfiles/media-upload/1.It's_a_Dogs_Life.JPG)

### Further information contact:

Neil Reid, Communications Officer, on 01738 493941 or 07788871803 or [neil@mountaineering.scot](mailto:neil@mountaineering.scot)

### About Mountaineering Scotland:

- Mountaineering Scotland is the only recognised representative organisation for hill walkers, climbers and ski-tourers who live in Scotland or who enjoy Scotland’s mountains.
- Mountaineering Scotland provides training and information to mountain users to promote safety, self-reliance and the enjoyment of our mountain environment.
- The Mountaineering Scotland is a membership organisation with over 14,000 members representing hill walkers, climbers and mountaineers, funded through a combination of membership subscriptions, non-governmental grants and investment from sportscotland, which supports public initiatives and services in mountain safety, mountain training and the development and promotion of mountaineering activities.
- Mountaineering Scotland also acts for 75,000 members of the BMC or British Mountaineering Council on matters related to Landscape and Access in Scotland.
- Mountaineering Scotland landscape and access work is supported financially by the Scottish Mountaineering Trust and the BMC
- Mountaineering Scotland has launched the ClimbScotland initiative to encourage young people to participate in climbing and support their progression. It offers a dedicated website and a development team, which will introduce young people to climbing at schools, climbing walls and via youth organisations with a range of activities and events, while developing kids clubs and providing specialist support to parents, volunteers and teachers.
- Mountaineering Scotland is the national governing body for sports climbing. It offers pathways to climbing coaching, organises and promotes a range of regional and national climbing competitions, and manages the Scottish climbing and bouldering teams. It contributes to the management of the GB teams with the ultimate aim of seeing a Scottish athlete achieve a podium position in the Olympic Games.
- The MCofS is a not for profit company limited by guarantee and incorporated in Scotland. Company number SC322717.
- Mountaineering Scotland, The Granary, West Mill Street, Perth PH1 5QP