Love your place

Walk this way

Walking outdoors can bring many benefits to the body and mind so during lockdown people were still encouraged to get an hour's exercise each day.

When the lockdown measures eased, people were given more freedom to get out and about but limiting contact with others remained important.

Life has completed many walks across the beautiful countryside of North Somerset and all walks from 2012 onwards are available to download from **www.n-somerset.gov.uk/walks**

The Ramblers offers some useful advice about walking outdoors which can still be followed, even if lockdown measures are reduced further this summer:

Be prepared

Some hotspots could be busy and facilities such as car parks, shops and toilets may be closed or have access reduced. Plan ahead and check the relevant website for your destination

Be safe

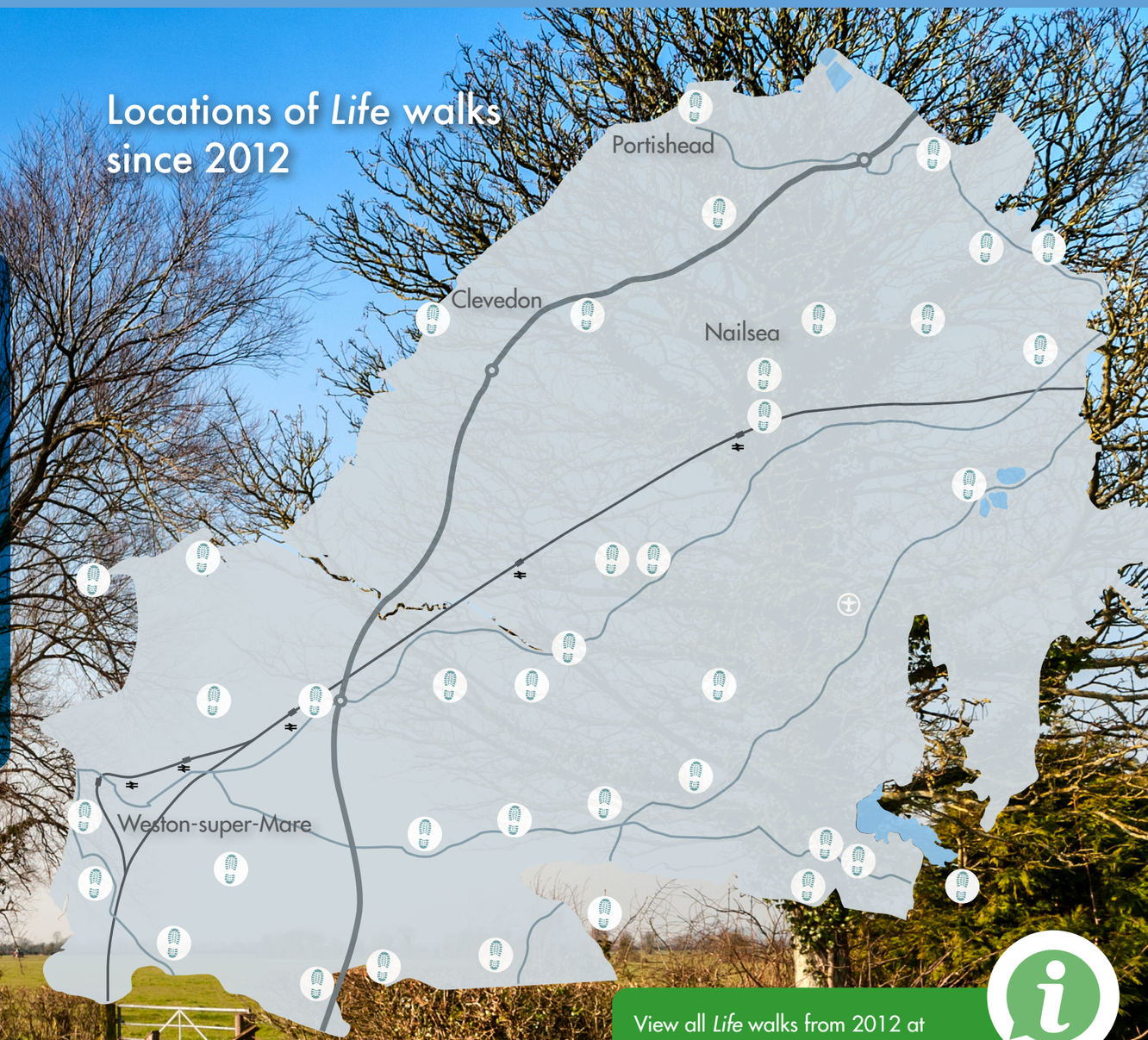
Support the NHS, emergency services and rescue teams by avoiding riskier outings and abiding by the latest guidance, including that on hygiene and physical distancing

Be considerate

Be sensitive to rural communities if you are travelling further from home to walk. Make sure you follow the Countryside Code.

For more at **www.ramblers.org.uk/advice**

Locations of *Life* walks since 2012



View all *Life* walks from 2012 at **www.n-somerset.gov.uk/walks**

Please note, while these walks were correct at the time of printing, there might be some slight changes since then.

Please use common sense and follow the route markings and signs you see.

The Countryside Code

Respect other people

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available.

Protect the natural environment

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control

Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs.