

# Follow Physical Distancing of 2 metres

*when outdoors walking, on the beach, in the streets & shops*

←----- 2m -----→



***Keep at least one Highland Cow  
between you and the people  
around you***

## #CairngormsTogether

For the latest information on the transition out of lockdown for  
the Cairngorms National Park visit [www.cairngorms.co.uk](http://www.cairngorms.co.uk)