

# Tread Lightly in the Park

## Dogs

From April to August, keep your dog on a short lead or close to heel in areas of ground nesting birds. Avoid fields with livestock – particularly young animals. Clean up after your dog. Put any waste in a bin, or take it away. In more remote areas, remove it off the path.

## Camping and litter

Pitch your tent well away from cars, roads or buildings. Keep the numbers of your group small. Move on after a couple of nights. Remove traces of your camping site and any litter. Carry out what you carry in.

## Outdoor cooking

Use a stove rather than an open fire. Place foil barbecue trays on a solid, fire-resistant surface such as stones, sand or shingle.

## Fires

Never light a fire during prolonged dry periods or in woodlands or on peaty soils. Never cut down or damage trees. Keep fires small, under control and supervised at all times. Ensure a fire is completely out and remove all traces of it.

## Toilets

Use a public toilet if there is one. If not, dig a hole and bury waste well away from buildings or well-used areas. Urinate at least 30 paces from lochs, rivers and streams.

## When you are enjoying the outdoors the key things to remember are:

- Take responsibility for your own actions
- Respect the interests of other people
- Care for the environment



A quarter  
of Scotland's  
native forest



Scotland's  
wild heart:  
an accessible  
wilderness



A stronghold for  
Britain's rare and  
endangered species



The UK's highest and  
most massive mountains