

Lowerfield Farm

Dear Guest,

A very warm welcome to Lowerfield Farm. We are very pleased that you have chosen to stay with us and will do all that we can to make you feel welcome and comfortable while you are here.

This information pack contains information specific to your stay. It is a modified version of our physical booklet, edited to address the circumstances specific to the Covid-19 situation.

Our intention is to provide you with a service beyond what you would normally expect at a B&B or guesthouse. We invite you to tell us if you feel there is something we should be doing but aren't, or if you wish to give us any feedback about your room.

We firmly believe that to run a successful business we should encourage guests to return to see us or to recommend us to others. We realise that we are going to have to rely upon our good name and therefore need to give you excellent service while you are here. We sincerely hope that you will feel this is the case.

Gareth & Sue Atkinson



Lowerfield Farm
Willersey Fields
Broadway, Worcs.
WR11 7HF
Tel: (01386) 858273 or 07599 111898
Email: info@lowerfieldfarm.com
Or visit us online at: www.lowerfieldfarm.com

Practicalities

Fire Precautions

Please see page 8.

Emergencies

For Police/Fire/Ambulance call **999** or 112

A FIRST AID KIT is located on the sideboard in the living room. We would appreciate it if you could let us know if you need to use any items from this kit so that we can replace them.

If you feel ill during your stay, please call **NHS 111**. If you suspect you have symptoms of Covid-19 please quarantine yourself in your room and contact NHS 111 for advice and inform us by text or telephone. NHS 111 will arrange for you to take a test.

Please see page 9 for more information regarding non-emergencies, and contact details for doctors, dentists and hospitals.

The non-emergency number for the local police is **101**

Lighting

Movement-activated PIR lighting is installed through the downstairs hallway, upstairs landing and corridor, which will come on whenever lighting levels are low. In the event of a power cut, backup emergency lighting will illuminate all these areas as well as the exit from the dining room.

Please see page 8 for further details regarding fire precautions.

Check-out

We request guests to vacate their rooms on day of check-out by 10.30am. If you would like to leave any later than this please let us know beforehand so that we can endeavour to make arrangements.

If you wish to check out earlier than 8am we would appreciate it if you could settle your bill the previous evening.

Room Cleaning

In line with best practice at this time, we will no longer be cleaning rooms for a stay of less than 5 days. Your room is yours while you are staying with us, and we will aim not to disturb you if we know you are still in. Please inform us at breakfast or by text if you would like a restock of teas/coffees, fresh cups, or would like your bins cleaned. We will only enter your room after you have left for the day and will wear a facemask while in the room.

If you would like to have your towels changed every two or three days, please let us know and leave your towels in the bath or shower. If your towels are on the rails we will assume you are happy to continue using them.

Departure

You are welcome to settle your account with cash, sterling cheque, debit or most major credit cards. *Please note that in the case of debit and credit cards for banks outside the EEA and for commercial cards we levy a 2% surcharge on the balance of your bill.* We charge international commercial cards at 3.5%.

VAT

We are a VAT registered business, so if you require a VAT receipt for your payment please let us know.

Breakfast

Breakfast is served between **8.00am** and **10.00am**

We offer a varied menu, a copy of which is on the *OnlinelInfo* page of our website and a covered copy is also available in your room.

If you are planning to leave earlier than our usual breakfast times we can arrange a light breakfast for you. Please let us know in advance and we will ensure that cereals, milk, fruit and bread are available.

During the current situation, we would like you to pre-order your breakfast. Either order on the paper form provided in your room, or you can also submit your order through the link on the page through which you accessed this information.

We will aim to have your cooked breakfast with you 10-15 minutes after the time you state on the form.

Eating out / Pubs

There is a wide selection of restaurants, pubs and hotels within a five mile radius, to suit most palates and pockets.

At present it is advisable to make reservations in advance but we are happy to try to make reservations for you if you are having trouble.

A short list of local pubs or eating places in Willersey, Broadway, Badsey and Chipping Campden is shown on page 13.

Alcoholic / Non-alcoholic beverages

Lowerfield Farm is a licensed premises and we offer a range of beers, wines, spirits and soft drinks for guests to consume in the guesthouse.

We offer some local beers and small bottles of wine are also available.

You can find the price lists next to the bar fridges in the dining room. Please write in the honesty bar log if you use this service.

We are licensed for drinks to be consumed throughout the premises - the guest lounge, the dining room, in your own room or even on the front lawn.

Forgotten essentials

If you have forgotten any small essentials please let us know. We have combs, razors, toothbrushes/paste, sewing kits, shoeshine mitts, tampons and liners, sellotape and safety pins. The cost is 30p for all items except for the toothbrushes (£1)

Contacting us

If you wish to speak to us and we are not around, please don't hesitate to ring at our door, or to give the bell at reception a 'ping'.

If we are not immediately available at the guesthouse you are very welcome to call us on the house number at **(01386) 858273** [calls will be forwarded to our mobile if we are not within reach of the phone], or we can be contacted directly on our mobile at **07599 111898**.

Night time assistance

If you should require assistance during the night, kindly ring the lounge bell, front door bell, or call us on the landline number above.

Taxi service

We are happy to arrange a taxi for you if you wish. Please let us know if you would like us to obtain an estimated fare or to order a taxi, or you are welcome to call one of the taxi companies shown on page 10 directly.

Wireless internet

Wireless internet is available through all guest rooms, the guest lounge, and the dining room.

The network access points are unified under the name of LowerfieldNet and the wireless key:

10werfield

all letters, except for a zero instead of an 'o'

Front door key

The room key fob you receive on check-in has a key for the front door as well as your own room key. We normally lock the front door during the daytime and late at night, so please ensure you have your key with you when you go out.

Newspaper

Weekday and Saturday newspapers can be purchased at Willersey Stores, on Main Street.

Post

The nearest post offices are in Broadway (Co-op supermarket), Evesham or Chipping Campden.

Our eggs and produce

We rely upon our own free-range hen eggs for use in breakfasts. We also often have some of our eggs for sale, so please don't hesitate to ask us if you are interested. We use our own produce as much as possible, which includes sausages, jams, bread and honey.

The farm

Please feel free to have a wander through the field and paddocks, but we would ask that you shut closed gates after you.

Safety / Child Safety

Please supervise young children if they are outside as we cannot accept responsibility for them. None of our animals are hostile, but children do need to be watched carefully when around them. The concrete apron by the barn and the rear patio are our private areas and we also ask that guests and their children do not go into the barn.

Please note that many of the fences do have barbed wire running along the top or sometimes the bottom, an anti-fox electric fence is used around parts of the fowl run.

In your room

Television

The remote control is either placed next to the television set or on a table in the room.

All TVs are Freeview capable, which provides digital TV as well as additional channels. The digital channels are found using the DVB mode on many TVs. These include a range of digital radio channels.

You can check schedules and channel listings by using the “Guide” button on the remote control.

Please don't hesitate to contact us if you have any problems or questions regarding your TV

DVD players

All our TVs are equipped with DVD players, and we have a library of DVDs in the living room. Please feel free to peruse these. Please leave the DVD on the table in your room once you have finished with it, so that we can sterilise it prior to returning it to the display.

Hospitality Tray

We provide packet milk portions on your hospitality tray and fresh milk and jugs are available in the guest fridge on the 1st floor. These are replenished regularly but please ring at our door if there are none remaining in the fridge.

Drinking Water

The water from the cold taps in your room is mains water and is suitable for drinking. Our water is softened however, which is not recommended for young babies or people with heart conditions.

A drinking water tap, with unsoftened direct mains water, is located on the first floor landing near the fridge. We also use non-softened water for tea and coffee served in the dining room.

Toiletries

Our toiletries are all high quality *Gilchrist & Soames* products. We offer these toiletries in dispensers rather than small bottles and packets for environmental reasons.

Pillows / blankets

All rooms have hypoallergenic pillows. If you require additional pillows or would like a feather down pillow instead please let us know.

An extra blanket is placed in the wardrobe or drawers of your room. If you require any additional bedding please let us know.

Hairdryer

A hairdryer is located in one of the drawers in your room.

Night Light

There is a light sensitive night light in one of the wall sockets in your room. Please feel free to move it to another socket if you wish to have a light in your room overnight. For it to work you will need to turn on the wall socket switch, and the nightlight will come on at dusk and off at dawn.

Bathroom fan

Most guestrooms have electric bathroom extractor fans which are activated when the bathroom light is switched on. There is a delayed cut-off of a few minutes after the light is turned off. Please switch bathroom lights off at night to prolong the life of the fan motor, reduce electricity usage and prevent disturbance for other guests.

Heating

We have central heating throughout the guesthouse. If you find your room too hot or cold at any time and the central heating is on, please adjust the thermostat on the radiator. Please do let us know if you feel too hot or cold inside the guesthouse at any time.

Iron

We have an iron and ironing board available for guest use.

Alarm clock

Your alarm clock has two separate alarm functions so that you can set it to come on at two different times should you wish.

To set the alarm press either button A or B. You will see the alarm time illuminated in orange. To adjust the time, use the knob on the side of the clock to move it forwards or backwards.

[When setting the alarm, if the alarm time does not display in orange please cancel the "weekend" setting by pressing that button on the top.]

To switch the alarm off, press button A or B again, and you will see the orange time disappear.

To turn the radio on, press the ON button on the top of the clock.

Radio frequencies are:

National	
Radio 1 (young pop)	FM 98
Radio 2 (easy listening)	FM 88.5
Radio 3 (classical)	FM 91
Radio 4 (talk radio - news, plays, etc.)	FM 93
Radio 5 Live (sport)	AM 693
Classic FM	FM 100
Local	
Touch FM (Warwickshire & Cotswolds)	FM 102
BBC WM (West Midlands)	FM 104

Recreation

For Walkers & Cyclists – casual and serious . . .

Maps & Guides

Please don't hesitate to ask if you would like advice on where to go, or how to get there.

Some local walks:

- There is a wonderful walk past Willersey Church, up to Saintbury Church (steeped, on the hill) and then up to the top of the escarpment.
- There is a footpath 200 yards up the road towards Badsey (right, out of our driveway) which takes you into Broadway, though it's not always straightforward. From Broadway you can walk up to Broadway Tower or onto the Cotswold Way.
- The disused railway line is also an option for walking into Broadway. Alternatively you can walk through the main street of Willersey, up Willersey Hill (the road to the left at the top of the village) and then turn to the right along the driveway and footpath for The Fish Hotel. This footpath will take you all the way to Broadway with an elevated view of the Vale of Evesham.
- From the farm, walking away from Willersey towards Badsey, there is a bridleway on the right (shortly after the footpath on the left). This bridleway takes you up around Willersey Barn and then on past fields to Bretforton and the charming Fleece Inn – see page 13.

You can view all these footpaths on the map in the guesthouse foyer.

Secure area for cycles

Cycles can be stored in one of our lockable stables, and we will provide you with the combination for the lock.

Repair kit

A bicycle repair kit is available.

- For your reference, a copy of The Countryside Code is attached on page 17.

Fire Precautions

Lowerfield Farm is a non-smoking guesthouse throughout. Thank you for your cooperation in helping to keep it so.

Please note that it is illegal to smoke inside a public premises such as this guesthouse.

- We have a fire alarm system installed throughout the building. This consists of smoke alarms in each guest room and along corridors, heat sensors in the kitchen, guest lounge, dining room and boiler room, and emergency alarm points on the landing and at each exit.
- All exits are highlighted by a fluorescent exit sign above them. Additional signs indicating the direction of escape are positioned in key locations.
- If you are aware of a fire, please head for an exit and press an emergency alarm point before you exit.
- If you hear the fire alarm, please head for an exit as quickly as possible.
- The upstairs corridor, stairwell and ground floor hallway all have lighting activated by PIR sensors. We also have emergency lighting installed throughout those areas and above the emergency exit in the dining room. These lights automatically illuminate in the event of power failure.
- The assembly point is the front car park.
- We have fire extinguishers fitted on the first floor, in the ground floor hallway, and in the dining room. These are water extinguishers, and are not to be used for electrical fires.
We also maintain CO2 fire extinguishers and fire blankets in the kitchen.
- We kindly request that guests do not smoke in any part of the house. As it is a non-smoking guesthouse we have all rooms fitted with smoke detectors. If guests would like to smoke they are welcome to do so outside the front door and anywhere in the gardens.

We test our alarm system on a weekly basis (usually when there are no guests on the premises).



Useful Contact Numbers / Services

In case of emergencies requiring police, ambulance or fire, please call 999 or 112.

For non-emergencies you can contact the police on 101

Doctor

Barn Close Surgery, 40 High St., Broadway	(01386) 853651
The Surgery, Back Ends, Chipping Campden	(01386) 840296

Hospital

Evesham Community	(01386) 502377
Cheltenham General	(0845) 222222
• For non-emergency health advice or information call NHS 111	

Dentist

Broadway Dental Health Centre, 64 High St.	(01386) 853800
Mr. J. Payton, Grafton Mews, Chipping Campden	(01386) 840866

Chemist

Lloyds Pharmacy, 22 High St., Broadway	(01386) 853356
Robscott Ltd., High Street, Chipping Campden	(01386) 840251

Bank

There is also a 24-hour cash point outside Co-op supermarket in Broadway. Most of the major banks or building societies are located in Evesham, many of them on the High Street or Bridge Street.

Post Office

There is a post office at the Co-op in Broadway, or one at the Spar shop in Badsey. The nearest General Post office is in Evesham.

Postbox

The nearest post box is located opposite the recreation ground in Willersey – about 200m after the railway bridge. The last collection time on weekdays is 5pm.

Cycle Repair

Vale Cycles	
23 Port Street, Evesham	(01386) 41204

Outdoor equipment

Landmark, 45 High Street, Broadway	(01386) 854995
Mountain Warehouse, The Valley, Evesham WR11 4TP	(01386) 442899

Horse riding

Jill Carenza Equestrian Ltd.	WR12 7NE
The Wash Pool, Stanton, Nr. Broadway	(01386) 584777
Woodland Riding Stables Glebe Farm	GL54 5PG
Wood-Stanway, Winchcombe	(01386) 584404 (day)
	(01386) 584391 (eve)

Tourist Information Centres

The nearest tourist information centres are:

Broadway – (01386) 852937

Evesham – (01386) 446944

Chipping Campden – (01386) 841206

Stow-on-the-Wold – (01451) 831082

Stratford-upon-Avon – (0870) 1607930

There are also many others in the popular Cotswold towns and villages.

Churches

There are two churches in Willersey – St. Peter's Willersey (CofE) and the Methodist Church.

In Broadway there is a Roman Catholic Church on Leamington Road, a United Reform Church at the top end of the High Street, and a Methodist Church also on the High Street, and St. Michael & All Angels (CofE) on the Snowhill Road.

Shops / Supermarkets

We have a local shop in Willersey, as mentioned in the information below.

In Broadway there is a small Co-op supermarket just behind Russell's at the lower end of the High Street.

There are larger supermarkets in Evesham – Morrisons and Aldi at the Four Pools Industrial Estate, and Tesco on the other side of Evesham, near the station. Morrisons and Tesco are also usually the cheapest options in the area for fuel.

Taxis

Cotswold Executive Cabs	07538 184691
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Clifford	077709 40584
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Delta Taxis, Willersey	07798 767688
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Blue Cabs, Broadway	07770 175175
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Cotswold Executive Cabs also specialise in local tours.

Car rental

Evesham Self Drive

Davies Road, Evesham	(01386) 833700
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Local Information

Please don't hesitate to ask if you have any questions about the local area or about itineraries.

Firstly,

About Lowerfield Farm

A large part of the farm was built in the late 17th Century, and in the upstairs corridor and the living room you can see the original old beams that do a large part in holding the place together. The front part of the building was added on in Victorian times.

The old part of the building was originally the farm building, and the barn formed the buildings to the west, which are now converted into a separate residence. They were divided in around 1995. For a large part of the time since, Lowerfield Farm has been operating as a guesthouse. We made significant additions to the guesthouse in early 2012, including reconnecting the stable block to the house and converting a large part of it into the dining room.

From the front garden looking east you are facing the Cotswold escarpment. We feel very fortunate to have such a lovely view straight across to Broadway Tower.

The beautiful church that you can see to the left hand side of the escarpment is St Nicholas' in Saintbury. Part of its beauty is the fact that it stands so proud and alone on the hill, which is unfortunately one of the main reasons that it is currently under-utilised and apparently in some urgent need of repair. Just recently it has stopped being used for regular services. This church is Norman but a Saxon church previously stood on this site and a primitive sundial on the south wall is one of its remaining fragments.

From rooms in the old part of the house looking south, across the stable courtyard you have a view of Bredon Hill and then the Malverns in the distance behind.

From the paddocks there is a view straight across the Vale of Evesham. We would encourage you on a clear day to try to get to Dover's Hill (the venue for the famous annual Cotswold Olimpicks), Broadway Tower, or just the top of Campden Lane to see that view from a height.

Though our postcode is Worcestershire, you might like to know that we are in fact in Gloucestershire, within Cotswold District. The Worcestershire border is less than a mile up the road towards Badsey.

Willersey

You will know that our nearest village is Willersey, which has a vibrant local life of its own, despite being so close to Broadway. It is a quaint village centred around the duck pond, two pubs and the Jubilee Tree and Seat, which is on your left just before the Bell Inn. The present horse-chestnut tree around which the seat is built is the third to have been planted on this former site of the

village smithy. The original seat was erected in 1935 to commemorate the jubilee of King George V and Queen Mary, was replaced in 1981 to celebrate the marriage of HRH Prince of Wales and Lady Diana Spencer, and replaced again in 2012 to celebrate Queen Elizabeth's Diamond Jubilee.

The village had a population of 816 as of 2011 and has a recorded history back to 709AD when it was awarded to the Abbey of Evesham.

Willersey has won various awards including the Gloucestershire Best Kept Village in 1997, 2000 and 2005 and the "Cotswold Life Village of the Year" in 2005.

In the village there is a well-stocked general store opposite the garage – Willersey Stores. They stock takeaway lunch items such as pies, sandwiches and drinks.

There is a booklet of half a dozen walks from Willersey which we are happy to lend on request. It provides directions for fairly straightforward walks of about 2 hours duration, one of which would take you on a circuitous route from and to Lowerfield Farm.

Eating Places

There are many restaurants and food-serving pubs in the area, including Chipping Campden, Broadway and Evesham. Some of the nearest and most popular ones are listed below.

All telephone numbers below should be prefixed by 01386 if calling from a mobile.

Willersey

The Bell (Tel: 858405)

Popular with many guests.

The New Inn (Tel: 853226)

Reasonably priced local pub, suitable for families.

Dormy House Hotel (Tel: 852711) Postcode: WR12 7LF

This four-star hotel on Willersey Hill has undergone extensive refurbishment in recent years and has the Garden restaurant as well as the Potting Shed up-market 'pub'.

Badsey

The Wheatsheaf (Tel: 830380) Postcode: WR11 7EJ

Also popular with guests. Good menu, reasonably priced.

Round of Gras (Tel: 830206) Postcode: WR11 7XQ

Reasonable prices. Suitable for families. Good value Sunday, Tuesday & Wednesday evening roast.

Bretforton

Fleece Inn (Tel: 831173) Postcode: WR11 7JE

The first National Trust pub in the country. Historic inn, pretty much unchanged in décor since the 17th Century. Good food, great ales and reasonably priced.

Broadway

The Swan (Tel: 852278) Postcode: WR12 7AA

On the High Street. Good food and service.

Crown & Trumpet (Tel: 853202) Postcode: WR12 7AE

Real ale pub with reasonably priced menu.

Broadway Indian Restaurant (Tel: 852255) Postcode: WR12 7AA

Lovely food, great location.

Russell's (Tel: 853555) Postcode: WR12 7DT

Slightly more expensive but lovely restaurant on the High Street.

Russell's Fish & Chips (Tel: 858435)

Upmarket Chippy. Eat-in or take-away.

Chipping Campden

A broad range of restaurants including French and Italian. For suggestions please ask us or contact the Chipping Campden Tourist Information Centre.

ENVIRONMENTAL POLICY

At Lowerfield Farm we are committed to minimising the environmental impact of our operations. In particular, we will achieve this through our commitment to:

- comply with the requirements of environmental legislation and approved codes of practice;
- regularly review the environmental impact of our activities, and to seek to improve our environmental and social performance;
- reduce pollution, emissions and waste;
- reduce the use of energy, water and other resources;
- encourage similar environmental standards from our key suppliers;
- assist customers to use products and services in an environmentally sensitive way;
- liaise with the local community;
- have minimised our risks associated with social and environmental issues;
- have joined the Green Tourism Scheme as an indicator of our sustainable practices.



We respectfully ask you to help us – the following two pages have some suggestions as to what you can do to be a greener visitor.

Gareth & Sue Atkinson
(Proprietors)

RESPONSIBLE VISITOR CHARTER

We offer this Responsible Visitors Charter to all guests to encourage them to help us with our commitment – here are **SEVEN** things you can do to help save the planet



1. Conserve Energy – Reduce energy by switching off lights and closing windows if the heating is on.
2. Reduce, Reuse, Recycle – Try to avoid overly packaged goods and say no to carrier bags. Try to recycle any waste you have or leave it for us to do so.
3. Be Water Wise – Please use water wisely, for example by turning off the tap when brushing your teeth.
4. Give the Car a Rest – How about leaving the car behind, if only for a day. Walk, cycle or use public transport.
5. Shop Locally – Use local products as they give a flavour of the area and help support the local communities. We are fortunate to have some fantastic producers of food, drink and arts and crafts in this area. Please ask us about local markets and farm shops.
6. Respect Nature – Help us to look after the landscape and wildlife by not littering, by guarding against fire, and by using footpaths and cycle-ways responsibly. A copy of The Countryside Code is included in this room pack.
7. Support Green Tourism Businesses – There are hundreds of businesses trying to reduce their environmental impacts through the Green Tourism Business Scheme. Businesses are awarded Bronze, Silver or Gold for their efforts to be more environmentally responsible. See www.green-business.co.uk for more information.

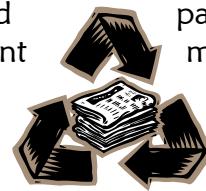


Most importantly, have a wonderful time while you are with us.

Thank you so much for your support.

Additional Environmental Information

The local council collects cans, bottles, card and We then compost everything else we can – plant of paper, napkins, etc. As you will know, by much waste as possible we can reduce the rubbish that gets wasted through landfill or



paper for recycling. matter, small bits composting as amount of incineration.

You can help by leaving newspapers / magazines at the side of your bin. Any plastics, cans or non-biodegradable items should still go into the main rubbish bins, and we will recycle what we can.

- ♦ In rooms we deliberately don't use small, disposable packaging but instead supply large dispensers of hand soap, shampoo, conditioner and shower gel.
- ♦ To reduce packaging waste, we also avoid small packets of jam and butter in the breakfast room and recycle all glass jars.
- ♦ We have a normal policy of changing towels approximately every 3 days and bed linen every 4 days, to reduce the environmental impact of excessive laundry.
- ♦ We use high-quality 100% recycled toilet paper. All our paperwork is on 100% recycled paper.
- ♦ We have energy efficient bulbs throughout the house. In early 2013 we changed all the porch, hall, corridor and landing lighting to energy efficient units, controlled by PIR detectors.

In 2014 we completed another of our medium-term objectives by having a 10kWh solar plant installed on the barn roof. In 2019 we installed a Tesla Powerwall battery to store up to 13.5kWh of electricity, for use overnight.

Sewage

We have an underground sewage plant at Lowerfield Farm, which is humming away 24 hours a day, and purifies the waste to the point that the liquid is able to be released into a nearby brook.

Feedback

Please don't hesitate to let us know if there are any practical ways that we can improve or could have improved the quality of your stay. As a small business in a competitive market we very much value our return customers. If you have enjoyed your stay with us we would be very grateful if you could pass the word on to others so please feel free to take one (or more) of our cards from reception.

We appreciate your feedback, and would be grateful if you could leave a review on our website or on TripAdvisor.

Thank you very much for your custom.

The Countryside Code

Countryside Code - advice for the public

From a gentle stroll or relaxing picnic to a long-distance walk or heart-pumping adventure, the countryside provides every opportunity for enjoyment and relaxation.

- Be safe, plan ahead and follow any signs.
- Leave gates and property as you find them.
- Protect plants and animals, and take your litter home.
- Keep dogs under close control.
- Consider other people.

If you follow the Countryside Code wherever you go, you'll get the best enjoyment possible and you'll help to protect the countryside now and for future generations.

Be safe – plan ahead and follow any signs

Even when going out locally, it's best to get the latest information about where and when you can go. For example, your rights to go onto some areas of open land may be restricted while work is carried out for safety reasons, or during breeding seasons. Follow advice and local signs, and be prepared for the unexpected.

- Refer to up to date maps or guidebooks, visit www.countrysideaccess.gov.uk or contact local information centres.
- You're responsible for your own safety and for others in your care, so be prepared for changes in weather and other events. Visit www.countrysideaccess.gov.uk for links to organisations offering specific advice on equipment and safety, or contact visitor information centres and libraries for a list of outdoor recreation groups.
- Check weather forecasts before you leave and don't be afraid to turn back.
- Part of the appeal of the countryside is that you can get away from it all. You may not see anyone for hours, and there are many places without clear mobile phone signals, so let someone else know where you're going and when you expect to return.
- Get to know the signs and symbols used in the countryside to show paths and access land. See www.countrysideaccess.gov.uk

Keep dogs under close control

The countryside is a great place to exercise dogs, but it's every owner's duty to make sure their dog is not a danger or nuisance to farm animals, wildlife or other people.

- By law, you must control your dog so that it does not scare or disturb farm animals or wildlife. On most areas of open country and common land, known as 'access land', you must keep your dog on a short lead between 1 March and 31 July – and all year round near farm animals.
- You do not have to put your dog on a lead on public paths, as long as it is under close control. But as a general rule, keep your dog on a lead if you cannot rely on its obedience. By law, farmers are entitled to destroy a dog that injures or worries their animals.
- If a farm animal chases you and your dog, it is safer to let your dog off the lead – don't risk getting hurt by trying to protect it.

- Take particular care that your dog doesn't scare sheep and lambs, or wander where it might disturb birds that nest on the ground and other wildlife eggs and young will soon die without protection from their parents.
- Everyone knows how unpleasant dog mess is and it can cause infections, so always clean up after your dog and get rid of the mess responsibly. Also, make sure your dog is wormed regularly to protect it, other animals and people.
- At certain times, dogs may not be allowed on some areas of access land or may need to be kept on a lead. Please follow any signs. You can also find out more about these rules from www.countrysideaccess.gov.uk, by emailing openaccess@countryside.gov.uk or calling 0845 100 3298.

Protect plants and animals, and take your litter home

We have a responsibility to protect our countryside now and for future generations, so make sure you don't harm animals, birds, plants or trees.

- Litter and leftover food doesn't just spoil the beauty of the countryside, it can be dangerous to wildlife and farm animals and can spread disease – so take your litter home with you. Dropping litter and dumping rubbish are criminal offences.
- Discover the beauty of the natural environment and take special care not to damage, destroy or remove features such as rocks, plants and trees. They provide homes and food for wildlife, and add to everybody's enjoyment of the countryside.
- Wild animals and farm animals can be unpredictable if you get too close, especially if they're with their young – so give them plenty of space.
- Fires can be as devastating to wildlife and habitats as they are to people and property – so be careful not to drop a match or smouldering cigarette at any time of year. Sometimes, controlled fires are used to manage vegetation, particularly on heaths and moors between October and April, so please check that a fire is not supervised before calling 999.

Leave gates and property as you find them

Please respect the working life of the countryside, as our actions can affect people's livelihoods, our heritage, and the safety and welfare of animals and ourselves.

- A farmer will normally leave a gate closed to keep livestock in, but may sometimes leave it open so they can reach food and water. Leave gates as you find them or follow instructions on signs. If walking in a group, make sure the last person knows how to leave the gates.
- If you think a sign is illegal or misleading such as a 'Private - No Entry' sign on a public footpath, contact the local authority.
- In fields where crops are growing, follow the paths wherever possible.
- Use gates, stiles or gaps in field boundaries when provided – climbing over walls, hedges and fences can damage them and increase the risk of farm animals escaping.
- Our heritage belongs to all of us – be careful not to disturb ruins and historic sites.
- Leave machinery and livestock alone – don't interfere with animals even if you think they're in distress. Try to alert the farmer instead.

Consider other people

Showing consideration and respect for other people makes the countryside a pleasant environment for everyone – at home, at work and at leisure.

- Busy traffic on small country roads can be unpleasant and dangerous to local people, visitors and wildlife so slow down and, where possible, leave your vehicle at home, consider sharing lifts and use alternatives such as public transport or cycling. For public transport information, phone Traveline on 0870 608 2608 or visit www.countrysideaccess.gov.uk for useful links.
- Respect the needs of local people – for example, don't block gateways, driveways or other entry points with your vehicle.
- Keep out of the way when farm animals are being gathered or moved and follow directions from the farmer.
- When riding a bike or driving a vehicle, slow down for horses, walkers and livestock and give them plenty of room. By law, cyclists must give way to walkers and horse-riders on bridleways.
- Support the rural economy – for example, buy your supplies from local shops.

