

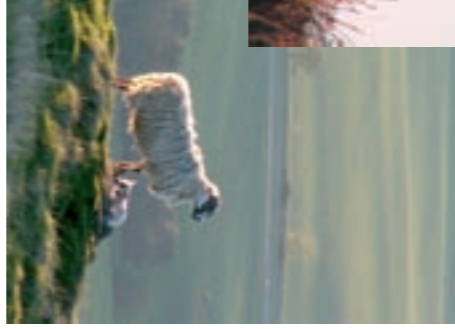


The countryside Rangers are available to discuss your plans and provide further advice before you visit the hills.

Be prepared to change your plans if the ground conditions are wet or there is local guidance asking you to use another route.

Whether cycling, horse riding or walking, please check the route you are using is appropriate for your activity

Going as a group...



Signs are erected in the Regional Park during sensitive times. Please follow the Outdoor Access Code and local guidance and help land managers to continue to maintain the Park as an area for farming, conservation and responsible recreation.

Ground-nesting birds such as curlew, red grouse and meadow pipits are all very easily disturbed during the nesting season. If frightened off the nest they may not return to the eggs or chicks. Similarly, sheep can abandon new born lambs if they are distressed.

Look for local guidance...

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Responsible behaviour will allow everyone to enjoy the Lomonds



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Whether cycling, horse riding or walking, please check the route you are using is appropriate for your activity

Rights of access only apply if you are **behaving responsibly**.

Please consider the suitability of your intended route before setting out.

Check your route...



For further guidance:



British Horse Society
www.bhsscotland.org.uk



Forth & Tay Disabled Ramblers
www.ftdr.com



Lomond Hills
www.lochore-meadows.co.uk



Leslie Bike Shop
www.lesliebikeshop.co.uk

KNOW THE CODE BEFORE YOU GO...

Enjoy Scotland's outdoors - responsibly! Everyone has the right to be on most land and inland water providing they act responsibly. Your access rights and responsibilities are explained fully in the Scottish Outdoor Access Code.

Whether you're in the outdoors or managing the outdoors, the key things are to:

Take responsibility for your own actions
Respect the interests of other people
Care for your environment
Find out more by visiting www.outdooraccess-scotland.com

or phoning Scottish Natural Heritage on 01334 654038.



Accessing the Lomonds

Which paths are best for me?

Lomond Hills Regional Park
and
Fife Ranger Service

Pitcairn Centre
Moidart Drive
Glenrothes
Fife, KY7 6ET
Tel: 01592 583 240

www.fifecoastandcountryside.co.uk

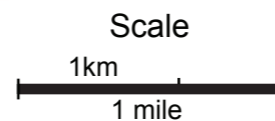
Access Information Officer
Tel: 01592 583 239



Paths in the Lomond Hills Regional Park



Black route with many steps, tunnel and narrow sections. Cycling or horse riding not recommended due to high risk of collision. Follow local guidance and use alternative route.



- P** Car Parking
- S** Stile
- G** Gate (with limited or narrow gap)
- SC** Self-closing gate 1.2m wide
- XG** Kissing gate up to 1m wide

- Sealed Roads
 - Regional Park Boundary
 - Steep climb (>= very steep, >> = severe). Steps.
 - Paths well surfaced, constructed, likely to be useable year-round
 - Paths basic / minimal constructed, surface may be rough and subject to erosion when wet
 - Paths nil construction, natural path, rough, grassed and subject to erosion
- Causing damage to a route is irresponsible and you will be acting outwith access rights. The unsurfaced routes are very prone to erosion and extra care should be taken, especially when it's wet and muddy. Please avoid these routes during poor conditions.