Following the Countryside Code

Remember that the countryside is a living working place and the improvements made to these routes could not be made without the support of the landowners, so please follow the Countryside Code:

- 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.

www.naturalengland.org.uk

If you wish to report a problem or fault please contact Street Doctor Tel: 0845 601 1113* (charged at local rate), Email: streetsdoctor@northamptonshire.gov.uk or go to our website.

The minimum recommended level of physical activity for adults is 30 minutes of moderate activity 5 days or more a week. For more information on local walking schemes visit www.whi.org.uk

 Leafs design and artwork: www.juliabuxton.com