

Countryside walking and running

Here are a few tips for walking or running safely in the countryside.

Countryside Code for the Public

- Respect the needs of local people and visitors alike – please do not block gateways, driveways or other paths with your vehicle.
- When riding a bike or driving a vehicle, slow down and stop for horses, walkers, runners and farm animals. The roads are very narrow and there isn't room for everyone.
- Always be careful on the country roads during the peak school holiday periods. The country lanes can become busy with tourists so slow down and make sure you leave yourself plenty of time..... no one is in a rush in Devon!
- Always follow public footpaths, using gates, stiles or gaps in field boundaries.
- As tempting as it may be for children, please do not allow them to chase/play with animals in fields.
- Please remember to take all litter home with you.
- Many of the local paths around us can get very muddy so we would advise wearing wellies and always keep your waterproof jacket to hand.

General safety for runners

- Always wear bright/reflective clothing so you are easily seen by other road users.
- Avoid wearing headphones as you won't hear cars/tractors/cyclists or be aware of the dangers around you.
- Take extra care at road junctions – look and listen and do not assume drivers have seen you.
- Always tell someone your route before leaving for your run.
- Wear comfortable, supportive trainers which reduce the risk of slipping.
- Pay particular attention to the surface you are running on – look out for tripping hazards such as tree routes and large stones.
- Always adhere to the countryside code and shut all gates etc.

Finally – be prepared to get muddy!