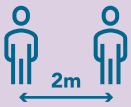


#OUTDOORS FOR EVERYONE

Practical tips & advice - Plan ahead and practice responsible physical activity



You can travel **anywhere in Ireland**



Distance yourself at least **2 metres** (6 feet) away from other people



Outdoor gatherings of **up to 200 people** when conducted in line with public health advice are permissible



Avoid an area if it looks busy and go somewhere else for your exercise



Wash your hands when you return home



Ensure you **park responsibly** and don't block gateways, forest entrances and narrow roads which need to be passable for emergency services



We all love the great outdoors and rely on each other to **keep safe** at the moment - **be responsible** and **look out for others** when in the outdoors



Space is limited on many paths and trails in outdoor settings - **allow space for others to pass** and try to keep your distance !



Many outdoor amenity sites **do not have toilet facilities** open



Many outdoor sites get very busy over weekends and have limited parking - avoid the crowds and **visit sites at off peak times**



We love our scenic outdoor spaces - let's keep the outdoors litter free by **Leaving No Trace!**