

## THE HUNDRED PARISHES SOCIETY

[www.hundredparishes.org.uk](http://www.hundredparishes.org.uk)

I would like to remind readers of the walk routes on the Society's website, [www.hundredparishes.org.uk](http://www.hundredparishes.org.uk). All routes can be download and printed. They include route instructions and information about the places you will pass. Each of the hundred parishes is included in at least one route and there are walks for all abilities. The routes have been designed to take you through interesting places and lovely countryside.

Before setting off, you might like to check the relevant parish introductions on our website; there, you will find details of local tea rooms and pubs, etc. It's best to check with the pub to see if it will be open on the day and time that you will need it.

Most of our routes include footpaths or bridleways where good footwear will make life more comfortable. A modest investment in a good pair of walking boots is recommended. Carry boot covers or plastic bags to put on before visiting a pub or church – or leave boots outside. Check the weather forecast and be prepared - with waterproof top, woolly hat or sunscreen.

Whether or not you are using one of the Society's routes, please be sure to follow the Countryside Code. I summarise a few points that are mainly common sense:

**Respect everyone** • be considerate to those living in, working in and enjoying the countryside • leave gates and property as you find them • do not block access to gateways or driveways when parking • be nice, say hello • keep to marked paths.

**Protect the environment** • take your litter home • do not light fires • always keep dogs under control and in sight • pick up your dog's poo • do not cause damage or disturb wildlife.

I hope you will join many others who already enjoy our routes.

Ken McDonald, Secretary