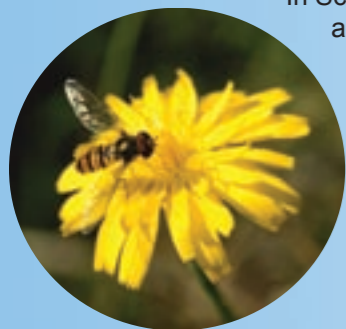


What about recreation?  
Walking, running, cycling,  
flying, horse-riding - all  
need space. What space?



Recent legislation means  
we now have more freedom  
of access to the countryside  
than we have ever known.  
However, we have to realise  
that we have an impact  
wherever we go, on other people, farm animals, crops  
and wild life; even on objects like fences, gates and  
walls. Our increased freedom means we have to take  
more responsibility for our behaviour in the countryside.



In Scotland most land has to earn  
a living for its owners. Even  
the land which looks wild is  
used for grazing sheep and  
managing game; and 'wild'  
land has to be protected  
because there is so little  
of it left. How can we share  
this space and be sure we  
are doing no harm?

The **Scottish Outdoor Access Code** gives us guidelines. If we  
follow these, we can be confident we are  
respecting the rights of others to live in, enjoy and earn  
their living in the countryside.



## Know the Code....

Enjoy Scotland's outdoors.  
Everyone has the right to  
be on most land and water  
for recreation, education  
and for going from place to place providing they act  
responsibly. These access rights and responsibilities  
are explained in the **Scottish Outdoor Access Code**.



### The key things are:

#### When you're in the outdoors:

Take personal responsibility for your own actions  
and act safely  
Respect people's privacy and peace of  
mind  
Help land managers and others to  
work safely and effectively  
Care for your environment and take  
your litter home  
Keep your dog under proper control  
Take extra care if you're organising an  
event or running a business.

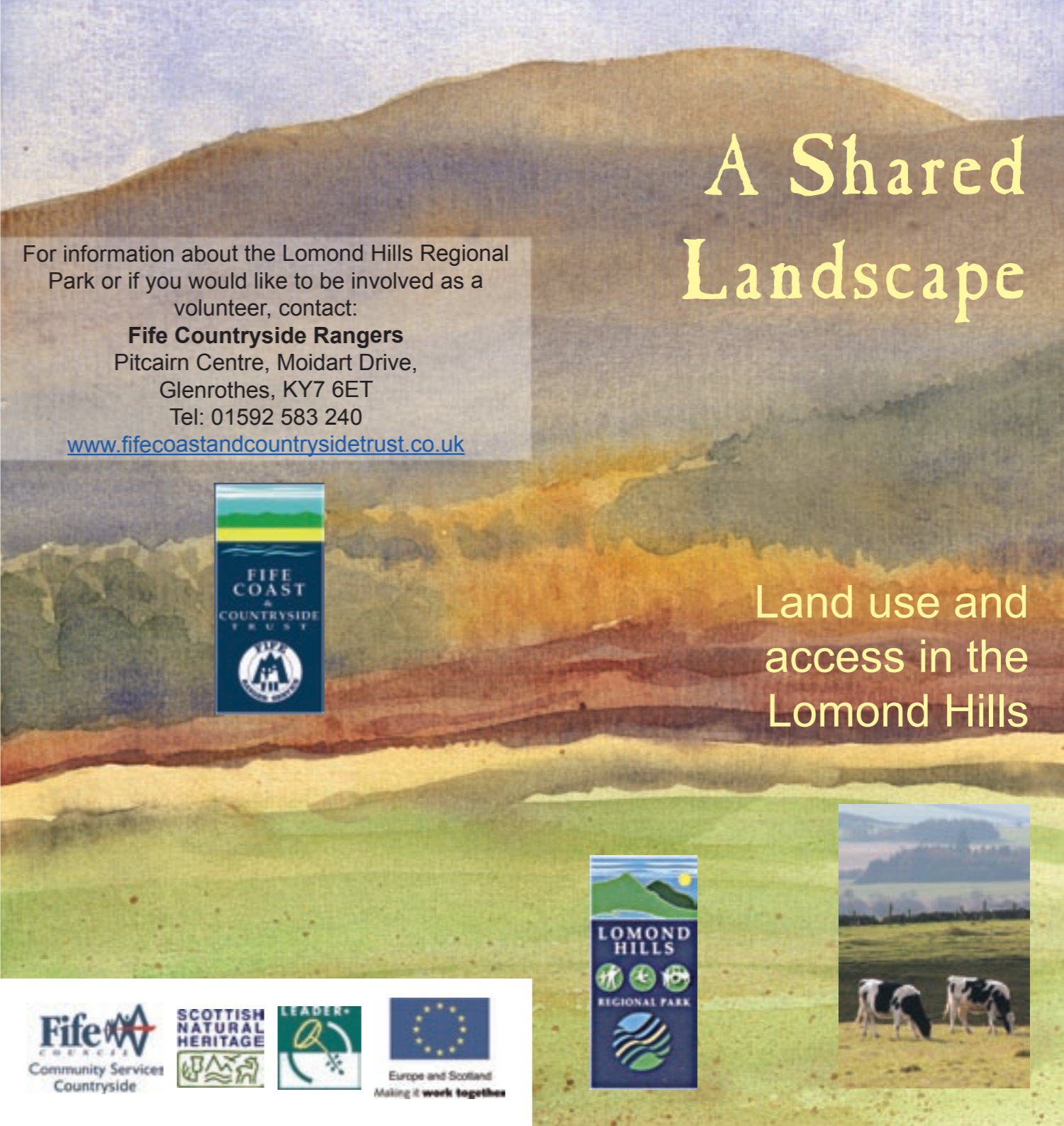


#### If you're managing the outdoors:

Respect access rights  
Act reasonably when asking people to avoid land  
management operations  
Work with your local authority and other bodies to help  
integrate access and land management  
Respect rights of way and customary access

#### What does all this mean?

Find out more by visiting:  
[www.outdooraccess-scotland.com](http://www.outdooraccess-scotland.com)  
or phoning:  
Scottish Natural Heritage on 01334 654038



# A Shared Landscape

For information about the Lomond Hills Regional  
Park or if you would like to be involved as a  
volunteer, contact:

### Fife Countryside Rangers

Pitcairn Centre, Moidart Drive,

Glenrothes, KY7 6ET

Tel: 01592 583 240

[www.fifecoastandcountryside.co.uk](http://www.fifecoastandcountryside.co.uk)



## Land use and access in the Lomond Hills



# Land in demand

The Lomond Hills Regional Park covers 25 square miles of moorland, lochs and farmland. It has always been a popular area for outdoor recreation. Importantly, it is also working countryside, mostly privately owned.



This is why the Regional Park was designated in 1986. Since then, land managers, Council staff and dedicated bands of volunteers have been working together here. In 2001 the Lomond Hills Regional Park Partnership was created, extending involvement to local communities and user groups.

Several farmers in the Park participate in the Partnership Access Management Programme, an innovative scheme which contracts them to look after paths and take on other visitor management duties on their ground.



Bridge-building near Balgothrie

## Sharing space....

The route suggested on this map introduces the main land uses in the Regional Park. While out in the Park, please follow the access guidelines overleaf. Rangers, Partnership Access Managers and Volunteers will be happy to answer your questions and offer advice.



## 1 Organic, naturally

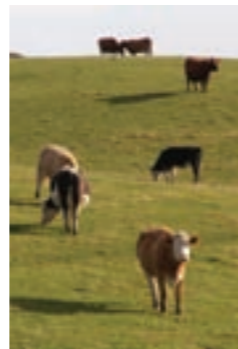
Holl Meadow is one of Fife's finest. More than 100 kinds of plant grow in the grassland beside the reservoir. Fertilisers and sprays are prohibited near

a public water supply, which suits the wild flowers very well. By staying on the road you will avoid damaging rare plants.



## 2 On the hoof

North of Holl Reservoir we find semi-improved grassland. Fertilisers and sprays can be used here to help create a high yield grassland for beef cattle and sheep grazing. Dairy cattle are kept on richer lowland pastures. If you bring your dog through this area please keep it under close control. Cattle are curious and may chase your dog!



## 3 Money trees



There are plantations of spruce, pine, larch and fir throughout the Regional Park, including the area south of Harperleas Reservoir. These trees are grown over a 40 to 60 year period, a long term investment which must be protected against damage by deer and fire. This is one important reason why fires are prohibited within the Park.



## 4 High living

Higher in the hills, sheep grazing is the main source of income from the land. The hardy blackface is one breed well suited to the harsh conditions. All sheep are expert escape artists, so please don't damage drystone walls or leave gates open allowing livestock out onto roads.



On the moors you may see signs of heather burning. This encourages the growth of new shoots, the staple food of red grouse. Ground-nesting birds like grouse are easily disturbed by loose dogs.



## 5 Wildwood (in time)

At one time these hills were blanketed in woodland. Small fragments survive, mostly in steep-sided valleys, away from cultivation and grazing animals. This is valuable habitat, home for some of our favourite wildlife: primroses, honeysuckle, colourful fungi, small birds and animals. New woodland is being created, using species like oak, birch, aspen and rowan. Native trees to suit native wildlife.



Young oak trees near Craigmead

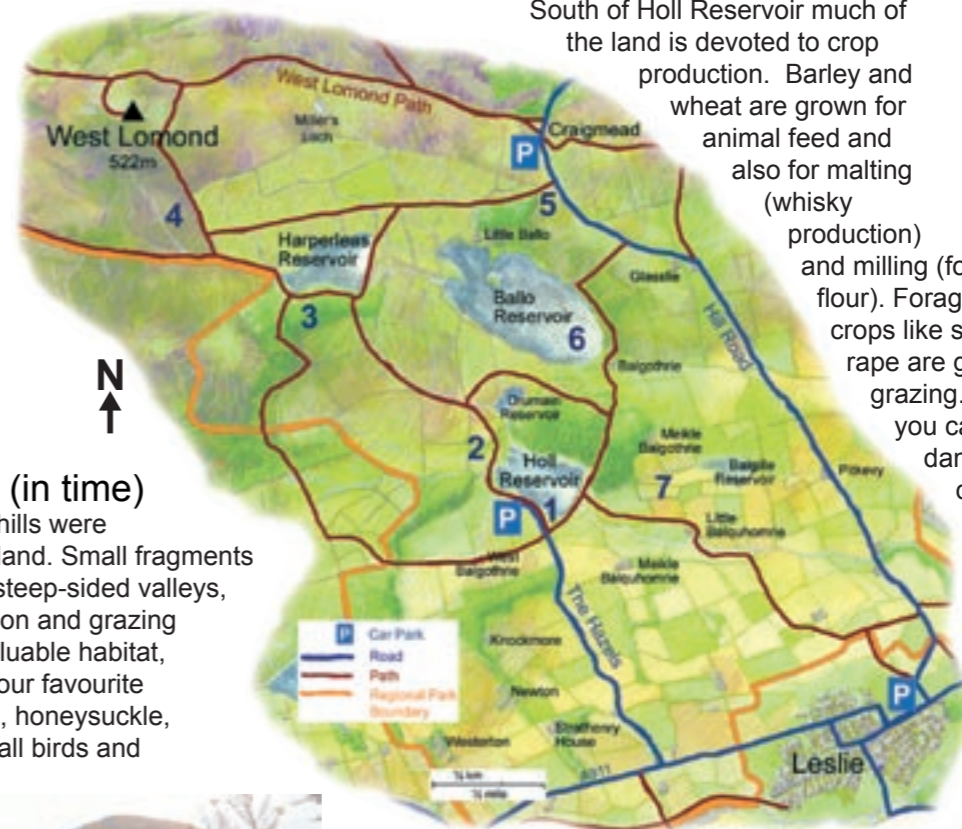
## 6 Cool clear water

Water is one of the most important resources in the Lomond Hills. The reservoirs supply local towns and support recreational fishing. They are also valuable wildlife habitats for plants, wildfowl, amphibians and aquatic insects. Please help us keep them free of pollution and litter.



## 7 Meat and veg

South of Holl Reservoir much of the land is devoted to crop production. Barley and wheat are grown for animal feed and also for malting (whisky production) and milling (for flour). Forage crops like swedes and rape are grown for livestock grazing. There are paths you can use to avoid damaging produce and disturbing wildlife in the field margins.



Farm machinery can be very dangerous. For your own safety, please avoid farm buildings, tractors, harvesters and other equipment.

