

The information given in this document has been provided in good faith. It is intended only as a general guide. We advise you to verify the accuracy of information before relying on it. It is the responsibility of individuals to approach outdoor activities such as the one described on this page with caution. The activity described can be strenuous and individuals should ensure they are fit enough before embarking upon it. If in doubt seak medical advices

Appropriate equipment and maps should always be carried, along with suitable clothing and footwear. Always follow the Countryside Code. More information about the Countryside Code, clothing, equipment and how to use it can be found on the go-dawalk.com website. This document may be downloaded from the Páramo web site and printed for personal use only except under TMDH Limited licence number. TPC0080. Nothing may be added, deleted or amended in any way. In any event, this document and

the information contained within it is and remains the sole property of TMDH Limited and is protected under Copyright © TMDH Limited 2021. All rights reserved. go4awalk.com is a registered trade mark of TMDH Limited. Páramo® and Páramo Directional Clothing Systems® are registered trade marks of Páramo. Landranger® is a registered trade marks and Outdoor Leisure® and Explorer® are trade marks of Ordnance Survey, the national mapping agency of Great Britain. © Crown Copyright 2000. All rights reserved.