DeskPRO 1

Leaving No Trace

Matt Alias - 2026-11-10 - Comments (0) - Chapter 2: On the Trail

The places we walk through stay beautiful because people look after them. A few simple habits make sure the next walkers enjoy the same views you did.

The basic rules

Take your rubbish home, including food scraps and tissues. Even things that break down, such as apple cores, can harm wildlife and take a long time to disappear.

Stay on the path wherever there is one. Walking around muddy patches widens the path and damages the plants that grow at the edges.

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Leave what you find. Flowers, stones and feathers all belong where they are, and the next visitor will enjoy finding them too.

Respecting wildlife and farmland

Keep your distance from animals and never feed them. Close gates behind you, keep dogs under control near livestock, and follow any signs. In spring and early summer, many birds nest on the ground, so take extra care.

A quick reminder

Take only photographs. Leave only footprints. Kill only time.

Small habits add up. If every walker takes a little care, the paths will stay open and the landscape will stay wild for everyone.