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Mosses contain areas of deep soft peat. There are many water filled ditches, pools and old peat workings, often hidden by a sphagnum moss carpet. Considerable care is required walking over sites except on public footpaths or on marked trails. Adders live here and there are ticks, which can carry Lyme's disease.

## South Solway Mosses



- Be safe – plan ahead and follow any signs
- Keep dogs under close control
- Take care - do not start fire
- Protect plants and animals, and take your litter home
- Leave gates and property as you find them
- Consider other people

## Dogs in the countryside

**On access land:**

- Keep your dog on a fixed short lead between 1 March and 31 July. This is to protect ground nesting birds from disturbance
- Local restrictions may include a ban on dogs
- Note that dog restrictions do not apply to guide/hearing dogs, or if you are using a Public Right of Way

**On Rights of Way:**

- Dogs must be kept under close control, preferably on a fixed short lead