

Views such as those from Stac Pollaidh can be among the rewards for taking up walking
Photograph: Andy Malby

Best Landscape,

best laws

Walkers in Scotland are doubly blessed with limitless wonders to explore and legally protected rights to do so. Let's make the most of it, **Helen Todd**, of Ramblers Scotland, urges

WHETHER you're into cycle touring, sea kayaking or just going for a gentle stroll, we're fortunate in Scotland that all these activities and more are backed up by enlightened access legislation, providing a firm foundation for all kinds of outdoor activities as long as they are carried out responsibly.

This combination of an outstanding natural environment and world-class public access rights is something many Scots may take for granted – only half of all Scots regularly enjoy the outdoors. But wouldn't it be great if everyone, from all backgrounds, felt inspired and encouraged to get outdoors and be more active, more often?

At Ramblers Scotland we'd love to see everyone