

# Castle Walk and Talk

## Health and Safety Guidelines

- Access to footpaths in general is uneven and sloping in some steep areas. They can potentially be very slippery in wet or wintery conditions. May not be suitable for the infirm or anyone in poor health or with health complaints
- Due to the above, there is a distinct possibility of slip, trip or fall injuries when using the access routes or when walking on the surrounding areas of the castle
- There is no support or handrail when crossing the stepping stones in the ha-ha or when climbing the steps protruding from the wall, so caution must be taken
- In wet weather the ha-ha collects a small amount of water, so be prepared for crossing over approximately three inches of water
- Walkers should not stray off designated paths as they may encounter risks not already controlled
- Weather conditions could cause various issues including slippery conditions; risk of falling branches from surrounding trees; poor light or mist/fog could result in trips or straying off the designated footpaths; hot or dry conditions may cause dehydration or increased fire risk
- Be careful of surrounding vegetation as bushes in and around the castle could cause scratches or nettle stings
- There is no light when going down the steps to the former kitchen area inside the castle, a torch is recommended here
- There is a risk of falling from height from the open edge above the old kitchen
- There is a risk of falling from height from the upper levels of the castle if locked gates are crossed
- Be prepared for excessive step-up/step-down height at the inner main entrance and in the corner when accessing the area above the kitchen
- Fire risk, although unlikely, from cigarette ends that could cause woodland fire.
- No wheel chair access
- Sensible and stout footwear must be worn at all times.

