

## COUNTRYSIDE CODE

We hope you enjoy your visit to West Dean Gardens and explore all the different areas in the gardens such as the Spring Gardens, Park and Arboretum. We've put together a countryside code to ensure you enjoy your visit and also enjoy the countryside responsibly:

- The circular walk through the Park and Arboretum is about 2 ½ miles long and takes about an hour at a steady pace. Please ensure you have sufficient protection from the sun and drinks to prevent dehydration during the hot, summer months.
- Please close all gates firmly behind you as sheep are grazing in the Park.
- Please keep all dogs under control and on a leash. (Note: Dogs are only allowed in the Park and Arboretum. Dogs are not allowed in the Gardens except assistance dogs.)
- Please keep to the mown paths wherever possible and avoid walking through the long grass and thick vegetation.
- Please do not drop any litter. Bins are provided at the Gardens Restaurant and Shop.
- Please be aware that there are ticks present in the Gardens, Park and Arboretum. Ticks vary in size, shape and colour, from quite tiny to the size of a small coffee bean. Ticks can do no harm until they attach themselves to a host. If you find one attached to yourself or your dog, avoid squeezing it. If it is newly-attached you will be able to remove it quite easily with fine tweezers or a special tick-removing tool available from most veterinary surgeries and pet stores. Hold the tick as close to the head as possible and pull slowly and firmly until it lets go. Once you have removed it, wipe the place it was attached and the tick-removing implement with antiseptic solution. For the next few days, keep an eye on the place where it was attached. If a rash begins to develop around that place it is advisable to visit your GP, explain that you have been bitten by a tick, and ask him to refer you for a blood test for Lyme Disease. If you have been unlucky enough to pick up an infection, your GP will be able to treat it.