

# #BeAdventureSmart

## Make your good day better

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Lake District Cumbria  
**ADVENTURE  
SMART**.UK



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## Searching for that unique selfie?

### #BeAdventureSmart, think about...

#### Where you are going?

How long will it take you to get there?  
Will you have to walk? Remember -  
Every kilometre you walk will take you  
15-20 minutes.

#### Stick to the footpath!

Straying off the path can be dangerous.

#### What's the route like?

Are you and your companions capable?  
It's ok to turn back.

#### Allow enough time!

Can you get back before it gets dark or  
the weather changes?

#### Is it safe?

Are there hidden dangers - cliffs,  
deep water, vertical drops?

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