## Plough and Harrow Loop







## SAFETY

- Be sun smart cover up with clothing, a hat and sunscreen.
- Stay hydrated take water with you and stop to refill.
- Stick to the paths.
- If you're using a bike in the Parklands, you'll need to wear a helmet.
- In an emergency, call 000.
- Download this app to link you to emergency services by GPS if you get lost: emergencyapp.triplezero.gov.au