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## Repeat

Keep it going! Pay it forward, encouraging others to do the same. You could pledge to return to your rubbish route weekly, monthly, or whatever's good for you. It's your trails, your wild places, your community. They need you.

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## Reward

This might be the most important... We know that protecting what you love isn't easy. Own that commitment to protect what you love and work just as hard to reward yourself for what you've done. It's ok for it to be stressful and tiring, as well as satisfying and enjoyable. Go for a ride, a run or a roam with no real aim. Just do you. Or eat some cake?

## 7 Report

Tell everyone and share your trail clean far and wide - shout it from the rooftops. Tag us on Instagram @trashfreetrails, #jointhetrashmob, #trashfreetrails. Log your finds in the [State of Our Trails Report](#). Get back in touch with the neighbour's cat if they didn't listen the first time!

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## Record

What did you find? How did it feel? Jot this kind of thing, and anything else interesting about your trail clean down somewhere. In a notebook, in your head, on a Trail Bandit bingo card, on the inside of your eyelids? Left sock? Wherever takes your fancy. Tally your finds to contribute to the [SoOT Report](#).

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## Recycle

Have a look through your haul, sort it into lovely little piles of recyclable goodness, and make sure it ends up where it should have been to start off with - a bin!

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## Remove

You guessed it, Get out there and remove what you can in a safe way.

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## Rally

Rally our community! Share your Komoot 'rubbish' route and your plans with us on social media, tell your fam, your friends and your next door neighbours cat, if they'll listen. Remember, it's the #TRASHMOB you're rallying. We're global. From your high street to the Highlands, all the way to the Himalayas, we'll see you.

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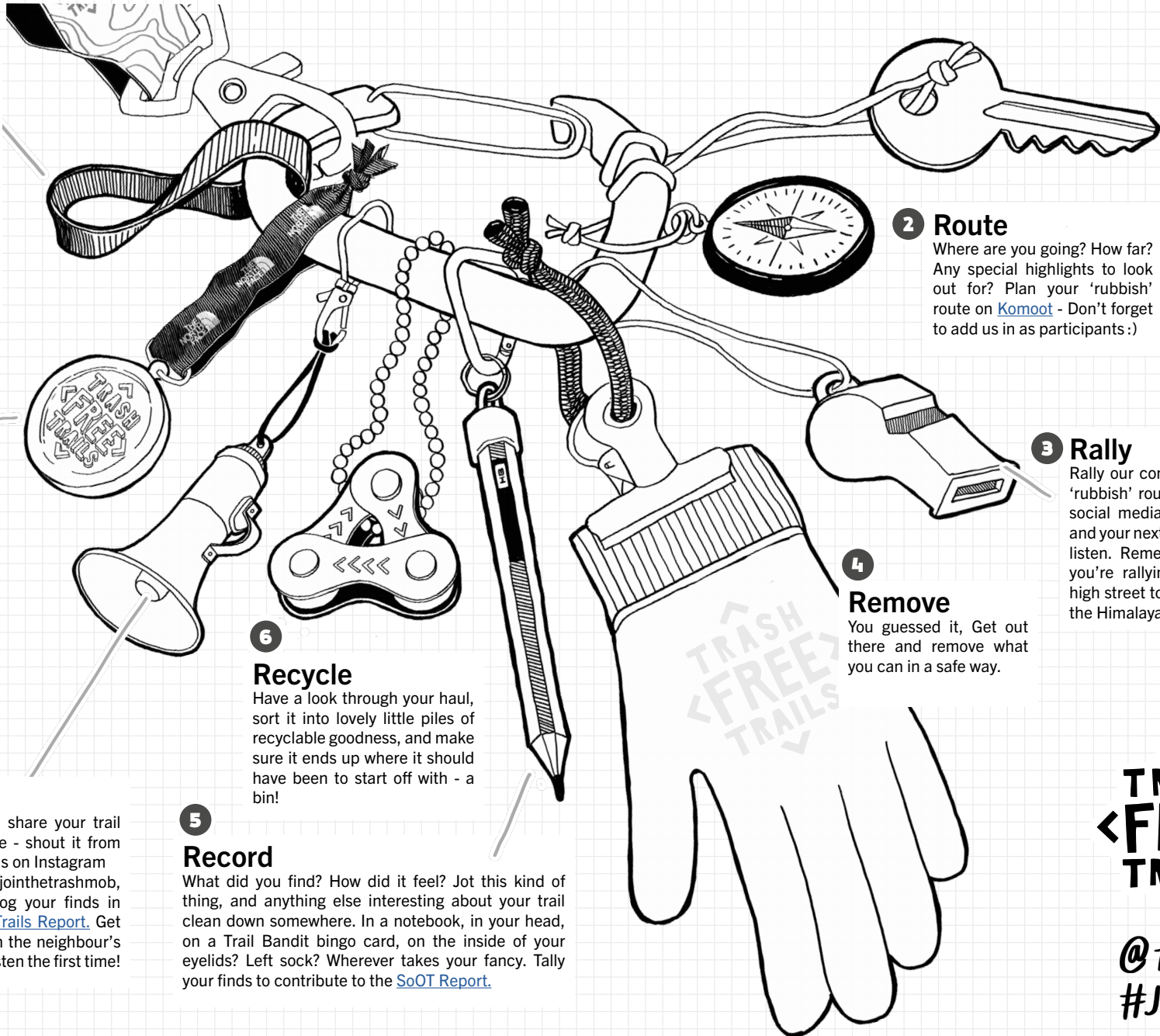
## Route

Where are you going? How far? Any special highlights to look out for? Plan your 'rubbish' route on [Komoot](#) - Don't forget to add us in as participants:)

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## Recognise

Our trails and wild places are an incredible source of restoration for us. On your next ride, run or roam, do a recce - what's out there? What needs to be done? Recognise your responsibility!



@trashfreetrails  
#JOIN THE TRASHMOB