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## Scottish Government travel restrictions updated

From 26 April, Scottish Coronavirus regulations permit unrestricted travel within Scotland and between Scotland and England, Wales, Northern Ireland, the Channel Islands, or the Isle of Man. Travel restrictions remain in place for travel between Scotland and the rest of the world.

These rules may be changed depending on the state of the pandemic in Scotland and in other countries. Please check before you travel.



### Travelling around Scotland

From 26 April, Scotland is treated as a single area at protection Level 3. As a result there are no restrictions on travel within Scotland, but other rules and guidance are in place that may affect your travel plans. For example, you can stay overnight away from home, for example in self-catered accommodation, in a hotel or a B&B, but only with members of your own household or extended household. You cannot stay overnight with family or friends in a private house unless they are part of your extended household.

The rules on travel may be changed depending on the state of the pandemic. Please check for up to date information before you travel.

See also:

- [guidance on tourism](#)
- [guidance on extended households](#)
- [travelling safely](#) (Transport Scotland website)

### Travelling to the Scottish islands: pre-departure testing

To reduce the risk of coronavirus being brought into island communities by people who are unaware they are infectious, the government is encouraging anyone planning to travel to a Scottish island to test before they do so. You can order rapid lateral flow tests for delivery to your home anywhere in the UK and they should arrive within 24-48 hours. It is recommended that you test three days before you plan to travel and then again on the day of

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departure. If you test positive, you should complete your period of self-isolation before you begin your journey.

Order lateral flow tests here: [Coronavirus \(COVID-19\): getting tested in Scotland - gov.scot \(www.gov.scot\)](https://www.gov.scot)

This is a voluntary scheme, and you will not need evidence of a negative test to travel to a Scottish island. However, the government would encourage you to participate in order to reduce the risk that you inadvertently carry coronavirus into one of the island communities.

### **Travelling within the UK, the Channel Islands and the Isle of Man**

From 26 April, Scottish regulations allow unrestricted travel between Scotland, England, Wales, Northern Ireland and the Isle of Man. You should check those destinations' own rules on entry and local restrictions before you travel (see links below).

- [England](#)
- [Wales](#)
- [Northern Ireland](#)
- [Jersey](#)
- [Guernsey](#)
- [Isle of Man](#)

The Scottish rules may be changed depending on the state of the pandemic in Scotland and in other countries. Please check back here for up to date information before you travel.

### **Travel between Scotland and the Republic of Ireland**

Under Scottish regulations, restrictions remain in place on travel to and from the Republic of Ireland but will be kept under review. Those restrictions require you to have a reasonable excuse for travel, for example for work or education. There is a [detailed list of examples of reasonable excuses in the regulations](#). Going on holiday is not a reasonable excuse for travel.

These rules may be changed depending on the state of the pandemic. Please check before you travel.

You should also check the [Republic of Ireland's own rules on entry and local restrictions](#) before you travel.

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## **International travel (outside the UK, Ireland, the Channel Islands and the Isle of Man)**

International travel to or from Scotland (other than to and from the Channel Islands and the Isle of Man) without a reasonable excuse is prohibited by law.

See [reasonable excuses](#).

Holidays – either from or to Scotland – are not a legal reason to travel.

Even where travel is allowed, you should still avoid travelling abroad if possible.

If you are coming to Scotland it is likely that you will need to isolate in a hotel or at home in Scotland for at least 10 days after you arrive. Travellers, by law, must have proof of a negative coronavirus (COVID-19) test before travelling to Scotland from abroad.

More information on testing for people travelling to Scotland and quarantine is in the [international travel guidance](#).

The situation continues to evolve worldwide, so it is important that you check all guidance before you travel.

## **Travelling safely**

Transport Scotland has produced [guidance on travelling safely in all forms of transport](#).

For the full guidance see: [Coronavirus \(COVID-19\): guidance on travel and transport - gov.scot \(www.gov.scot\)](#)

## **Current protection level**

All of Scotland is currently at Level 3 which means:

- you can meet in groups of up to 6 from 2 households in an indoor public place such as a café, pub or restaurant
  - you can meet in groups of up to 6 from 6 households outdoors, in a private garden or a public place like a park or an outdoor area of a café
  - under 12s do not count towards the total number of people or households meeting outside but do count towards the household numbers indoors
  - you can travel anywhere in Scotland
  - you can travel to England, Wales, Northern Ireland, the Isle of Man or the Channel Islands - before you travel you must check the travel rules in those countries
  - you should not go into someone's house except for certain reasons such as joining your extended household or caring for a vulnerable person
  - you can provide informal childcare, for example to look after a grandchild
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- 50 people can attend funerals and weddings
  - tradespeople can carry out any work in your home such as painting, decorating or repairing
  - you should work from home where possible

### **What can open at Level 3**

Places and business that can open at Level 3 include:

- cafés, pubs and restaurants can provide full outdoor service, subject to local licensing, and serve food indoors without alcohol until 8pm
- all shops and stores
- all close contact services including hairdressers, barbers and beauty salons
- gyms and swimming pools (no indoor group exercise classes allowed for over 18s)
- tourist accommodation
- all visitor attractions
- all public buildings like libraries and community centres
- drive-in events

### **What must close at Level 3**

Places and business that must close at Level 3 include:

- leisure and entertainment venues such as cinemas, theatres, nightclubs and concert halls
- stadiums

This is not a full list. You can get more information here: [Coronavirus \(COVID-19\) protection levels: what you can do - gov.scot \(www.gov.scot\)](https://www.gov.scot/topics/coronavirus/coronavirus-protection-levels-what-you-can-do)

**Please talk to us about planning for the removal of lockdown and preparing for the rest of 2021 and 2022. We are here to support you.**

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