

Recommendations

- ✓ Wear suitable clothes and shoes for this kind of exercise and terrain. In the mountains the weather may change from hot to cold at any moment. Rain or snow may occur at any time (even in summer). Bring a bit of everything. Choose clothing that protects you from the possible risks to which may be exposed to. Choose an easily locatable colour in case of an emergency, and in the hunting season, which clearly distinguishes you from animals.
- ✓ Please do not stray away from the path. Walk carefully. Pay special attention to the ground and avoid stepping on the areas where vegetation repopulation are being carried out. Use the ways or paths already established, the environmental impact on the flora will be much lower.
- ✓ Do respect natural and cultural patrimony: do not take plants, animals, rocks, or any kind of archaeological remains with you.
- ✓ Do not commit erosive actions. Soil is an essential component of the ambient, for in it life is created.
- ✓ Do not throw rubbish away except in bins provided. Do not leave residue, do not throw trash and debris. If you bring an empty bag and pick up some of the rubbish you find, everyone will appreciate. Biodegradable wastes mean lower risk, but is not a good idea to abandon them, they sometimes have a prolonged period of decay, and if the area is very crowded, become dump and could even lead to problems of contamination of aquifers and waterways.
- ✓ Remember that noise is pollution. Do not make any kind of extreme or unnecessary noise which can cause any kind of offence.
- ✓ To avoid disturbing wildlife, try to observe from a distance, with binoculars. Avoid feeding wild animals.
- ✓ Do not fire on the mountain, do not provoke careless. Foresee fire. Do not use items that may generate sparks. With respect to tobacco, smoke only in natural environments where not prohibited; be sure you extinguish cigarette butt and take it to a waste collection point instead of throwing it to the ground.