



10 Good Principles for Outdoor Sports in Protected Areas

Plan your visit sustainably

When we enter a Protected Area, we all make an impact on the natural environment no matter how small this might be. It is important not just to care for ourselves but the nature around us. Nature is inviting you into her home, be a good guest!

Come on foot, bike or public transport as a priority.



When using private vehicles, try to share the ride.

Circulate with caution and park in the spaces reserved.



Get Out & Get Into Nature!



www.outdoor-sports-network.eu



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How to make the most out of your visit and to take care of the Protected Area?

- 1 You are a privileged guest.** Stay in the trails, respect the natural environment and regulations to guarantee the beauty of the place.
- 2 Plan your activity carefully.** Gather the information you need to enjoy your activity and the place; you will appreciate it better.
- 3 If you come with a dog,** take extra care of it. Follow the regulations. Dogs can disturb other species.
- 4 Take care of yourself and others** and be prepared to help others, regardless their sport.
- 5 Everyone wants to enjoy the place.** Give way to other users; anticipate that they often do not feel or see you coming, respect speed limits.
- 6 Help us to keep this place clean.** Leave no trace and take with you the waste you make.
- 7 Night is for species to be alone.** Avoid going in the night for your safety and let the animals live in peace.
- 8 Keep "secret places" secret!** Use social media and GPS tracks with responsibility and according to official regulations.
- 9 Avoid excessive noise.** Enjoy the quietness and calm, animals need quietness as we do.
- 10 See it, Say it, Sort it!** If you see something wrong, tell the park. Open your eyes, appreciate nature and enjoy!