



General Recommendations

June 2012

The Southern Tracks team follows the Nature Tourism Code of Conduct, therefore recommending:

Good environmental practices

1. Noises and any wildlife disturbances must be avoided, especially in shelter and reproduction areas.
2. Fauna observation should be done at distance and preferably with the aid of binoculars or other appropriate optical equipment.
3. Food must not be left in the fields nor given to wild animals.
4. Animals, plants, mushrooms or geological samples must not be taken.
5. Hurt wild animals found should be delivered if possible to the ICNB, I.P., or to the Serviço de Protecção da Natureza e Ambiente da Guarda Nacional Republicana (SEPNA), or the situation reported to these organizations so shelter and attention in proper animal care centers can be provided.
6. Accidents or environmental violations detected must be immediately reported to the SOS AMBIENTE e TERRITÓRIO service, to the ICNB, I.P., or to SEPNA .
7. Garbage and residues must be collected and properly disposed.
8. No campfires are allowed outside authorized areas.
9. In every activities existing paths and trails should always be preferred.
10. Signs must be respected.

Here are some practical tips to help you succeed in your trip:

Footwear – Comfortable and adequate footwear is the best choice. Ask our guides in case of doubt.

Clothing – Clothing should also be comfortable. If you're going to the field we recommend pants and T-shirt – shorts are cooler but they offer less protection against thorns and the sun. We also advise you to cover your head with a hat or a headscarf, or a winter cap during the cold weather. Polar fleece and windjackets are ideal for the winter. Always remember that you'll start feeling warmer after you've started walking, so don't put too many clothes on. In the wintertime a pair of gloves and a raincoat are always welcome, and of course a dry T-shirt in your backpack is always a good idea. Even if you don't need it there might be someone there who will. Since synthetic fiber socks will make your feet angry we advise you to use cotton fiber socks – and in the wintertime two pairs will feel just great.

Backpack – a lightweight backpack filled with some water, fruit and chocolate or energy bars will make you feel more comfortable. The most important secrets are: flashlight, binoculars, garbage bag. Let us know if you're not prepared before we leave for the tour. We'll have a kit waiting for you.

