

code of CONDUCT

AND GOOD PRACTICE FOR THE VISITORS OF PROTECTED AREAS

BE OUR PARTNER IN THE PRESERVATION OF PROTECTED AREAS

NOTE:

According to Resolution of the Council of Ministers n. ° 112/98, paragraph 6, of August 25, the strategy to implement the National Program of Nature Tourism (PNTN) establishes the integration and sustainability of the following vectors: Conservation of Nature, Local Development, Qualification of the Supply of Tourist Services, and Diversification of Tourist Activity.

- Respect the **local ways** and traditions
- Respect local **inhabitants**
- Respect **private property**; close any gate you may encounter along the trail
- Try not to make too much **noise**, nor engage in peace disturbing activities
- Maintain a certain **distance from animals**, and do not feed them. Preferably, observe them using binoculars
- **Do not pick plants** or collect geological samples. Allow other visitors to join you in contemplating their richness
- Take only **photographs**. They are a memory of good times, and capture the beauty of the landscape
- Respect the **signs** of the Protected Area
- **Trails** should be used by small groups at a time. Excess of visitors may cause its erosion, as well as the destruction of vegetation
- **Do not make any fire**. Use flashlights for light and bring suitable clothing for warmth
- Each visitor is responsible for his own **garbage** and waste. Place them in the proper bins
- Contact the **authorities** should you encounter any irregularity



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FOR YOU OWN SAFETY

We suggest that you always take the following to your activities:

Water

Provisions

Garbage bags

Adequate footwear and clothing

Hat

Sunscreen

Map of the Protected Area and Compass

Contacts of the local authorities

- Follow the signalled **paths**
- **Picnics** should take place in the designated eating areas available in Protected Areas. Know their location before beginning your visit
- When cooking use **camping stoves** in the designated eating areas
- **Camp** only in authorised sites
- Watch out for **cattle**. Although they are not dangerous, they resent strangers approaching their younglings
- Practice nature **sport** in designated locations, and take all safety precautions. Do it under the supervision of duly certified sports supervisors
- Keep in mind that the **trails** may be used by walking visitors and visitors riding horses, bicycles, or motor vehicles. Mutual respect and common sense should prevail



ENJOY LOCAL PRODUCTS AND SERVICES

- **Try to obtain information** about the several aspects of the Protected Area you are visiting. Go to its supporting structures (Interpretation Centres and Reception Areas), the local Tourism Offices, and visit www.icnb.pt
- Protected Areas are privileged locations for animation and leisure activities. Look for services provided by the entities licensed by the Institute for the Conservation of Nature and Biodiversity (search www.icnb.pt)
- Enjoy local **accommodation services**
- Promote local development, and purchase **traditional products**
- Take the opportunity to taste the flavours of **local gastronomy**

