code of CONDUCT

AND GOOD PRACTICE FOR THE VISITORS OF PROTECTED AREAS

BE OUR PARTNER IN THE PRESERVATION OF PROTECTED AREAS

NOTA:
According to Resolution of the Council of Ministers n.º 51/2015, paragraph 5, of July 21, 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 traditons
- 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 geologial 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 activies:

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 loca-tion 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 activities in designated locations, and take all safety precautions, do it under the supervision of duly certified tour operators
- 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.icnf.pt
- Protected areas are privileged locations for animation and leisure activities. Look for services developed by companies with activities recognized as Nature Tourism in **www.icnf.pt** or in **www.turismodeportugal.pt**
- Enjoy local **accommodation services**
- Promote local development, and purchase **traditional products**
- Take the opportunity to taste the flavours of **local gastronomy**



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