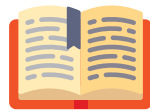


PORTUGAL IS CALLING: WHETHER YOU'RE WALKING OR CYCLING, PLAY IT SAFE.



CODE OF CONDUCT



- Bring a map of the route or a device with GPS with the route to be taken.
- Inform the competent entities of situations that could be dangerous and of suspicious or inappropriate behaviour.
- Keep to the signposted and/or planned route.
- Be respectful of private property.
- Leave gates as you found them. If they were closed, make sure they are properly closed again after you have gone through.
- Avoid making noises that could disturb the environment.
- Do not pick or harm plants and do not disturb any animals.
- If you are especially interested in seeing wildlife, go early in the morning or towards dusk.
- Bring along field guides, especially ones about birds and plants, as well as a camera and binoculars so that you can see the animals from a distance.
- Keep a safe distance from electrified fences.
- Do not leave rubbish behind; keep it with you until you find a bin.
- Do not light fires anywhere other than in places where it is permitted and which have been properly prepared for that purpose. If lighting fires for cooking is permitted, always use appropriate equipment (e.g. barbecues in picnic parks).
- Do not throw cigarette ends on the ground; keep them with you until you find a bin.
- Do not destroy or modify any signage.
- Do not damage any part of the surroundings or any facilities or equipment.
- Only travel in vehicles where permitted. When parking, make sure you do not obstruct the passage for emergency vehicles. Park your car facing the direction of the exit and away from any dead or dry vegetation.
- Buy and consume local products. By doing so, you will be contributing to the economies of the places you are visiting.
- If you bring your pet make sure it does not disturb any wildlife or livestock along the way. Make sure you bring enough water with you for your needs
- Be wary of livestock. While the animals may seem tame, they will not like strangers approaching their young.

HOW TO KEEP YOURSELF SAFE



Plan your activity

- Do not go alone; always go with somebody else.
- Plan your journey or the amount of time you will spend on a particular route.
- Bear in mind that, in winter, routes which cross streams may be impassable following heavy rain and higher altitudes may be affected by snow or ice.
- If your route takes you through hunting areas, bear in mind that, in autumn and winter, hunters may be out on Thursdays, at weekends and on public holidays.
- Avoid the hottest hours of the day, particularly in summer and even more so on days when there are hot weather warnings in force.
- Get information about the area and the route in advance. Visit the Centres for environmental monitoring and information before setting off.
- Check how long it should take you to complete the route and make sure you can do so before nightfall.
- Pinpoint a place to spend the night, if applicable.

Check the weather forecast and any hazardous conditions

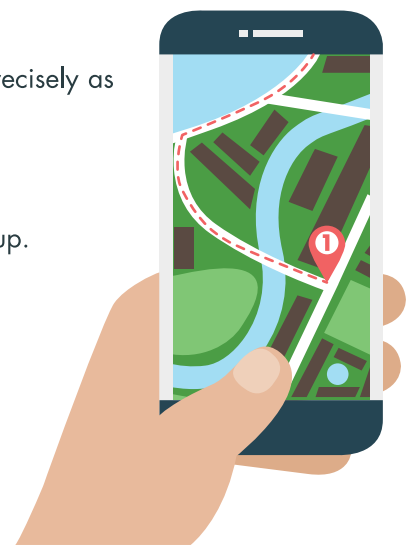
- Check and keep in mind the weather forecast for the entire time you will be on the route.
- In the event of heavy rain, snow, fog or strong winds, do not set out or, if you are already on your way, retrace your steps back to the start.
- Check and keep in mind any risk information and warnings issued by Civil Protection.
- Before you set off, read the specific details on the rules for using the route safely and obey them.
- Obey any temporary route closures that may have been implemented because of risks, the state of conservation or the need to safeguard natural values, etc.
- If the route takes you through any urban areas, watch out for motorised traffic on the roads.
- If the route takes you along beaches, pay attention to the tides and the sea state. On days when the sea is rougher, do not approach the sands and especially the area where the waves are breaking.

Report your presence

- Voluntary check-in/check-out: Always inform the entities responsible for managing the route or the Civil Protection authorities that you will be using a particular facility (e.g. date, length of time, the characteristics of your group, contact details, etc.).
- Download the local and national digital apps that provide safety back-up (MAI MOBILE).
- If you are doing a self-guided or independent corporate programme, keep in touch with the company's monitor and obey their instructions.
- At the very least, inform someone (a friend or family member) when you set off.
- Always have the necessary details to hand to be able to indicate your location as precisely as possible in an emergency.

Know your own limits

- Be aware of the personal limits (physical and technical) of each member of your group.
- Do not take unnecessary risks.
- Do not approach the edges of precipices or cliffs, always keeping a safe distance.



Essential equipment

Generic

- Wear clothing and footwear appropriate to the conditions.

Communication

- Never set out without some kind of communication device (e.g. mobile phone, radio, etc.). Check that the battery is sufficiently charged.
- Make sure you have some means (technological or other) enabling you to communicate or pinpoint your location as precisely as possible in an emergency.
- Bring a whistle and a reflective plate.

The activity

- Bring along a set of equipment and tools to ensure your basic safety depending on the type of route and the way you will be using it.
- If you are walking, bring: a back-up map or plan of the region the route goes through; a compass or a device with GPS.
- If you are cycling, always wear protective gear (e.g. gloves, helmet, goggles, etc.) and bring along maintenance equipment (pump, spare inner tube, etc.).

Survival

- Bring along some extra food and water.
- Always bring along useful items such as a hat, sunglasses, sunscreen, a torch and a penknife.
- Bring along a first-aid kit (compresses, antiseptic, plasters, insect bite and sting cream, muscle pain reliever, etc.)
- Bring a survival blanket.

In the event of an accident or serious incident

- Remain calm.
- Call **112**, report the situation and answer any questions.
- Give details of the location as precisely as possible.
- Remember that even if you have no service on your own operator's network, **112** calls are automatically put through on any other available operator's network. The same applies to mobile phones with no credit or with very low battery.
- Implement the available mechanisms for safety and well-being.
- Try always to keep in touch.

Portugal is one of the countries with the highest forest cover in Europe and is a favourite destination for nature-loving holidaymakers. It is vital that we appreciate what these spaces offer us and take care of their worth. To this end, Turismo de Portugal and AGIF have joined forces to raise awareness among tourism companies and tourists with a view to preventing rural fires and safeguarding people and goods.

**Read this leaflet carefully.
It will make all the difference.**

www.portugalchama.pt

www.portuguesetrails.com



INPUT AND TRANSLATION PROVIDED BY ASSOCIAÇÃO SAFE COMMUNITIES PORTUGAL

Information intended for managers and produced on the basis of ADAI, ICNF and ANEPC technical contributions. For more information, contact the institutions in question and consult the applicable legislation.

