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COMMANDMENTS

# THE HIKER'S CHARTER



The Hiker's Charter aims to raise awareness among all trail users about the preservation of the environment and respect for biodiversity.

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## Respect Protected Areas

You will be visiting natural areas protected by regulatory measures. Inform yourself beforehand (natural reserves, alpine pastures with guardian dogs, etc.)

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## Stay on the Trails

Stay on marked paths to avoid getting lost. Protect fragile areas by avoiding trampling on species.

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## Share the Trails

The mountains are a habitat for wildlife that you will share: forestry, agricultural, and sporting activities... Be mindful of other users.

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## Keep Your Dogs on a Leash

You consider them friends, but wild animals see them as predators! Even the friendliest dogs can frighten wildlife, herds, and their guardian dogs. Dogs may be prohibited on certain trails (e.g., Nature Reserves), so check in advance.

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## Preserve Our Sites

Be proactive in maintaining the quality of hiking sites! Report any issues like defective signs, pollution problems, or safety concerns on the website <https://sentinelles.sportsdenature.fr/> or by contacting the local tourist office.

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## Respect Wildlife and Flora

Let Flowers Grow: Do not pick flowers, buds, or young shoots, but learn to recognize them in their natural environment.

Be Discreet Around Wildlife: Wildlife watches us and waits for us to pass to resume their activities. By being discreet, you might get the chance to see them. Never touch or feed a young animal, as its mother may abandon it or become aggressive.

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## Close Gates and Fences

On trails, we are often on someone else's property. Remember to close gates and fences after passing through to keep herds contained.

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## Take Your Trash With

You Bring a trash bag to take your waste with you.

The best waste is the one we don't produce!  
Decomposition times of waste:

- Paper tissue: 3 months
- Cigarette butt: 2 years
- Chewing gum: 5 years
- Can or plastic bottle: 100 to 1000 years
- Plastic bag: 400 years
- Glass: 4000 years
- A single battery represents very harmful pollution for the soil and water.

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## Favor Green Transportation

Transportation is one of the main sources of greenhouse gas emissions. Opt for carpooling or public transport to reach your hiking destination. Stick to roads open to vehicles and park in designated areas.