



LAUKU CEĻOTĀJS

Green Advice for travellers

- Travel on environmentally more friendly transport – trains, bicycles, boats and skis. You'll be closer to nature and protect it, too.
- On nature trails and in a natural environment, walk single file, because that will leave fewer footprints in the direct and indirect sense.
- When you're on fragile cover such as moss, dunes, unstable shorelines, etc., your bike will leave very deep tracks, and these won't disappear for years. Stay on trails, routes and appropriate locations.
- Put waste where it belongs so that you can enjoy the site next time.
- Remember rules about specially protected natural territories and NATURA 2000 locations. These are sensitive locations, and people can easily harm them.
- Leave animals alone, particularly if they are rare or endangered, when they are breeding, nesting or wintering. Animals don't bother you in your house. Don't bother them in theirs.
- Plants and animals are not meant for your collection, herbarium or anything of the sort.
- Cut mushrooms with a knife instead of tearing them out of the ground by hand. Don't use machines to pick berries. Let the forest regenerate so that it offers its treasures next year, too.
- No autographs on cliff walls, trees or human-made objects. Leave natural and cultural treasures alone for future visitors.
- Don't break anything. You're not the only one on the trail.
- Campfires can be set only in intended locations. Remember your fire safety rules – the damage caused by a forest fire cannot be measured in numbers.
- Spend the night in an intended location. You'll appreciate this advice, because tourist facilities usually have prepared firewood and areas for tents.
- Use environmental guides when you can – they'll reveal a world you never thought existed.
- Make use of the products of local residents and don't tote around too much of your own stuff. That supports businesses in the countryside, and local foods are sure to be healthier and tastier.
- Respect the traditions and habits of local residents if you want them to be hospitable. Listen to the locals. They can tell you about interesting places to go and see, and you can learn about the history and traditions of the area.
- Don't bring along substances that are harmful or dangerous to the environment and human health. We don't want our rivers and lakes to overgrow, and we don't want plants, animals and people to suffer.
- Let's be frugal with natural resources even if they're in abundant supply. The fact is that there are fewer and fewer renewable resources in the natural world.

