



Walking in the forest

Forests are priceless components of the environment and serve many functions. Primarily, they form and protect natural resources. Through the process of photosynthesis, forests renew the atmosphere's oxygen supply by absorbing atmospheric carbon dioxide and moderating the greenhouse effect. Forests provide a habitat for many species of plants and animals, thus protecting and sustaining the diversity of nature. Forests clean the environment by muffling noises, buffering strong winds and stopping dust and gases. They help regulate surface water runoff and prevent soil erosion. Forests are also popular areas for relaxation and recreation.

In recent years, due to the widespread destruction of nature, the ecological value of forests has increased immeasurably. The conservation of forest ecosystems is therefore one of the major challenges facing current and future generations. When walking in the forest, you can minimise your environmental impact by following some simple guidelines:



Use established trails, and walk in small groups.
Avoid fragile areas, particularly wetlands and unstable slopes.



Stop to rest only in areas where your presence will not damage vegetation.



Camp only in appropriate areas, preferably on marked campsites.



Learn about indigenous animals and avoid disturbing them.
Do not continue to approach animals after they become aware of your presence.
Let animals eat their natural foods. Giving them human food can disturb their diets and behaviour.



Use fire responsibly. Let your fire burn down to white ash and allow it to cool completely before you leave it.



Do all washing at least 100 metres from the nearest water source.
Minimise the use of soap.



Dispose of waste and wastewater appropriately.
Take your rubbish home with you.



Refrain from picking flowers.