

RULES FOR RESPONSIBLE HIKING

These rules do not in any way replace regulations and expert advice but are only intended to provide general guidance to visitors.

- **Trust the experts**

If you have any doubts, our experienced guides will be able to advise you on the best hike for you and accompany you along the way

- **Plan carefully**

Find out about the level and type of itinerary by consulting the dedicated information material. You can find out the status and description of the main trails at <https://www.cai-fvg.it/sentieri-cai-fvg/>, <http://www.tarvisiano.org/it/16249/estate>. If you plan to spend one or more nights in a lodge, check availability

- **Check the weather**

Check the weather forecast before and during your hike and factor in the ground conditions. In the event of summer storms, keep your distance from trees and stay away from exposed spots

Responsible technology

In addition to maps, you can also use apps or electronic devices with GPS to help you find your way. Limit use to ensure long battery life and enjoy the experience to the full

- **Don't overdo it**

Choose your hike based on your physical and technical ability. Do not start too late in the day. If you cannot continue due to the weather or the route becoming too difficult, turn back

- **Follow the signs**

Follow the signs on the trails. Do not go off the track unnecessarily and do not take shortcuts: you will avoid putting yourself in dangerous situations

- **Better together**

Avoid going on a mountain hike alone. If necessary, take a mobile phone with you or let someone know the route you plan to take

- **At the right pace**

No one should be left behind during the hike. Before setting off, share the route and its characteristics with your companions. Plan your walking times based on the needs of less experienced hikers and children

- **Respect the dress code**

Use layered clothing and equipment that is appropriate for the difficulty and length of the hike: boots to avoid falls and sprains, long trousers to protect you from stings, a head torch in the event of sudden darkness, a cap, sun cream and glasses to protect you from the sun. Also, take enough water and snacks with you to restore your energy. Do not fill your water bottle with unsafe water

- **Be prepared for emergencies.**

- Put a small first aid kit for emergencies in your rucksack. In the event of an accident, raise the alarm by contacting 112

RULES FOR SAFE WINTER SPORTS

These rules are only general guidelines and in no way replace specialist courses. For your own safety and the safety of others, do not take up any sport without first receiving adequate training.

- **Trust the experts**
If you have any doubts, ask our expert guides to advise you on the most suitable experience for you and to accompany you along the route
- **Plan carefully**
Find out about the level and type of itinerary by consulting the dedicated information material. You can find out the status and description of the main slopes at <http://www.tarvisiano.org/it/16255/inverno>
- **Check the weather**
Check the weather forecast before and during your hike and factor in the ground conditions: steep slopes, ice sheets and rocks can increase the risk of falling. Pay attention to temperature, the wind and visibility, which can significantly increase risk conditions
- **Risk of avalanche**
Before setting off, consult the avalanche bulletin here <https://www.protezionecivile.fvg.it/it/bollettino-valanghe> or via the Nivis app <https://nivisapp.regione.fvg.it/home> . Do not undertake hikes if the risk level is 4 or 5
- **Do not overdo it**
Choose your hike based on your physical and technical ability. Do not start too late in the day. If you cannot continue due to the weather or the route becoming too difficult, turn back
- **Knowing your bearings**
It is essential to know how to find your way on a snowy hike using maps, altimeters, special apps or electronic devices with GPS
- **Follow the signs**
Follow the signs on the trails. Do not go off the track unnecessarily and do not take shortcuts: you will avoid putting yourself in dangerous situations. A transceiver, probe and shovel are the minimum equipment needed for off-piste excursions, so check that they work before setting off
- **Better together**
Avoid going on a mountain hike alone, take a mobile phone with you and let someone know the route you plan to take. Small groups of up to six people provide a greater degree of flexibility
- **At the right pace**
Keep a distance of 10 metres uphill and 30 metres downhill between you and your companions on steep slopes to avoid overloading the snowpack and accidents. Maintain a speed appropriate to your abilities. No one should be left behind during the hike. Share the route and its characteristics with your companions before departure. Plan your walking times based on the needs of less experienced hikers

A HOLIDAY RESPECTING CULTURE

The Tarvisio area is a land of exchange and open to welcome, where no one is a foreigner. Its history intersects with that of three nations (Italy, Austria and Slovenia), thus guaranteeing a cultural richness that is difficult to find elsewhere. Experience our territory as a guest and not as a tourist, immersing yourself in a culture without borders and respecting local customs. Here are some tips:

- Avoid the most popular places by discovering our 24,000 hectares of forest and the small villages in the Tarvisio area
- Plan your holiday during off-peak periods so that you can enjoy the area in total relaxation
- Choose to use public transport or slow mobility to avoid road congestion
- Taste our traditional dishes, you can find some indications here <http://www.tarvisiano.org/gastronomia>
- Support the producers and artisans of the Tarvisio area by buying local products
- Book your visits with certified guides who can tell you all about the history and richness of our territory. The staff at our tourist offices will be able to give you detailed information
- Immerse yourself in our traditional festivals, you will have the opportunity to live like the locals
- The operators in the Tarvisio area are committed every day to giving you an unforgettable experience, thank them by showing kindness and respect
- Say hello when you enter a place and when you meet someone along the way. Also, when hiking, it is good practice to give way to someone on the way up
- Help us to keep the environment clean by disposing of your rubbish in the rubbish bins
- Respect our cultural heritage by leaving walls and monuments clean
- Follow the rules shown at museums, historical and archaeological sites to help us preserve them. Be careful not to damage exhibits by leaning on them
- When entering places of worship, respect silence, wear clothing that covers arms and legs, avoid wearing headgear

