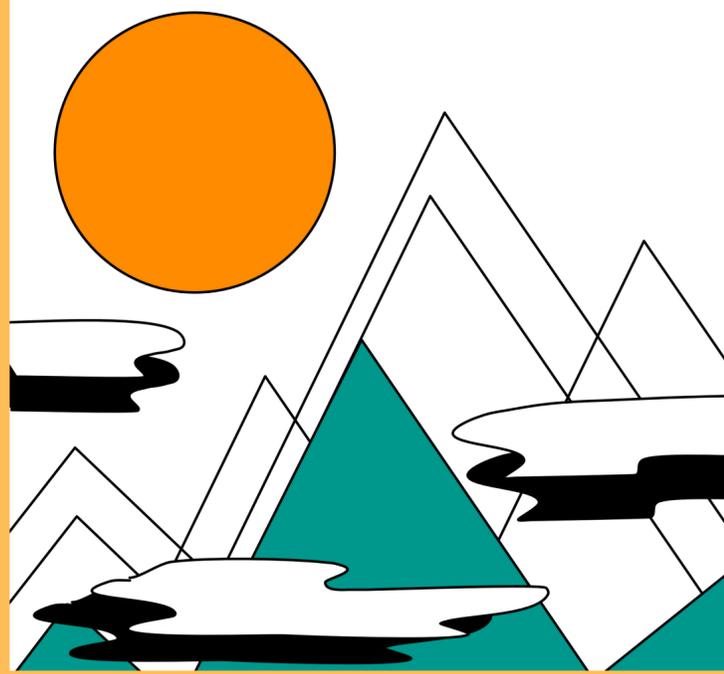


# Edelweiss Resist: collectively protecting the mountains



## Do not leave any rubbish

what we take with us into the mountains, we take away from the mountains (also applies to organic waste such as banana peels).

## If you find rubbish, feel responsible to take it away.

put them in a bin bag and disinfect your hands – use gloves if possible.

## Take care of every step

Pay attention to where you're walking and what you're stepping onto, and to how you can support other walkers.

## Respect wildlife and water streams

avoid making noise and never feed, approach or chase a wild animal.



## Do not pick up flowers, plants or stones. Do not move rocks or logs.

because this ruins living habitats and do not build cairns for anything other than to mark difficult navigation locations – their intended use.



## Stay on the trail

to protect the local flora and fauna. Mountain vegetation is fragile and trampling on it damages it. Don't take shortcuts!

## Respect the spaces and ecosystems of mountain communities



## Clean shoes and walking sticks

(or bike tyres) before arrival to reduce the introduction of non-native plants and micro-organisms through the dispersal of non-native seeds on shoes and equipment.

## Recycle the waste you took away



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## Do your business away from water sources

e.g. rivers, streams and lakes – stay at a distance of least 60mt – to avoid contaminating natural water sources.

Also avoid the path. Make sure you take all toilet paper and wipes with you – don't hide them behind bushes. Bag and carry away poo if you can (there are biodegradable, odour-neutralising bags, and they can be filled into portable tubes for transport), but if you find yourself without bags, dig a 15–20cm hole and cover.



## Consider the impact of the products you use

Many sun creams, detergents and insect repellents contain chemicals that are harmful to nature. Look for natural creams and natural repellents. To wash dishes, carry water 30cm away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

Travel to the mountains by train or carpool. Avoid planes if you can.

Spread the word about mountain protection with these simple practices!

## Plan ahead and prepare

Learn about any special protection concerns and the regulations for the area. Schedule the hike/trek for less turistic times.

## Avoid campfires – if necessary, minimize impacts

Only ever set up a campfire on an existing fire pit, keeping it as clean as possible. Keep fires small. Use only light sticks from the ground. Burn all wood and coals to ash, put out campfires completely.

## Sit and camp on durable surfaces

e.g. not on grass



## Greet and smile at the hiker you meet!

And remember that the hiker on the ascent has the right of way. It makes the difference and reflects the collective and solidarity spirit of being in the mountains!



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