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ReWild



A PRACTICAL GUIDE FOR RESPONSIBLE OUTDOOR BEHAVIOUR AND NATURE-FRIENDLY ACTIVITIES

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Introduction

Welcome to ReWild Advocates educational resources!

Most people go into nature for good reasons.

To breathe. To move. To rest. To feel better. To spend time with friends, family, or a group. To enjoy the trail, the forest, the mountain, the river, or the view. And that is exactly why this project exists. ReWild starts from one simple idea that outdoor adventure should not damage the places we love. It should help protect them.

Today, more and more people are hiking, running, climbing, camping, and joining outdoor activities. That is a good thing. It supports health, well-being, connection, and active living. But it also brings pressure. In many natural areas, the same story keeps repeating: trampled ground, widened trails, waste left behind, wildlife disturbed, and rest spots that slowly lose their natural feel. The ReWild project was created because this problem is no longer small, and because many people want to do better but do not always know how.

This manual is part of the **ReWild Kit**, a practical educational tool made to support more responsible outdoor behaviour. It was designed together with the project's **QR-code stickers**, which bring short eco-guides directly. The stickers give quick, easy-to-scan guidance. This manual goes one step further. It explains the same themes in a fuller and clearer way, so you can better understand what is happening and what you can do about it.

So think of it like this:

- the **stickers** are your quick reminder in the moment
- the **manual** is your practical companion that explains the bigger picture

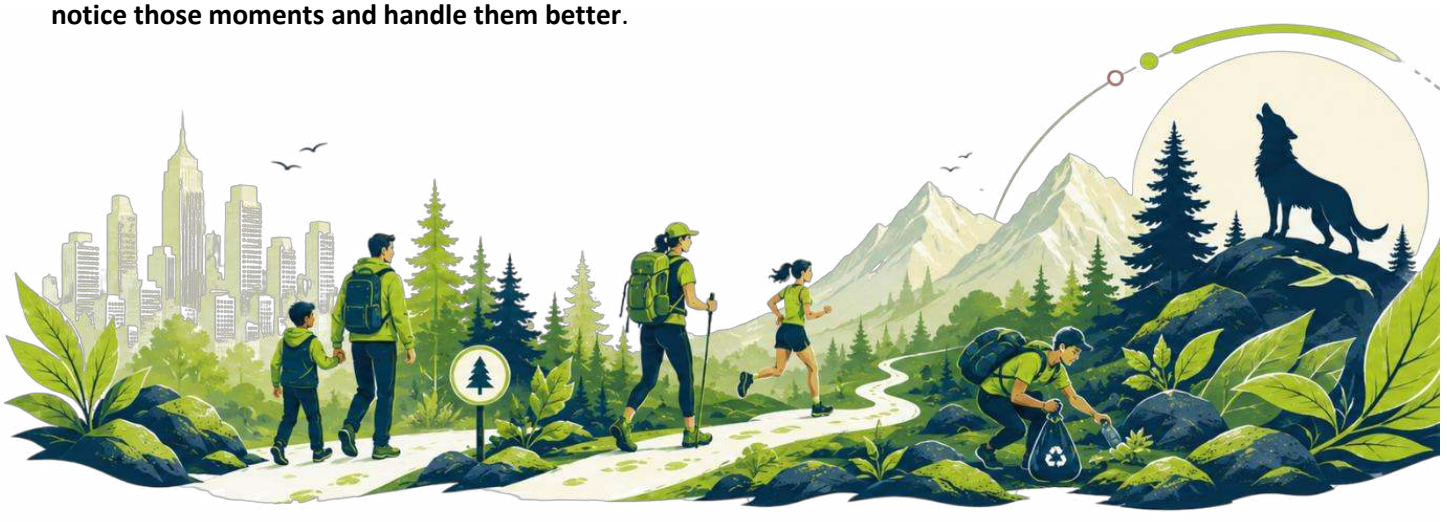
They are meant to work together. The sticker helps you act fast. The manual helps you understand why that action matters.

This handbook is for people who spend time in nature in real life:

- hikers, runners, climbers, walkers, campers, and families
- sports clubs and event organisers
- tourism and youth organisations
- guides, teachers, facilitators, and youth workers

You do not need to be an expert to use it. You only need to care about the places you move through.

The goal of ReWild is not to make outdoor life feel strict or heavy. The goal is to make good habits easier. Small choices matter. Where you park matters. Where you step matters. What you leave behind matters. How you stop, eat, rest, or move as a group matters. This manual is here **to help you notice those moments and handle them better**.



PART I - Understand the Impact



At first, nature can look strong enough to handle us.

A wide mountain trail. A forest path. A lakeside stop. A picnic area. A viewpoint. A shelter. These places often seem **open, stable, and ready for endless use**. But the truth is quieter than that. **Nature does not usually break all at once. It changes slowly, step by step, visit by visit, trace by trace.** That is why this manual begins here, by helping you understand **what the impact really looks like**.

The ReWild project was built because **outdoor recreation is growing, but practical environmental guidance has not grown enough with it**. Nature-based sports bring many benefits, but they also create pressure on fragile places. The main risks are not mysterious. They include **waste, soil erosion, damaged vegetation, disturbed wildlife, and a lack of simple guidance that people can actually use while they are outdoors**. The ReWild also points out an important gap - **many outdoor users and organisers still do not have clear, step-by-step support** on how to act responsibly in nature-based activities and events.

Moreover, the research executed during the project confirmed that **this is not only a theoretical problem. It is a real field problem.** The survey that gathered more than 200 responses in Serbia and Italy showed that people spend time in nature often, and they do it in many different ways. Most visits happen monthly or weekly. People go outdoors with friends, with family, alone, or in changing informal groups. The outdoor profile is broad. It included hiking, walking, climbing, camping, trail running, water-based activities, and more.

The strongest finding was simple and important, that **people notice damage first through visible traces**. The most common problems were **litter and small waste** such as cigarette butts and bottle caps. People also noticed **path damage, bad parking, and campfire remains**. And the “hotspots” were very revealing. The biggest problem areas were not only deep inside wild landscapes. They were the places where people **arrive, stop, eat, smoke, unpack, and leave** - parking areas, rest points, shelters, picnic zones, and trailheads. **It showed that education has to reach people at the exact point where decisions happen.**

Our research also showed something very human. **Most people care, but many still need clearer help.** Respondents were broadly pro-nature. They did not reject responsibility. But their practical understanding of low-impact behaviour was still incomplete. Many clearly understood that visible litter should not be left behind. At the same time, some still reported behaviours such as **leaving organic waste in nature, going off marked trails, or sharing fragile places online**. This tells us something important, that **the problem is not only bad intention. Very often, it is a gap between goodwill and everyday practice.**



That gap becomes even clearer when we look at how current messages are working. Only around one third of respondents said that today's eco-messages and rules are clear and visible. People said they need simple things, such as **short do-and-don't lists and practical checklists**. They also said that the best place to learn is often **on-site**, through signs, boards, and quick materials in the place itself. **This is one of the strongest reasons why the ReWild manual and QR stickers matter.** They respond directly to what people said they actually need.

However, we did not stop with the survey. We also included focus groups in Italy and Serbia, where experts and practitioners discussed the real challenges people face in natural areas. These sessions helped the partnership move from raw findings to practical content decisions. They confirmed that the materials should **not be too academic, too broad, or too abstract**. They should be **clear, relatable, and directly useful for people who spend time in nature**. That is exactly the role of this handbook.

So what is the real situation in the field?

- It is **not** that people do not care.
- It is **not** that nature is already lost.
- And it is **not** that we need more complicated language.

The real situation is this - **outdoor use is growing, damage is visible, many traces begin in ordinary moments, and people need better support to turn good intentions into better habits**. That is why this kind of educational content is needed now. **Not to lecture people, but to help them act earlier, more clearly, and with more awareness.** Therefore, this manual was created to answer that need in a practical way. **It does not begin from blame.** It begins from a simple truth - **if we understand where impact starts, we are much more able to prevent it.**



PART II - Responsible Outdoor Behaviour in Practice

A lot of outdoor impact does not come from dramatic mistakes. It comes from ordinary moments, such as how we plan the day, where we park, where we step, etc. That is why this part of the manual matters. The stickers give you the **quick version**. They remind you what to do in the moment. This chapter goes one step further. It helps you understand **how good outdoor habits work in real life**, before you go, while you move, and while you stop. The good news is simple - you do not need to be perfect to make a difference. You only need **to be a little more aware**, a little more **prepared**, and a little more **careful** in the moments that matter most.



Before you go

Responsible outdoor time begins **before you arrive**. **Preparation is the foundation** of environmental stewardship. By planning ahead, you minimize the risk of accidental damage to the ecosystem. To be an ecologically responsible visitor, you must shift your mindset from being a consumer of nature to a steward of the habitat. The goal is to enjoy the mountain while ensuring your presence leaves no unnecessary damage behind. If you prepare well, you are much less likely to leave a trace behind, get into trouble, or make rushed choices that damage the place. **A good day outdoors starts at home**, not at the trailhead.

Choose the right route

Pick a route that is **marked, allowed, and suitable** for your group. Do not rely only on random online tracks or old social media posts. A path that looks easy on a screen may lead through fragile ground, a closed zone, or a place that is not meant for regular use.

If you are unsure, use:

- official park maps
- local trail information
- official trails marked on the local area's topographical map
- local guide services
- visitor centre information
- recent updates from trusted local sources

A good question to ask is: **“Is this a route people are meant to use, or just a line somebody once followed?”**

Additionally, **always verify** that your planned path is designated for public use. You must prioritize marked and appropriate routes to **ensure you aren’t venturing into protected or fragile zones** rather than wandering into unmarked territory.

Check local rules before you go

Different places have different needs. Some areas have seasonal closures. Some do not allow fires. Some ask dogs to stay on a lead. Some areas are sensitive during nesting season, dry summer months, or after heavy rain.

Do not assume the rules are the same everywhere. What is fine in one place may be harmful in another. Before you leave, check:



- trail or area closures
- camping rules
- fire rules
- pet rules
- local safety alerts
- water access or toilet guidance

Pack in a way that creates less waste

Many traces begin with the way we pack. Audit your gear to avoid overpacking disposable items. If you bring lots of small wrappers, loose paper, disposable items, and overpacked snacks, you create more chances for litter before the walk even begins.

Try to:



- use reusable containers
- remove extra packaging at home
- pack food simply - instead of bringing full retail packaging, repackage food into reusable containers
- bring a reusable bottle
- avoid items that easily tear, spill, or blow away

This does not need to be complicated. **Even one small change helps**.

Always bring a waste bag

This is one of the easiest and most useful habits. Explicity pack mini waste bag to ensure nothing is left behind. You must have a **dedicated**, **leak-proof place for your trash**.

Bring one small bag or pouch for:

- wrappers
- tissues
- food scraps
- fruit peels
- bottle caps
- cigarette butts
- any other small waste



Do not depend on finding a bin later. In many outdoor places, there is no bin, and that is exactly why you need your own simple system.

Plan for toilets and hygiene

This is often forgotten, but it matters. Think in advance about:

- where toilets are available
- what you will do if they are not
- how you will manage tissues or toilet paper
- how to avoid affecting water or soft ground

Do not leave tissues behind. **Do not treat** the edge of a trail, a rest area, or the space near water **as a hidden toilet zone**.

Think about pressure, not only your plan

Before you leave, **think about how much pressure your visit may create**. Ask yourself:

- How big is our group?
- Are we bringing dogs?
- Is the weather wet, dry, or extreme?
- Is this a busy place or a quiet one?
- Will our timing make the area more crowded?



Sometimes the most responsible choice is not to cancel the outing, but to **adjust it**:

- choose a less fragile route
- go in a smaller group
- avoid the busiest hour
- shorten the stop
- choose a more durable meeting point

Quick check before you go

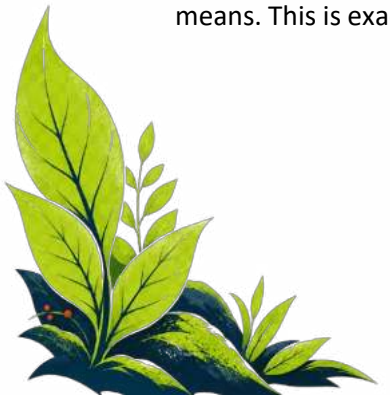
Before leaving home, ask yourself:

- Do I know the route?
- Do I know the local rules?
- Did I pack a small waste bag?
- Did I remove unnecessary packaging?
- Am I prepared to leave nothing behind?

While you move

How you move through nature matters. The trail may look strong. The ground may look stable. The shortcut may look harmless. But repeated steps shape a place much faster than we think.

One of the clearest ReWild research findings was that people often notice **path damage, shortcuts, and worn areas**, and that many visitors still need clearer support on what low-impact movement really means. This is exactly why the **Stay on the Path** sticker exists, and why this section expands it.





Stay on marked routes

The trail is not just there to help you find the way. It is also there to **protect the ground around it**. When people step off-path, cut corners, or create "social trails," the damage spreads:

- soil wears down
- plants get crushed
- roots weaken
- new paths appear
- others start following the same line

If you can, **stay on the marked route all the time**. Even if the trail zig-zags and you can see the path below you, stay on the established track rather than sliding down the dirt, which causes massive soil erosion.

Do not cut shortcuts

A shortcut may save a few seconds. **The damage can stay for years**. This is especially true on:

- switchbacks
- steep slopes
- loose ground
- narrow paths
- places already showing erosion

A visible shortcut is not a sign that it is okay to use. **It is often a sign that the problem has already started.**

If the trail is muddy, do not make it wider

This is one of the most common mistakes. People step onto grass or soft edges to keep their shoes clean. But that is exactly how **one narrow trail turns into a wide damaged strip**.

If you encounter a large puddle, if it is safe, go **through** the muddy section, not around it. Walk directly through the mud or water rather than stepping onto the grass on the side. **Protecting the edge matters more than keeping your boots perfect**.

Move quietly and calmly

Nature is not silent, but it is **sensitive**. Loud voices, shouting, speakers, and constant noise change the feeling of a place. They also **affect wildlife and other people who came for peace**.

Keep noise levels down to protect habitat of the mountain. Pass other visitors with care and reduce noise to minimize stress to local wildlife. **You do not need to whisper**. But you do not need to carry city noise into every natural place either.

A good rule is simple - **Use your normal voice, not your public-event voice.**

Be careful when passing, stopping, or taking photos

Some damage happens in very **small moments**:

- stepping off the trail to overtake
- standing on plants for a photo
- moving sideways into soft ground
- crowding a fragile edge

If you need to stop, pass, or take a photo:

- check the ground first
- choose rock, gravel, or the trail itself if possible
- avoid stepping onto flowers, moss, roots, or soft edges

Ensure that your desire for a photo does not lead you to trample fragile habitats or step off-path. **Your "perfect shot" should not come at the cost of a nature**.

A good rule is to **use a zoom lens** to capture a photo of a rare mountain flower from the path, rather than kneeling on the surrounding moss to get a close-up

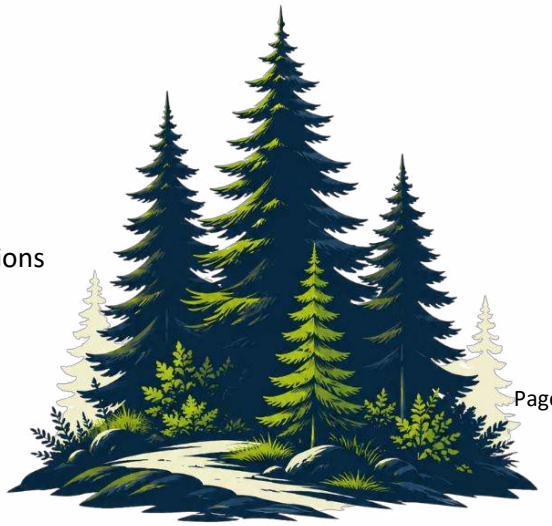
Keep pets under control

Dogs are part of outdoor life for many people, but they also bring extra responsibility. **Even a friendly dog can disturb**:

- birds
- deer
- small mammals
- livestock
- other visitors

Keep your dog under control, especially:

- in quiet forest areas
- near water
- in protected zones
- on narrow trails
- in places with wildlife signs or local restrictions



Quick check while you move

Ask yourself:

- Am I still on the marked route?
- Am I avoiding shortcuts?
- Am I helping keep the trail narrow?
- Am I stepping on the path, not on plants?
- Am I moving in a calm, low-impact way?

While you stop, eat, rest, or smoke

Many outdoor mistakes happen when people stop. Not because they are careless on purpose, but because **breaks feel harmless**. You sit down. You eat something. You put your bag down. You check your phone. Someone smokes. Someone shakes out a wrapper. Someone drops a peel. Someone leaves first, and nobody does the final check. **That is how traces stay behind**.

This is also where the other two sticker themes become very practical:

- **Take It Back**
- **Most Impact Starts Here**

Because a break is often the exact moment when both of those messages matter most.



Watch the small waste

Small waste is still real waste. The most common items left behind are often:

- tissues
- wrappers
- crumbs

- fruit peels
- bottle caps
- cigarette butts
- bits of foil
- tea bags
- wet wipes

These are easy to miss and easy to excuse. But they are exactly the things that build up fastest.

Pack out food leftovers too

This matters more than many people think. **Food scraps and fruit peels may look "natural," but in most outdoor places they still do not belong there**. They can:

- attract animals
- change feeding habits
- make places look messy
- encourage others to leave more behind

If you brought it there, take it back. While they "decompose", **they take months to do so and can make local animals sick or dependent on human food**.

Keep your stop compact

Minimize your "human footprint" while stationary. A good break does not need to spread across the whole place. **When you stop**:

- keep bags in one area (for example on a single rock) rather than spreading gear across the entire meadow
- keep food together
- avoid scattering gear across grass or sensitive ground
- stay within durable, already-used space if possible

This matters even more at:

- benches
- shelters
- viewpoints
- picnic spots
- lake and river edges

Be careful near water

Water edges are beautiful, but also sensitive. **Shorelines and wet ground damage easily**. **Waste spreads faster there**. Wildlife often uses those spaces too.

If you stop near water:

- keep your break short and tidy
- do not leave crumbs or food scraps
- do not throw anything into the water
- do not smoke carelessly
- keep some distance from the edge if the ground is soft or fragile

Smoking and fire need extra care

A cigarette butt is small, but it is still litter. It also brings pollution and fire risk.

If you smoke:

- keep the butt with you
- use a small tin or pocket ashtray
- do not crush it into soil, stones, or roots
- do not leave ash behind

If fire is not clearly allowed, do not light one. If a fire is allowed in a proper place, leave **no ash, charcoal, foil, or food remains** behind.

Quick check before you leave a stop

Ask yourself:



- Did I leave any visible waste?
- Did any food fall out of my bag?
- Did I leave a peel, crumb, wrapper, or cigarette butt?
- Is my gear fully packed up?
- Does this place look the same as when I arrived?

PART III - Different Activities, Same Responsibility

Not everyone uses nature in the same way.

Some people hike slowly. Some run. Some climb. Some guide groups. Some bring children. Some are visiting outdoors for the first time. Some have years of experience.

But even though the activities are different, the main question stays the same:

How do we enjoy this place without wearing it down?

This part takes the main ReWild themes and applies them to common outdoor situations. It is not here to make things complicated. It is here to help the advice feel more relevant to the way people actually spend time outside. This matches the ReWild research, which showed that people need the **same clear message** **model**, but in examples that feel real for their context and habits.



Hikers and walkers

Hikers and walkers often think of themselves as “low impact” users of nature — and in many ways that is true. But because hiking is so common, even small habits add up fast.

What usually goes wrong

The most common problems are:



- cutting shortcuts
- walking around mud and widening the trail
- leaving food traces at rest stops
- dropping small waste
- stepping off-trail for photos or better views

What helps most

If you hike or walk, focus on these habits:

- stay on the marked route
- walk through muddy sections if it is safe
- keep breaks small and tidy
- take back all food scraps and packaging
- stop on durable ground when possible
- do one last ground check before leaving

If you guide a hiking group

Keep your guidance short and visible. Say things like:

- **“Today we stay on the marked route.”**



Trail runners

Runners usually move light and fast, but speed can create its own kind of pressure. The most common issue is not always litter. Often it is **route pressure** influenced by fast overtaking, stepping off narrow trails, widening corners, and messy aid-station habits during events or long training days.

What usually goes wrong

The most common problems are:

- overtaking off-trail
- cutting corners on technical paths
- widening muddy sections
- dropping gel wrappers, tissues, or cups
- treating narrow trails like open race lanes

What helps most

If you run on trails, focus on these habits:

- slow down on narrow or fragile sections
- overtake only where it can be done without leaving the trail
- keep wrappers secured immediately after use
- train yourself to refuel without dropping anything
- avoid busy, fragile routes when conditions are poor
- remember that “light on your feet” still leaves impact if the route spreads

If you lead a running group

Set expectations before you start. A good briefing can be very short:

- stay on the trail
- pass with care
- no dropped wrappers
- regroup without blocking the whole path
- keep breaks compact

Simple learning idea

Try a **“clean overtake” challenge**. Ask participants to notice where overtaking is possible **without** stepping off the trail. After the run, reflect together:

- **“Where did speed make low-impact behaviour harder?”**

That question opens a useful conversation without sounding judgmental.



Climbers and mountaineers

Climbers and mountaineers often know the outdoors well. But experience does not remove impact. It just changes where that impact happens.

The pressure is often less about obvious litter and more about:

- access paths
- group concentration at the base
- chalk or gear traces
- resting and bivouac habits
- fragile rock or nesting zones
- repeated use of the same small spaces

What usually goes wrong

The most common problems are:

- creating informal access lines

- leaving gear, tape, food traces, or cigarette butts behind
- crowding fragile base areas
- ignoring seasonal closures
- treating rock only as a sport surface, not also as habitat

What helps most

If you climb or move in mountaineering terrain, focus on these habits:

- use established access paths
- keep bags and gear in one compact area
- take back all tape, food scraps, and small waste
- respect closures and sensitive zones
- avoid unnecessary noise in quiet areas
- leave no visual or physical trace that does not need to remain

If you lead or instruct

Speak about the place, not only the route.

A short reminder like **"This rock is not only for climbing, it is also part of a living place"** can change how people treat the base, the access path, and the rest spot.

Simple learning idea

At the crag or mountain stop, ask: **"What here is part of sport use, and what here is part of habitat?"** That simple question helps people notice the difference between using a place and taking over a place.

Additionally, you can:

- Ask climbers use brushes to clean excess chalk and identify "ghost gear" (old slings or tape) left behind.
- Ask climbers to identify areas where gear or bivouac behavior has permanently altered the rock surface.



Families and beginners

Families and first-time visitors do not usually create impact because they want to do something wrong. More often, they simply do not know what matters yet. That is why this group needs **clear, kind, practical guidance**, not complicated rules.

What usually goes wrong

The most common problems are:

- children wandering off-path
- feeding animals
- leaving snack traces behind

- resting too close to water edges
- treating nature like a park or playground without noticing that it is also habitat

What helps most

If you go outdoors with children or beginners, **keep the message simple**:

- the path is where our feet belong
- what comes with us goes back with us
- we look, but we do not chase or feed
- we keep our stop small and tidy
- we leave the place ready for the next visitor

Children do not need long explanations. They need clear routines and repeated simple rules.

If you guide children or beginner groups

Turn the message into noticing and action. Good questions are:

- “Does this belong here or in our bag?”
- “Is this a good place for our feet?”
- “What should stay exactly as it is?”
- “What can we do before we leave?”



PART IV - How to Lead Others Responsibly

When people join an outdoor activity, they do not only follow the route. **They follow you**. They notice where you stop. They notice how loudly you speak. They notice whether you stay on the path, whether you check the ground before leaving, whether you treat nature as a place to use or a place to respect. That is why leadership in nature matters so much.

You do not need to be perfect. You do not need to sound like a ranger or a scientist. But if you lead others outdoors, your choices shape the whole tone of the day. A calm, clear, responsible leader can prevent many problems before they even begin. Your group will usually remember **what you did** more than **what you said**. That is why good leadership in nature starts with example, not only instruction.

This chapter is for hiking guides, mountaineering guides, tourist guides, youth workers, teachers, club leaders, facilitators, and anyone who takes people outdoors. It is not about becoming strict. It is about helping people enjoy the place **without leaving unnecessary damage behind**.



Your role as a leader

A good leader in nature does four simple things:

- **sets the tone**
- **keeps the group aware**
- **prevents avoidable damage**
- **leaves the place as it was found**

You are not only responsible for the route or the timing. You are also responsible for the way the group moves, stops, speaks, rests, and leaves.

That may sound big, but in practice it often comes down to small things:

- one short briefing
- one good choice of break point
- one reminder before a muddy section
- one calm correction at the right moment
- one final ground check before leaving

These moments are small, but they shape behaviour in a big way.

Set the tone early

Many outdoor problems start because expectations were never made clear.

People spread out because nobody explained why staying compact matters. They leave food scraps because nobody mentioned that “organic” waste is still waste. They smoke carelessly because nobody said anything at the beginning.

This is why a short briefing matters. You do not need a long speech. You need a few clear rules, said in a calm and human way.

What to cover in your briefing

Before the activity starts, tell the group:



- we stay on marked routes
- what comes with us goes back with us
- we keep breaks small and tidy
- we keep noise at a respectful level
- we respect local rules, closures, and sensitive areas
- if someone is unsure, they ask before acting

That is enough for most groups.

A ready-to-use 2-minute briefing

You can say something like this:

"Before we start, just a few simple rules. We stay on the marked route, we keep this place clean, and everything that comes with us goes back with us. At breaks, keep your things in one small area and check the ground before we leave. Please keep noise low and respect the space around us. If you are not sure about something, ask. The goal today is simple: enjoy the place and leave no unnecessary trace."

That is short, clear, and easy to remember. It also follows the same practical spirit as the ReWild materials: simple guidance that people can use right away.

Lead by example, not only by words

People copy what they see. If you stay on the trail, others are more likely to stay on the trail. If you pick up a wrapper without making a scene, others notice. If you speak calmly, the group becomes calmer too. This is one of the most powerful tools you have as a leader.

What good modelling looks like



- you stay on the path, even when there is a shortcut
- you keep your own gear tidy at breaks
- you do a quick ground check before leaving
- you carry a waste bag
- you do not smoke carelessly
- you speak respectfully about the place
- you treat local rules as normal, not optional

You do not need to perform goodness. You just need to practice it in a visible way.

A very simple gesture can teach a lot. For example, if you quietly pick up one piece of litter and put it in your waste bag, the group sees that care is part of the activity, not something extra.

Keep the group compact and easy on the place

Groups create more pressure than individuals. That is normal. But it can be managed. If a group spreads too widely, it tramples more ground, widens more trail, creates more noise, and becomes harder to guide well. Keeping people together is not only good for logistics. It is also good for nature.

Practical ways to keep the group low-impact

- use one meeting point, not three

- keep the group in line on narrow trails
- slow down before muddy or fragile sections
- ask people to wait on durable ground
- stop the group before tricky parts, not in the middle of them
- avoid long, loose spreads at scenic points or trail bends

Good phrases to use



- **“Let’s stay close here.”**
- **“Single file for this section.”**
- **“Please wait on the trail, not on the edge.”**
- **“Keep your stop small here.”**

These small phrases work because they are concrete.

Choose better break points

Not every beautiful place is a good place to stop.

A break point should be:

- already used or durable
- away from fragile ground if possible
- not blocking the trail
- not too close to water
- suitable for the size of your group

If the group rests in the wrong place, a short break can leave a long trace.

What to avoid



Try not to stop:

- on soft shorelines
- on flowers or fragile plants
- in narrow passage points
- in areas with signs of nesting or restoration
- right beside water if the ground is soft and sensitive

A useful leadership habit

Before the group fully settles, take ten seconds and ask yourself: **“Can this place handle a group stop?”** That one question can prevent a lot of damage.

A practical trick from your original draft is excellent here: take a **before photo** of the break spot and an **after photo** when the group is ready to leave. If the group did well, the two should look almost the same. It is a simple but powerful visual tool.

Manage noise and energy

Not every group arrives in nature with the same rhythm. Some groups are loud because they are excited. Some because they are young. Some because they do not realise how far sound carries in a quiet place.

You do not need to make the outing silent. But you can help the group understand that nature is also a place where other life is trying to rest, feed, hide, or move safely.

Practical ways to manage noise

- lower the tone yourself first
- remind people before entering quiet sections
- avoid shouting across distance
- turn off music from speakers
- use short, calm signals instead of repeated loud calls

A good phrase is: **“Let’s bring our energy down a little here.”**

That sounds much better than scolding, and it usually works.

What to do when someone acts carelessly

At some point, it may happen. Someone drops litter. Someone cuts a shortcut. Someone lights a cigarette where it should not happen. Someone steps into a fragile area for a photo. When that happens, respond **early, calmly, and clearly**. Do not ignore it. Do not humiliate the person either.

A good correction has three parts

1. Name the behaviour
2. Say why it matters
3. Offer the correct action

For example:

- **“Please stay on the trail here. The edge is fragile and the path widens fast.”**
- **“Let’s take that peel back with us. Food leftovers still change the place.”**
- **“Please keep your cigarette butt with you. It doesn’t belong here.”**

That is enough.

Your original idea also works well when the group dynamic is right: turn a mistake into a learning moment, not a punishment. Someone who forgot a wrapper can carry the shared waste bag for a while or help with the final ground check. That keeps the tone constructive.

The last five minutes matter

A good outdoor activity is not finished when the walking ends. It is finished when the group leaves the place properly.

The last five minutes are often when:

- wrappers stay behind
- cigarette butts get missed
- gear spreads out
- the group relaxes too early
- the leader is focused only on transport, timing, or head count

That is why a short closing routine helps.

Easy closing routine

Before leaving, say:

- **“Everyone check the ground around you.”**
- **“Take one look back at the spot.”**

- **“Does it look like we were ever here?”**

You can also ask one short reflection question:

- **“What was one small thing we did well today?”**
- **“What is one thing we should do even better next time?”**

This helps the learning stay with the group.

Group Leader Checklist

Before the activity

- ☐ I checked local rules, closures, and conditions.
- ☐ I chose a route and stop points that fit the group.
- ☐ I prepared a short environmental briefing.
- ☐ I packed extra waste bags.
- ☐ I packed a simple hygiene kit.
- ☐ I know where the sensitive points of the route are.



During the activity

- ☐ I reminded the group to stay on the marked route.
- ☐ I kept the group compact where needed.
- ☐ I chose break points carefully.
- ☐ I modelled the behaviour I asked from others.
- ☐ I corrected problems early and calmly.
- ☐ I watched noise, litter, and stop behaviour.

Before leaving

- ☐ We did a final ground check.
- ☐ No waste, food traces, or butts were left behind.
- ☐ The stop area looked the same as when we arrived.

Remeber

You do not need a perfect group to lead responsibly. You need clear habits, a calm tone, and the courage to make good choices visible.

People may forget many details from a route or a lesson. But they often remember how a leader made them feel, and how a place was treated.

If you help people enjoy nature while respecting it, you are doing more than guiding a day outdoors. You are helping build better habits for every day that comes after.

PART V - How to Organize Responsible Outdoor Events

A small outing leaves traces. A bigger event can multiply them. More cars. More feet. More noise. More food. More waiting. More pressure on the same few places. That is why outdoor events need more than good energy and a beautiful location. They need good organisation.

A responsible outdoor event is not only about safety, timing, or participant experience. It is also about **how the event uses the place**. A well-run event should not leave behind widened trails, scattered

waste, damaged stop points, or a site that looks tired after one busy day. The goal is simple: people should enjoy the activity, and the place should still feel like itself when the event is over.

This chapter is for anyone who organises outdoor activities. You do not need a huge budget or a formal title to use this chapter. If you are the person planning the activity, this part is for you.



Think in three phases

A responsible outdoor event is easier to manage when you think in **three phases**:

1. **Before the event** – planning
2. **During the event** – management
3. **After the event** – clean departure and review

This is the simplest and strongest structure, and it builds directly on the logic already present in your draft.

Plan with the place in mind

Most event problems do not begin on the event day. They begin in the planning.

If you choose the wrong site, the wrong route, the wrong season, or the wrong message, the event may create pressure before the first participant even arrives.

Choose the site carefully

Do not choose a site only because it is pretty, dramatic, or popular online.

Ask:

- Can this place handle our group size?
- Is the ground durable enough?
- Are there already signs of pressure or damage?
- Is the site suitable for this kind of activity?
- Are there sensitive zones nearby?
- Is the route likely to spread people too widely?

Try to avoid placing major activity pressure on:

- fragile shorelines
- already eroded shortcuts
- narrow trail entries
- nesting or restoration areas
- soft meadows or wet ground
- overloaded viewpoints or picnic spots

A responsible event does not only ask, **“Is this place attractive?”** It also asks, **“Can this place cope?”**

Plan the flow of people

In outdoor events, congestion creates damage very quickly. People bunch up at:

- parking areas
- registration points
- trailheads
- aid stations
- viewpoints
- start/finish zones
- toilets
- water refill points

If you do not plan participant flow, those points become hotspots.

Think about:

- where people will arrive
- where they will wait
- where they will stop
- where they will eat or refill
- where they may spread off-route

If needed, break the flow:

- stagger start times
- use smaller groups
- create one-way movement where helpful
- keep waiting points on durable ground
- avoid squeezing many people into one fragile entrance

Reduce single-use materials

One of the easiest ways to lower impact is to reduce waste before the event begins.Try to avoid:

- too many small packaged items
- unnecessary printed materials
- disposable cups if they are easy to replace
- event extras that quickly become litter

Choose:



- refill points
- reusable options where possible
- clear waste systems
- simple materials that are easy to collect and remove

You do not need to make the event “perfectly green.” You need to reduce the obvious sources of avoidable waste.

Plan toilets, waste, and smoking clearly

These three things should never be left vague. Participants should know:

- where waste goes
- what to do if there is no bin
- where toilets are
- what to do if there are no toilets nearby
- whether smoking is allowed and where
- that cigarette butts must never be left behind

If these things are unclear, people make their own decisions — and that is usually where the problems begin.

Tell people the rules before they arrive

Do not wait until the event starts. Put simple guidance into:

- confirmation emails
- registration messages
- event pages
- participant packs
- WhatsApp/Viber group messages if used
- short signs at the location

Keep the language short and practical. For example:

- stay on the marked route
- take your waste back
- keep the rest area tidy
- no smoking outside allowed zones
- respect local closures and staff instructions

When people know what is expected, they are more likely to cooperate.

During the event - manage what people actually do

The event plan may look excellent on paper. But the real test is what happens when people arrive. The strongest organisers do not only set up the event. They keep watching it.

Mark the route clearly

If people are unsure where to go, they spread. When people spread, damage grows. **Make the route easy to read**:

- use clear signs
- mark turning points well
- avoid confusing crossings
- brief volunteers so their guidance is consistent
- remove uncertainty where possible

The route should not invite improvisation.

Give staff and volunteers clear roles

Do not assume "everyone will help". **Assign specific people** to specific tasks:

- parking support
- registration flow
- route guidance
- rest point supervision
- waste checks
- environmental monitoring
- closing sweep

If everyone is vaguely responsible, key things get missed.

Watch the hotspots

The most fragile event moments are often not out on the full route. They are where people gather. **Pay special attention to**:

- start areas
- aid stations
- food points
- shelters
- scenic stops
- water edges
- smoking spots
- finish areas

These are the places where litter, noise, and ground damage build fastest.

Keep rest and aid points tight

Rest points can be very useful, but they can also become the messiest part of the event. Keep them:

- easy to access
- easy to supervise
- limited in spread

- equipped with clear waste points or take-back instructions
- away from the most fragile ground if possible

If you provide food or drink, think about the small items too:

- cup lids
- napkins
- fruit peels
- gel wrappers
- torn packaging
- dropped crumbs

Manage risk early, not late

Do not wait until there is already a problem.

If smoking is happening in the wrong area, correct it early. If people are stepping off-route for photos, step in early. If the break zone is spreading too wide, tighten it early.

Calm, early action is much easier than late reaction.

Use simple reminders during the event

People do not need long speeches in the middle of an activity. They need short cues.

Good examples:

- **“Please stay on the marked line here.”**
- **“Keep this stop compact.”**
- **“Take all waste with you from this point.”**
- **“Please do one ground check before moving on.”**
- **“No smoking beyond this point.”**

Simple language works best under event conditions.

Leav clean and learn from it

The event is not over when the last participant leaves. It is over when the site is checked, cleared, and respected. This final phase is often rushed, but it matters a lot.

Do a full site check

Walk the site with fresh attention. Check:

- parking areas
- registration/start area
- finish area
- aid stations
- shelters or benches used
- toilets or hygiene points
- water edges
- places where people waited or gathered
- any temporary signage or marking

Do not assume the site is fine because it looks calm again.

Remove temporary traces

Take away:

- signs
- tape
- markers
- waste bags
- leftover materials
- any event items not meant to stay there

If any area was heavily used, ask:

- does it need quick restoration?
- does it need a final clean sweep?
- did the event push use into the wrong place?

Review the impact honestly

Do not only review attendance, timing, or photos.

Also ask:

- **Where did people spread most?**
- **Where did waste appear?**
- **Which point was hardest to control?**
- **Did parking create pressure?**
- **Did any staff role need to be stronger?**
- **What should we change next time?**

This is how a one-day event becomes a smarter event next time.

Ready-to-use checklists and templates

A responsible outdoor event is not about making everything complicated. It is about seeing the place clearly and planning with care.

People may come for the hike, the run, the climb, the workshop, the challenge, or the shared experience. But the place is not just a backdrop. It is part of the event too.

If you organise with that in mind, you do more than run a good activity. You help protect the very thing that made the activity worth doing in the first place.

Responsible Outdoor Event Checklist

Before the event

- ☐ I checked whether the site can handle this activity and group size.
- ☐ I checked local rules, permissions, and sensitive zones.
- ☐ I planned participant flow, not only the route.
- ☐ I reduced avoidable single-use materials.
- ☐ I planned waste, hygiene, and smoking clearly.
- ☐ I prepared simple environmental guidance for participants.
- ☐ I briefed staff and volunteers on their roles.

During the event

- ☐ The route and key areas were clearly marked.
- ☐ Staff knew who was monitoring parking, waste, and hotspots.
- ☐ Rest points stayed compact and under control.
- ☐ Waste did not build up at food or stop points.
- ☐ Smoking and risky behaviour were corrected early.
- ☐ I used short, practical reminders during the event.

After the event

- ☐ We checked the whole site, not only the main route.
- ☐ All temporary materials were removed.
- ☐ No waste, butts, packaging, or food remains were left behind.
- ☐ We reviewed where environmental pressure was highest.
- ☐ We noted what should be improved next time.

Ready-to-use participant eco-briefing template

You can place this in an email, event pack, or opening announcement:

Welcome. Please help us keep this place clean and natural. Stay on the marked route, keep stops tidy, and take all waste back with you. Do not leave food scraps, tissues, or cigarette butts behind. Respect local rules, staff guidance, and quiet or sensitive areas. The goal is simple: enjoy the event and leave no unnecessary trace.

This kind of short message works well because it is easy to understand and easy to remember. It also matches the wider ReWild approach of giving people simple, usable guidance rather than too much theory.

Red flags: things organisers often forget

These are the small mistakes that cause bigger problems:

- choosing a beautiful site without checking how fragile it is
- focusing only on the route, not on the entry and stop points
- forgetting cigarette butts and small packaging
- not planning where people will wait
- not briefing volunteers clearly
- letting breaks spread too widely
- assuming “people will know what to do”
- leaving the site review to the very end, when everyone is tired

If you watch for these early, your event will already be stronger.

Part VI - How to Use the ReWild Stickers in Learning Activities

The ReWild stickers are small tools, but they can do a lot. They are here not only as reminders for people in nature, but also as a simple teaching tools.

You can use them to start a short conversation, guide a walk, run a quick activity with a group, help people notice what respectful outdoor behaviour looks like in real life, shape behaviour during an activity, and help people connect simple choices with real impact in nature. You do not need to be an

expert. You do not need a long session. What matters most is using the sticker at the right moment and linking it to what people can see and do around them.

The stickers work best when they are used in real situations, not as abstract messages. A sticker near a trailhead can help people think before they start. A sticker during a walk can help them notice the path, the ground, and the space around them. A sticker at a rest point can help them leave the place clean and calm.



What each sticker is good for

The stickers work well because they are short, clear, and practical. Each one focuses on a common outdoor situation:

Take It Back helps people think about what they leave behind: wrappers, tissues, food scraps, cigarette butts, ash, and all the small things that are easy to forget.

Stay on the Path helps people think about how they move: shortcuts, muddy trails, trampling, wildlife, dogs, photos, noise, and the way repeated steps slowly damage a place.

Most Impact Starts Here helps people think about arrival and stopping points: parking areas, trailheads, shelters, viewpoints, picnic spots, and places near water.

Together, the three stickers cover the most common moments where people leave traces in nature, and they make outdoor care feel simple and real.

Who can use them

These stickers can be used by:

- guides and outdoor leaders
- youth workers and facilitators
- teachers and educators
- sports clubs and group leaders
- volunteers and event organisers

They are useful with children, teenagers, young adults, families, and mixed groups.

The easiest way to use them

The best way is to keep it simple and use one sticker at a time.

Do not try to teach everything in one go. Pick the sticker that fits the moment and place you are in or the activity you are leading.

A very easy flow looks like this:

- **Before the activity starts,** use **Most Impact Starts Here**
- **During movement on the trail or route,** use **Stay on the Path**
- **During a break or before leaving,** use **Take It Back**

That is enough for one outing.

A simple method that works

You can use each sticker in three easy steps.

1. Start with the place

Begin with what people can already see around them.

You can say or ask things like:

- “Let’s look around for a moment.”
- “What do people usually do here without thinking?”
- “What usually gets left behind in places like this?”
- “Why do you think this path is marked this way?”
- “What kind of impact starts here before the hike even begins?”

This makes the sticker feel connected to the real place, not like a school lecture. It makes people look around and connect its message to real life.

2. Read the sticker together

Read the title and one or two short parts out loud (only the most useful part). You do not need to read every word.

Pick:

- one key message
- one real-life situation

- one quick check or useful tip

Then ask one or two simple questions:

- "Which part of this feels most familiar?"
- "What do people often do without thinking?"
- "What is one thing we could do better today?"

Keep the conversation short and natural. Two or three minutes is enough.

3. Turn it into one action

Always finish with one small and practical action.

For example:

- do a quick ground check before leaving
- ask everyone to stay in line on a narrow trail
- choose one compact rest area for the whole group
- ask people to keep all things in one small area at the break
- ask people to keep all waste in one pocket or one bag

That is where learning becomes useful. The stickers work best when they lead to behaviour, not only discussion.

How to use them with a group

If you are working with a group, keep it practical and light.

A good format is:

- **1 minute** to look around
- **2 minutes** to read and explain
- **3 minutes** to discuss
- **1 minute** to agree on one action

That means you can use one sticker well in about **5 to 7 minutes**.

You can also use them during:

- nature walks
- hiking trips
- school outings
- youth exchanges
- outdoor workshops
- trail running groups
- volunteer actions
- local events in parks, hills, riversides, or mountains

Simple activity ideas

Quick talk at the trailhead (Before the outing)

Use **Most Impact Starts Here** before the activity begins (at the meeting point, parking area, or trailhead).

Focus on:

- parking responsibly,
- keeping the start area tidy,
- not leaving cigarette butts or snack waste,
- keeping the group organised before moving.



A simple line works well:

“The first impact often starts before we even begin walking. Let’s start well.”

Pause-and-notice moment

Use **Stay on the Path** during the walk, where people are most likely to cut, spread out, or step off-trail.

This is especially useful:

- on switchbacks,
- muddy sections,
- narrow trails,
- rocky viewpoints,
- quiet forest sections,
- places with signs of erosion.

Good questions:

- “What happens if ten people all take that shortcut?”
- “Where is the safest and least damaging place to stand here?”
- “How do we pass through this section without widening the trail?”



With more experienced groups, you can also ask them to notice patterns:

- widened trail edges,
- unofficial side paths,
- crushed vegetation,
- noisy behaviour in quiet places.

This makes the sticker feel relevant, not basic.

Leave-no-trace check

Use **Take It Back** during a break or before leaving a rest spot. Use it at shelters, picnic spots, summits, benches, or water edges.

Focus on:

- food leftovers,
- tiny packaging,
- fruit peels,
- cigarette butts,
- ash,
- quick ground checks.

A helpful group phrase is:



“Before we leave, everyone checks one meter around themselves.”

This works very well because it is concrete and fast.

Keep your role simple

You do not need to sound formal and make the session long.

Try not to:

- give a long lecture,
- read every word,
- sound moralising,
- overload people with too much information,
- correct people harshly in front of the whole group.

People learn better when they feel included, not judged.

Your role is to help people:

- notice
- reflect
- connect
- act

That is enough to make the sticker useful.

A few practical tips for facilitators

- Use calm, everyday language. Say “food leftovers” instead of “organic waste” if that feels easier for your group.
- Use the sticker in the moment when it fits best.
- Keep the talk short and the action clear.
- Ask people to notice, not just listen. Keep questions open but simple.
- Do not overload the group with too many messages.
- People understand better when they can see the example in front of them.
- Repeat simple rules more than once during the outing.
- Connect the message to the place in front of you, and link it to what is happening now.
- End with one clear takeaway.

How to use the stickers with mountaineers and outdoor enthusiasts

With adults, experienced hikers, runners, climbers, and mountaineers, the best approach is respectful and direct. **Do not speak to them as if they know nothing**. Many already care about nature. The goal is not to shame them. The goal is to help them notice the small habits that matter.

How to adapt the stickers for children

When you work with children, the message should become even simpler, shorter, and more active. Do not explain too much. Let them look, notice, answer, and do.

With children, use:

- shorter sentences,
- one idea at a time,
- more questions,

- more movement,
- more repetition.



Good adaptations for each sticker

Take It Back

Turn it into a “spot and check” game.

Ask: “What should go home with us?”

Before leaving, let children look around and find anything that should not stay there.

Stay on the Path

Use a simple rule: **“The path is where our feet belong.”**

You can make it a challenge: walk carefully, in line, without stepping on plants beside the trail.

Most Impact Starts Here

At the beginning, ask children to notice the place:



- Where are we standing?
- What should stay clean here?
- What should we not leave behind?

This helps them understand that care starts before the walk.

Good questions for children

- “Is this a good place for our feet?”
- “Does this belong in nature or in our bag?”
- “What do we need to leave the same?”
- “How can we help this place stay nice for the next person?”

Good actions for children

- one-minute ground check,
- “walk in line” challenge,
- “quiet forest minute,”
- “pack it back” routine after snacks,
- one shared rule repeated out loud before moving on.



Children learn best when the action is small, visible, and repeated.



Final note

These stickers are small tools, but they can open very useful conversations. The stickers are not there to make outdoor time feel strict or heavy. They are there to help people understand that caring for nature is not only about big actions and make good habits easier.

Used well, they can help people notice more, care more, and leave less behind. Even one short pause, one good question, or one quick group check can change how a person moves through nature.

Use them simply, and in real moments, and help people leave the place just a little better than they found it.



ReWild

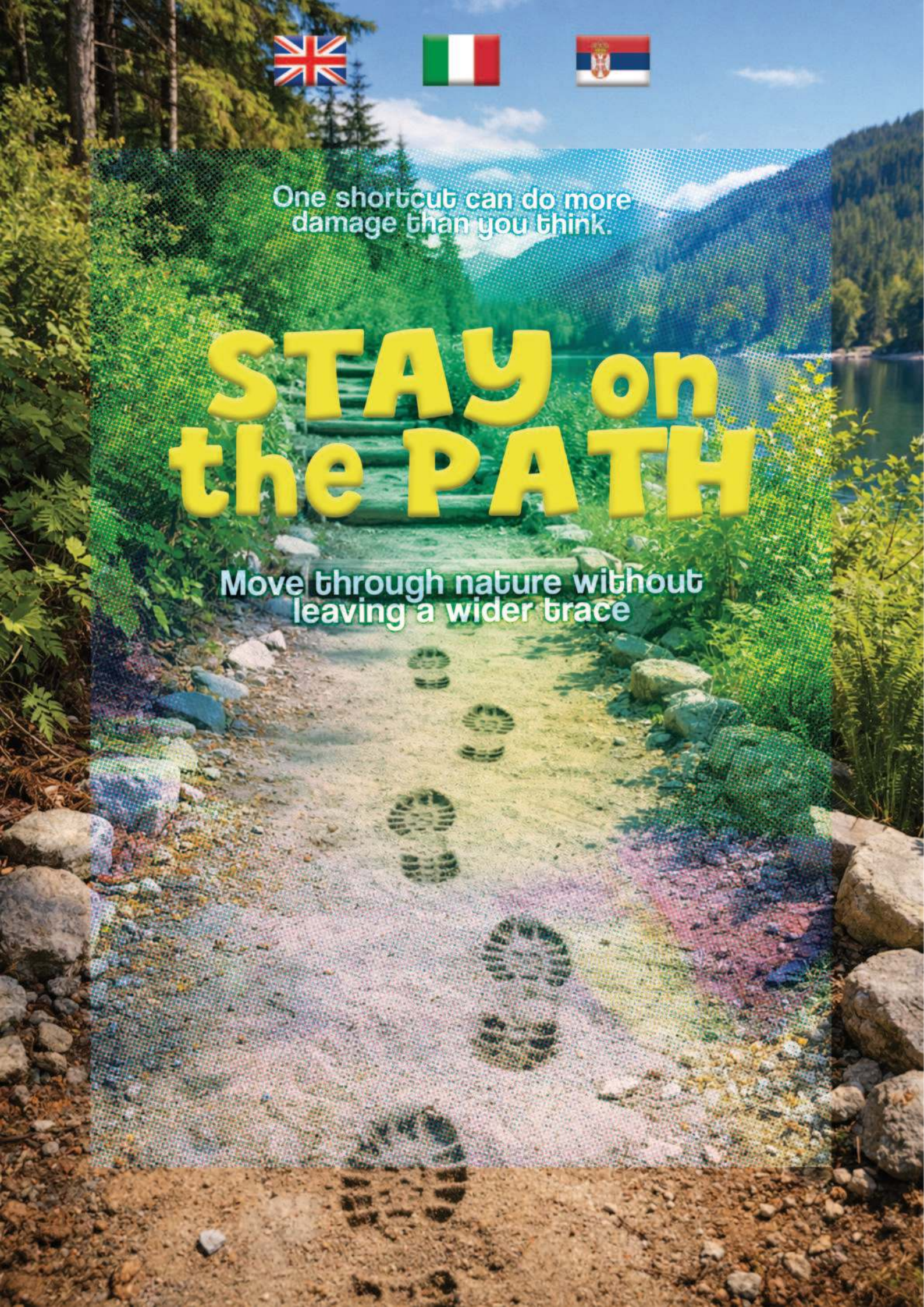
STICKERS










One shortcut can do more damage than you think.
STAY on the PATH
Move through nature without leaving a wider trace

A practical guide for moving through nature with less impact. It shows why the marked path matters and how small route choices protect soil, plants, and wildlife.

PROTECT the LIFE around you

The path is not only there to guide you. It also protects the ground around it and the quiet space that wildlife needs. When people cut corners, step off for photos, or walk around mud, the trail gets wider, plants get crushed, and erosion grows. One step may feel small. Repeated many times, it becomes real damage.

What to do right now?

- Follow the marked route, even when another line looks shorter or easier.
- Do not cut corners or switchbacks.
- If the trail is muddy and it is safe, go through it instead of making a new path around it.
- Step aside only when safety really requires it, then return to the trail quickly.
- Watch where you stand when you stop, pass, or take photos.
- Keep dogs close and under control, especially in quiet areas, near birds, livestock, or wildlife.
- Keep noise low in quiet natural areas. Noise travels further than people think.
- Follow signs for closed, sensitive, or restored zones.



Why this matters?

- Shortcuts damage plants and speed up erosion.
- Side steps create new informal trails.
- A path that looks “already used” can quickly turn into a permanent scar.
- Off-path movement and noise can disturb wildlife, even when you do not see it.

GOOD RULE TO REMEMBER

The trail is not just a route. It is a boundary that protects what is around it.

Real-life situations

"The shortcut is already visible."

Visible does not mean right. It usually means damage has already started.

"The trail is wet and messy."

If it is safe, go through carefully. Walking around usually widens it.

"I only stepped off for one photo."

Look down first. One photo is not worth crushed plants or damaged ground.

"My dog is friendly."

That may be true, but wildlife does not know that. For a bird, rabbit, or deer, even a friendly dog can feel like danger.

"I don't see any animals here."

They may still be nearby, feeding, resting, or nesting.

HIDDEN IMPACT

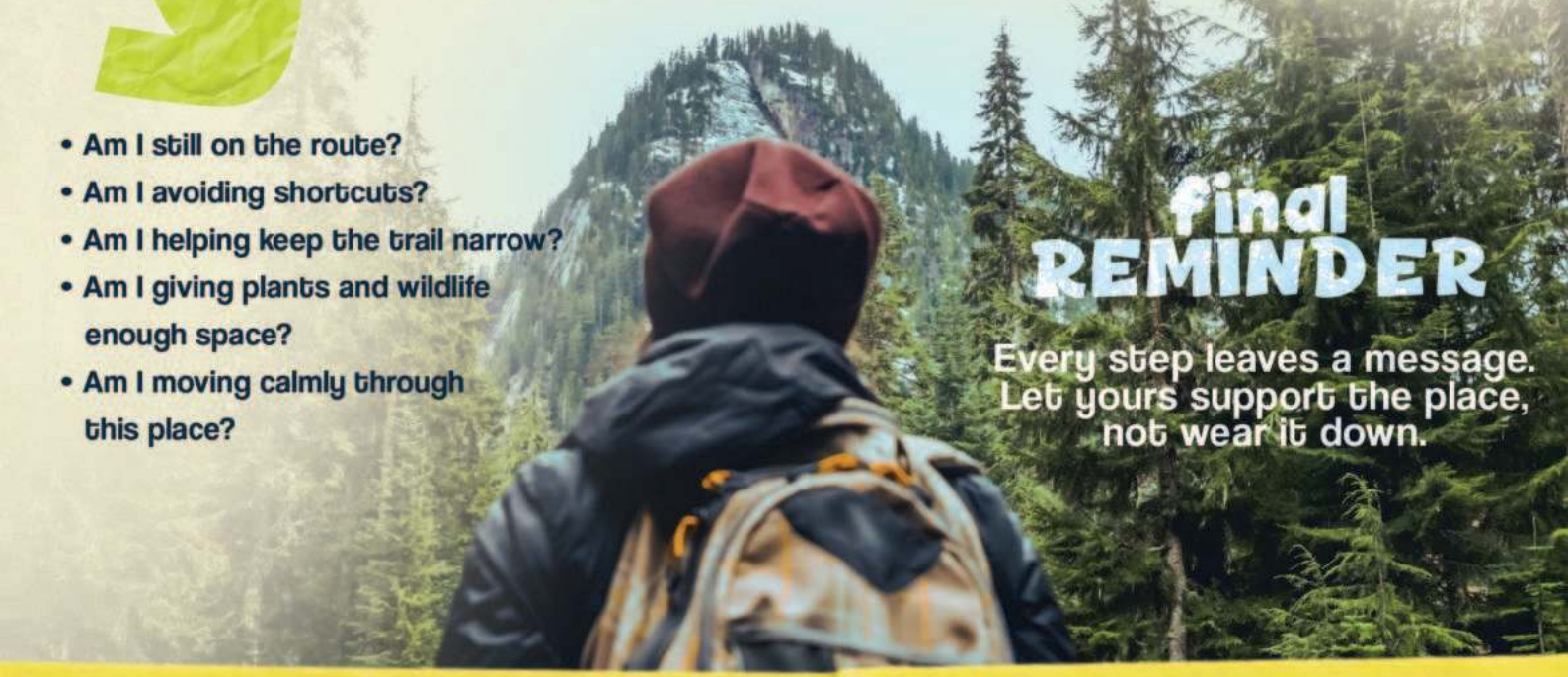
Not all damage is easy to spot. A place can still look green and beautiful after people leave, but the harm may already be there. Nature remembers our footsteps For much longer than we think.

Quick check before you continue

- Am I still on the route?
- Am I avoiding shortcuts?
- Am I helping keep the trail narrow?
- Am I giving plants and wildlife enough space?
- Am I moving calmly through this place?

Useful advice you can actually use

- On narrow trails, walk one behind another.
- Pass others with as little stepping aside as possible.
- Choose rest stops on rock, gravel, or other durable ground.
- In a group, remind everyone: the path is where our feet belong.



final REMINDER

Every step leaves a message. Let yours support the place, not wear it down.

Disclaimer

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

ReWild

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Praktičan vodič za kretanje kroz prirodu sa minimalnim uticajem.
Objašnjava zašto je obeležena staza važna i kako
mali izbori na putu štite zemljište, biljke i životinje.

Zaštiti život oko sebe

Staza ne postoji samo da te vodi. Ona štiti tlo oko sebe i miran prostor koji je potreban životinjama. Kada ljudi seku krivine, napuštaju stazu zbog fotografije ili zaobilaze blato, staza se širi, biljke trpe, a erozija se pospešuje. Jedan korak deluje malo. Kada se ponovi mnogo puta, postaje stvarna šteta.

Šta možeš odmah da uradiš

- Drži se obeležene rute, čak i kada neka druga linija deluje kraće ili lakše.
- Ne seci krivine i serpentine.
- Ako je staza blatnjava i bezbedno je, prođi pažljivo kroz nju umesto da praviš novu stazu okolo.
- Skreni u stranu samo kada situacija to stvarno zahteva, pa se brzo vrati na stazu.
- Pazi gde staješ kada se zaustavljaš, mimoilaziš ili fotografišeš.
- Drži psa blizu sebe i pod kontrolom, posebno u mirnim zonama, blizu ptica, stoke ili divljih životinja.
- Budi tiši u mirnim prirodnim područjima. Zvuk se širi dalje nego što ljudi misliš.
- Poštuj znakove za zatvorene, osetljive ili obnovljene zone.



Zašto je ovo važno

- Prečice oštećuju biljke i ubrzavaju eroziju.
- Koraci sa strane stvaraju nove neformalne staze.
- Staza koja izgleda kao da se „već koristi“ brzo može postati trajni ožiljak.
- Kretanje van staze i buka mogu uznemiriti životinje, čak i kada ih ne vidiš.

Upamti ovo pravilo

Staza nije samo ruta.
Ona je granica koja štiti
ono što je oko nje.

Situacije iz stvarnog života

„Prečica se već vidi.“

To što se vidi ne znači da je u redu. To obično znači da je šteta već počela.

„Staza je mokra i blatnjava.“

Ako je bezbedno, prođi pažljivo. Zaobilaženje obično samo širi stazu.

„Samo na trenutak, zbog jedne fotografije.“

Prvo pogledaj dole. Jedna fotografija nije vredna zgaženih biljaka ili oštećenog tla.

„Moj pas je druželjubiv.“

To može biti tačno, ali divlje životinje to ne znaju. Za pticu, zeca ili srnu, čak i druželjubiv pas može izgledati kao opasnost.

„Ne vidim nikakve životinje ovde.“

Možda su ipak blizu, hrane se, odmaraju ili se gnezde.

Skriveni uticaj

Nije svaka šteta odmah uočljiva. Mesto može i dalje izgledati zeleno i lepo kada ljudi odu, ali šteta može već postojati. Priroda pamti naše korake mnogo duže nego što mislimo.

Brza provera pre nego što nastaviš

- Da li sam još uvek na ruti?
- Da li izbegavam prečice?
- Da li pomažem da staza ostane uska?
- Da li ostavljam dovoljno prostora biljkama i životinjama?
- Da li se kroz ovo mesto krećem mirno?

Korisni saveti koje stvarno možeš da primeniš

- Na uskim stazama hodajte jedan za drugim.
- Prilikom mimoilaženja skreni sa staze što je manje moguće.
- Za odmor biraj kamen, šljunak ili drugo otporno tlo.
- U grupi podseti druge: “Staza je mesto za naše korake.”



Završni podsetnik

Svaki korak ostavlja poruku. Neka tvoja poruka čuva ovo mesto, umesto da ga ruži.

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Una scorciatoia può fare più danni di quanto pensi.
Muoviti nella natura senza lasciare una traccia più grande.

Proteggi la vita intorno a te

Il sentiero non serve solo a guidarti. Protegge anche il terreno ai lati e lo spazio tranquillo di cui gli animali hanno bisogno. Quando le persone tagliano i tornanti, escono dal percorso per fare foto o aggirano il fango, il sentiero si allarga, le piante vengono schiacciate e l'erosione aumenta. Un passo può sembrare poca cosa. Ripetuto tante volte, diventa un danno reale.

Cosa fare subito

- Segui il percorso segnato, anche quando un'altra traccia sembra più corta o più facile. Non tagliare curve o tornanti.
- Se il sentiero è fangoso e si può passare in sicurezza, attraversalo con attenzione invece di creare un nuovo passaggio intorno.
- Spostati di lato solo quando la sicurezza lo richiede davvero, poi torna subito sul sentiero.
- Guarda dove metti i piedi quando ti fermi, superi qualcuno o scatti una foto.
- Tieni i cani vicini e sotto controllo, soprattutto nelle zone tranquille, vicino a uccelli, bestiame o fauna selvatica.
- Mantieni basso il rumore nelle aree naturali tranquille. Il suono viaggia più lontano di quanto si pensi.
- Rispetta i cartelli che indicano zone chiuse, sensibili o in fase di recupero.



Perché è importante

- Le scorciatoie danneggiano le piante e accelerano l'erosione.
- I passi fuori sentiero creano nuove tracce informali.
- Un passaggio che sembra "già usato" può diventare presto una cicatrice permanente.
- Camminare fuori sentiero e fare rumore può disturbare gli animali, anche quando non li vedi.

Una buona regola da ricordare

Il sentiero non è solo un percorso.
È un confine che protegge ciò che lo circonda.

Situazioni reali

"La scorciatoia si vede già."

Visibile non significa giusto. Di solito vuol dire che il danno è già iniziato.

"Il sentiero è bagnato e pieno di fango."

Se è sicuro, passa con attenzione. Girarci intorno di solito lo allarga.

"Sono uscito dal sentiero solo per una foto."

Guarda prima a terra. Una foto non vale piante schiacciate o terreno danneggiato.

"Il mio cane è tranquillo."

Può essere vero, ma gli animali selvatici non lo sanno. Per un uccello, un coniglio o un cervo, anche un cane tranquillo può sembrare un pericolo.

"Qui non vedo animali."

Potrebbero comunque essere vicini, mentre mangiano, riposano o fanno il nido.

Impatto nascosto

Non tutti i danni sono facili da vedere. Un luogo può sembrare ancora verde e bello dopo il passaggio delle persone, ma il danno può essere già presente. La natura ricorda i nostri passi molto più a lungo di quanto pensiamo.

Controllo rapido prima di continuare

- Sono ancora sul percorso?
- Sto evitando le scorciatoie?
- Sto aiutando a mantenere stretto il sentiero?
- Sto lasciando abbastanza spazio a piante e animali?
- Sto attraversando questo luogo con calma?

Consigli utili da usare davvero

- Sui sentieri stretti, camminate in fila indiana.
- Quando incroci o superi altre persone, spostati il meno possibile dal sentiero.
- Scegli punti di sosta su roccia, ghiaia o altre superfici resistenti.
- In gruppo, ricordatevi: il sentiero è il posto giusto per i nostri piedi.



Promemoria finale

Ogni passo lascia un segno.
Fai in modo che protegga il luogo, non che lo consumi.

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TRAILHEADS, REST SPOTS, AND SHORES NEED CARE TOO.
MOST IMPACT STARTS HERE
Arrive, park, and rest responsibly!

A short guide for the moments people often overlook: arriving, parking, resting, and stopping near shelters, viewpoints, rivers, and lakes. These shared places collect the most pressure and need extra care.



Use shared places with care

A lot of outdoor damage happens before the walk begins or during a short break. Parking areas, trailheads, benches, shelters, viewpoints, and shorelines are used again and again. That is why small choices matter here.

What to do right now?

- Park only in marked or clearly suitable places.
- Avoid parking on grass, roots, soft ground, or fragile edges.
- Keep your stop small and tidy. Try not to spread your things all over the area.
- Watch for crumbs, tissues, wrappers, bottle caps, and cigarette butts.
- Be extra careful near rivers, lakes, and soft shorelines.
- If fire is not clearly allowed, do not light one.
- Leave shelters, benches, viewpoints, and resting places ready for the next person.

Why this matters?

- Entry points and rest spots collect repeated pressure.
- Small waste builds up fastest where people stop, eat, wait, and smoke.
- Soft ground and shorelines are easy to damage and slow to recover.
- Shared places become rough and messy when everyone leaves "just a little."
- The first and last minutes of a visit often leave the biggest trace.



Arrive lightly.
Rest neatly.
Leave shared places ready for others.

Real-life situations

"It's only the parking area."

It still matters. Damage, litter, and careless habits often start there.

"We're only resting for a few minutes."

That is enough time to leave crumbs, wrappers, or butts behind.

"This place is already messy."

Do not add to it. Shared places recover only when people start using them better.

"We just want to make it more comfortable."

Do not move rocks, logs, branches, or plants unless it is clearly a managed area.

"We're near the water, so small waste won't matter."

It matters even more. Near water, pollution spreads fast and damage is harder to undo.

Quick check before you leave

Ask yourself:

- Did I park without damaging the ground?
- Did anything fall out of my bag or pockets?
- Did I leave crumbs, wrappers, or cigarette butts?
- Did I leave this place clean, calm, and usable for others?
- Would I be happy to arrive here after someone like me?

Useful advice you can actually use

- Keep all your items in one small area while you rest.
- Pack up fully before you stand up to leave.
- Do one final ground scan around the bench, shelter, picnic spot, or car.
- Near water, keep food, waste, and smoke especially controlled.
- If you lead a group stop, say: "Before we go, everyone check the ground."



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Care begins the moment you arrive.

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Kratak vodič za trenutke koje ljudi često previde: dolazak, parkiranje, odmor i zaustavljanje kod skloništa, vidikovaca, reka i jezera. Ova zajednička mesta trpe najveći pritisak i zato traže dodatnu pažnju.



Zajednička mesta koristi pažljivo

Mnogo štete u prirodi nastaje pre nego što šetnja uopšte počne ili tokom kratke pauze. Parking prostori, polazišta staza, klupe, skloništa, odmorišta, vidikovci i obale koriste se iznova i iznova. Zato su ovde važni svi mali izbori.

Šta možeš odmah da uradiš

- Parkiraj samo na obeleženim ili jasno pogodnim mestima.
- Izbegavaj parkiranje na travi, korenju, mekom tlu ili krhkim ivicama.
- Drži svoj kutak za pauzu malim i urednim. Nemoj širiti stvari po celom prostoru.
- Pazi na mrvice, maramice, omote, čepove i opuške.
- Posebno pazi pored reka, jezera i mekih obala.
- Nemoj paliti vatru ako nije jasno dozvoljena.
- Ostavi skloništa, klupe, vidikovce i mesta za odmor spremnim za sledeću osobu.

Zašto je ovo važno

- Polazišta i odmorišta trpe stalni pritisak.
- Sitan otpad se najbrže skuplja tamo gde ljudi zastanu, odmaraju, jedu, čekaju i puše.
- Meko tlo i obale lako se oštete, a sporo oporavljaju.
- Zajednička mesta postaju zapuštena i neuredna kada svako ostavi „samo malo“.
- Prvi i poslednji minuti posete često ostave najveći trag.



**Stigni pažljivo.
Odmori uredno.
Ostavi zajednička
mesta spremna za druge.**

Situacije iz stvarnog života

„To je samo parking."

I dalje je važno. Šteta, smeće i nemarne navike često počinju baš tu.

„Odmaramo samo par minuta."

To je dovoljno da iza vas ostanu mrvice, omoti ili opušci.

„Ovo mesto je već neuredno."

Nemoj dodavati još. Zajednička mesta se oporavljaju tek kada ljudi počnu bolje da ih koriste.

„Blizu vode smo, pa sitan otpad nije problem."

Baš tu je problem veći. Zagadjenje se najbrže širi blizu vode, a štetu je teže popraviti.

Brza provera pre odlaska

- Da li je parkiranje prošlo bez oštećenja tla?
- Da li je nešto ispalo iz moje torbe ili džepova?
- Da li su ostale mrvice, omoti ili opušci?
- Da li ovo mesto ostavljam čisto, mirno i upotrebljivo za druge?
- Da li bi mi bilo prijatno da dođem na mesto koje je neko pre mene ovako ostavio?

Korisni saveti koje stvarno možeš da primeniš

- Dok se odmaraš, drži sve stvari na jednom malom prostoru.
- Spakuj sve pre nego što ustaneš da kreneš.
- Na kraju pogledaj tlo oko klupe, skloništa, izletišta ili automobila.
- Blizu vode posebno kontroliši hranu i otpad.
- Ako vodiš grupu, reci: „Pre nego što krenemo, svako neka proveri tlo oko sebe."



Završni podsetnik

Briga počinje onog trenutka kada pristigneš.

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Una breve guida per i momenti che spesso vengono sottovalutati: arrivare, parcheggiare, riposarsi e fermarsi vicino a rifugi, punti panoramici, fiumi e laghi. Questi luoghi condivisi concentrano molta pressione e hanno bisogno di più attenzione.



Usa con cura gli spazi condivisi

Molti danni all'ambiente avvengono prima ancora che inizi la camminata o durante una breve pausa. Parcheggi, accessi ai sentieri, panchine, rifugi, belvedere e rive vengono usati di continuo. Per questo, qui le piccole scelte contano molto.

Cosa fare subito

- Parcheggia solo negli spazi segnati o chiaramente adatti.
- Evita di parcheggiare su erba, radici, terreno morbido o bordi fragili.
- Occupa poco spazio e lascia tutto in ordine. Cerca di non spargere le tue cose in tutta l'area.
- Fai attenzione a briciole, fazzoletti, incarti, tappi e mozziconi di sigaretta.
- Sii ancora più prudente vicino a fiumi, laghi e rive morbide.
- Se il fuoco non è chiaramente consentito, non accenderlo.
- Lascia rifugi, panchine, punti panoramici e aree di sosta pronti per chi arriverà dopo.



Perché è importante

- Accessi ai sentieri e aree di sosta subiscono una pressione ripetuta.
- I piccoli rifiuti si accumulano più in fretta dove le persone si fermano, mangiano, aspettano e fumano.
- I terreni morbidi e le rive si danneggiano facilmente e si riprendono lentamente.
- Gli spazi condivisi diventano trascurati e sporchi quando ognuno lascia "solo qualcosa".
- I primi e gli ultimi minuti di una visita spesso lasciano la traccia più grande.

Arriva leggero.
Riposati con ordine.
Lascia gli spazi condivisi pronti per gli altri.

Situazioni reali

"È solo un parcheggio."

Conta comunque. Danni, rifiuti e abitudini poco attente spesso iniziano proprio lì.

"Ci riposiamo solo per pochi minuti."

È comunque abbastanza tempo per lasciare briciole, incarti o mozziconi.

"Questo posto è già sporco."

Non aggiungere altro. Gli spazi condivisi si riprendono solo quando le persone iniziano a usarli meglio.

"Siamo vicino all'acqua, quindi i piccoli rifiuti non contano."

Contano ancora di più. Vicino all'acqua, l'inquinamento si diffonde in fretta e il danno è più difficile da sistemare.

Controllo rapido prima di andare via

- Ho parcheggiato senza danneggiare il terreno?
- È caduto qualcosa dalla mia borsa, dal mio zaino o dalle mie tasche?
- Ho lasciato briciole, incarti o mozziconi di sigaretta?
- Ho lasciato questo posto pulito, tranquillo e pronto per gli altri?
- Sarei contento di arrivare qui dopo il passaggio di qualcuno come me?

Consigli utili da usare davvero

- Tieni tutte le tue cose raccolte in una piccola area mentre ti riposi.
- Rimetti tutto nello zaino prima di alzarti per andare via.
- Fai un ultimo controllo del terreno intorno alla panchina, al rifugio, all'area picnic o all'auto.
- Vicino all'acqua, controlla con particolare attenzione cibo, rifiuti e fumo.
- Se guidi una sosta di gruppo, di':
  "Prima di andare, controlliamo tutti il terreno."



Promemoria finale

La cura inizia nel momento in cui arrivi.

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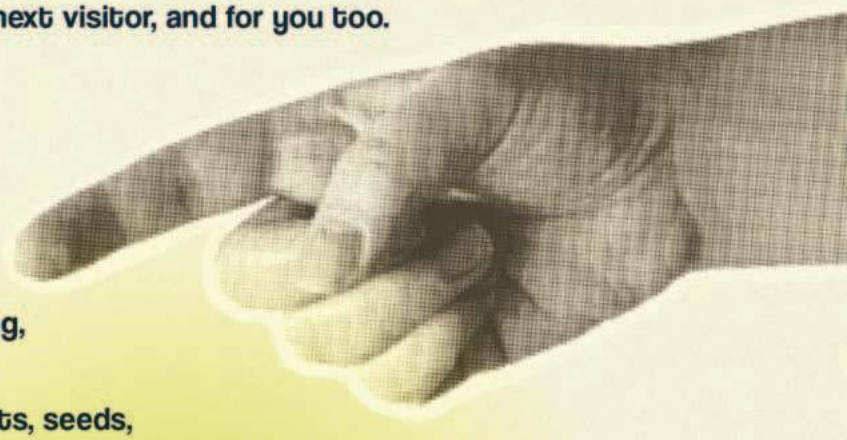

SMALL things
LEAVE
BIG traces
TAKE IT
BACK
Leave nature with nothing
extra from you!

A simple guide that helps you notice the small things that often get leftbehind. It gives quick, practical advice you can use right away to leave the place clean, natural, and welcoming for others.

Leave nature with nothing extra from you!

Most damage in outdoor places does not start with something dramatic. It starts with small things left behind. These things may look small, natural, or temporary. But nature does not "clean up" as fast as we often imagine.

If it stays behind, it changes the place for wildlife, for the next visitor, and for you too.



What to do right now?

- Bring one small bag for waste. It can be a zip bag, cloth bag, or any light pouch.
- Pack out all food leftovers, including peels, crusts, seeds, nutshells, and especially tea bags and snack crumbs.
- Keep tiny waste with you too: bottle caps, tissues, fruit stickers, wet wipes, and cigarette butts.
- If you smoke, carry a small tin, jar, or pocket ashtray for used butts.
- Before leaving, check the ground around you.
- If fire is not clearly allowed, do not light one. If you used a legal fire place, leave no ash, charcoal, foil, or food behind.

Why this matters?

- Small waste is easy to drop and easy to miss.
- Food leftovers attract animals and change their behaviour.
- "Organic" does not always mean harmless.
- A cigarette butt is small, but highly polluting. It pollutes soil and water.
- Burn marks (ash and charcoal) stay visible long after your visit.
- One leftover often leads to more leftovers.



What counts as waste?

More things than most people think. Usual waste includes:

- wrappers and paper
- tissues and wet wipes
- fruit peels and food scraps
- bottle caps and drink lids
- cigarette butts
- tea bags and snack leftovers
- ash, charcoal, and burned foil

Good RULE to remember!

If it came with you, it goes back with you.

Real-life situations

"It's only a fruit peel."
Take it back. A peel may look natural, but it is still waste in this place. It can attract animals, stay visible, and tell other people that leaving food behind is fine.

"There is no bin nearby."
Keep it with you until you find one. A small zip bag solves this in seconds.

"It's only one cigarette."
One butt is still litter. It is small, but it still pollutes and looks like carelessness.

"We only stopped for a few minutes."
That is exactly when small things get left behind. Fast breaks often leave the most traces.

"The fire is already out."
Cold ash, charcoal, and burned foil are still traces. If you stop, clean the place fully before you leave.

Hidden impact

Fruit peels, leftovers, and snack scraps are not "part of nature" just because they came from food. They can disturb wildlife, change feeding habits, and make a natural place feel less wild. A single cigarette butt is not just ugly to look at. It also pollutes and increases fire risk.

Quick check before you leave



Ask yourself:

- Did I leave any visible waste behind?
- Did any food fall out of my bag?
- Did I leave a tissue, cap, peel, or butt?
- Does this place look the same as when I arrived?

Useful advice you can actually use

- Keep one "nature kit" in your bag with a mini waste bag, tissues, and a small reusable container.
- Put all snack waste in one pocket while you walk, then empty it later.
- If you are with children or friends, do one quick group check before leaving.
- If you stop near water, be extra careful. Small waste spreads fast there.
- If you see one small item that is easy to pick up safely, take it with you.

LEAVE MEMORIES, NOT LEFTOVERS.

You do not have to do something big to care for nature. Often, the best thing you can do is simply leave nothing behind.

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Kratak vodič za pauze, mesta za odmor i kratka zaustavljanja. Pomaže ti da primetiš sitnice koje se lako zaborave i daje jednostavne korake koje možeš odmah da primeniš.

Ne ostavljaj u prirodi ništa za sobom

Šteta u prirodi najčešće ne počinje nečim dramatičnim. Počinje omotima, mrvicama, korama od voća, maramicama, pepelom i opušcima koji ostanu posle kratke pauze. Takvi sitni tragovi menjaju prostor i za životinje i za sledećeg posetioca.



Šta možeš odmah da uradiš

- Ponesi malu kesu ili torbicu za otpad (zip kesu, platnenu kesicu ili bilo koju laganu torbicu).
- Ponesi nazad sve ostatke hrane, uključujući kore, mrvice, kesice čaja i ljuske od koštunjavih plodova.
- Sačuvaj i sitan otpad: maramice, čepove, omote, nalepnice sa voća, vlažne maramice i opuške.
- Ako pušiš, koristi malu limenku, teglicu ili džepnu pepeljaru.
- Proveri tlo pre nego što odeš.
- Nemoj paliti vatru ako nije jasno dozvoljena. Ako koristiš dozvoljeno ložište, ne ostavljaj pepeo, ugalj, foliju ili ostatke hrane.

Zašto je ovo važno

- Sitan otpad se lako ispusti i lako previdi.
- Ostaci hrane privlače životinje i menjaju njihove navike.
- „Organsko“ ovde ne znači uvek bezopasno.
- Opušci jesu mali, ali snažno zagađuju zemljište i vodu.
- Tragovi paljenja, kao što su pepeo i ugalj, ostaju vidljivi dugo posle tvoje posete.
- Jedan trag često vodi ka još tragova.

Šta se smatra otpadom?

Više stvari nego što većina ljudi misli. Uobičajeni otpad uključuje:

- omote i papir
- papirne i vlažne maramice
- kore od voća i ostatke hrane
- čepove flaša i poklopce za piće
- opuške od cigareta
- kesice čaja i ostatke grickalica
- pepeo, ugalj i izgorelu foliju

Upamti ovo pravilo

Šta god doneseš sa sobom, vraćaš sa sobom.

Situacije iz stvarnog života

„To je samo kora od voća."
Ponesi je nazad. Možda izgleda prirodno, ali je na tom mestu i dalje otpad.

„Nema kante u blizini."
Drži otpad kod sebe dok ne pronađeš kantu. Mala zip kesa rešava ovo za nekoliko sekundi.

„To je samo jedna cigareta."
Jedan opušak je i dalje smeće, i dalje zagađuje i ostavlja utisak nemara.

„Stali smo samo na par minuta."
Baš tada se najčešće zaboravi sitan otpad.

„Vatra je već ugašena."
Hladan pepeo, ugalj i spaljena folija su i dalje tragovi. Očisti mesto potpuno pre nego što odeš.

Skriveni uticaj

Kore od voća, ostaci hrane i mrvice od grickalica nisu „deo prirode" samo zato što potiču od hrane. Mogu da uznemire divlje životinje, promene njihove navike u ishrani i učine da prirodno mesto deluje manje divlje. Jedan opušak nije samo ružan prizor. On takođe zagađuje i povećava rizik od požara.

Brza provera pre odlaska



- Da li je iza mene ostao bilo kakav vidljiv otpad?
- Da li je nešto od hrane ispalo iz torbe?
- Da li je ostala maramica, čep, kora ili opušak?
- Da li ovo mesto izgleda kao pre mog dolaska?

Korisni saveti koje stvarno možeš da primeniš

- Drži mini kesu za otpad u rancu.
- Otpad od grickalica stavi u jedan džep dok ne napraviš pauzu.
- Pre polaska uradite kratku proveru sa grupom da li je nešto ostalo.
- Posebno pazi blizu vode, jer se otpad tamo brzo širi.
- Ako zatekneš smeće, pokupi stvari koju lako i bezbedno možeš da ukloniš.

Ostavi uspomene, ne otpatke i tragove.

Ne moraš učiniti nešto veliko da bi pokazao/la brigu za okruženje.
Tajna je u sitnicama.

Završni Podsetnik

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Una guida rapida per pause, punti di sosta e brevi fermate.
Ti aiuta a notare le piccole cose che è facile dimenticare e
ti offre azioni semplici da mettere in pratica subito.

Lascia la natura com'era, senza niente di tuo

La maggior parte dei danni all'ambiente non nasce da gesti clamorosi. Inizia con cartacce, briciole, bucce, fazzoletti, cenere e mozziconi lasciati dopo una breve sosta. Queste piccole tracce cambiano il luogo per gli animali selvatici e per chi arriverà dopo di noi.



Cosa fare subito

- Porta con te un piccolo sacchetto o contenitore per i rifiuti, come una bustina richiudibile, un sacchetto di stoffa o una custodia leggera.
- Riporta via tutti gli avanzi di cibo, comprese bucce, briciole, bustine di tè e gusci di frutta secca.
- Tieni con te anche i rifiuti più piccoli: fazzoletti, tappi, incarti, etichette della frutta, salviette umidificate e mozziconi di sigaretta.
- Se fumi, usa una piccola scatola di metallo, un barattolino o un posacenere tascabile.
- Controlla il terreno prima di andare via.
- Se il fuoco non è chiaramente consentito, non accenderlo. Se hai usato un'area fuoco autorizzata, non lasciare cenere, carbone, stagnola o resti di cibo.

Perché è importante

- I piccoli rifiuti cadono facilmente e si notano poco.
- Gli avanzi di cibo attirano gli animali e cambiano le loro abitudini.
- "Organico" non significa sempre innocuo in un ambiente naturale.
- I mozziconi sono piccoli, ma inquinano molto il suolo e l'acqua.
- I segni del fuoco, come cenere e carbone, restano visibili a lungo dopo la tua visita.
- Una traccia spesso ne porta altre.



Che cosa si considera rifiuto?

Più cose di quanto la maggior parte delle persone pensi. I rifiuti comuni includono:

- involucri e carta
- fazzoletti e salviette umidificate
- bucce di frutta e avanzi di cibo
- tappi di bottiglia e coperchi di bevande
- mozziconi di sigaretta
- bustine di tè e resti di snack
- cenere, carbone e fogli di alluminio bruciati

Una buona regola da ricordare

Se l'hai portato con te, riportalo via.

Situazioni reali

"È solo una buccia di frutta."
Riportala via. Una buccia può sembrare naturale, ma in questo luogo è comunque un rifiuto.

"Non c'è un cestino qui vicino."
Tieni i rifiuti con te finché non trovi un cestino. Una piccola bustina richiudibile risolve il problema in pochi secondi.

"È solo una sigaretta."
Un mozzicone resta un rifiuto, inquina comunque e dà un'idea di incuria.

"Ci siamo fermati solo per pochi minuti."
Spesso è proprio in quei momenti che si lasciano più piccoli rifiuti.

"Il fuoco è già spento."
Anche la cenere fredda, il carbone e la stagnola bruciata sono tracce. Pulisci bene il posto prima di andare via.

Impatto nascosto

Bucce, avanzi e resti di snack non diventano "parte della natura" solo perché provengono dal cibo. Possono disturbare la fauna selvatica, cambiare le abitudini alimentari degli animali e far sembrare un luogo naturale meno selvaggio. Un solo mozzicone non è solo brutto da vedere. Inquina e aumenta anche il rischio di incendio.

Controllo rapido prima di andare via



- Ho lasciato qualche rifiuto visibile?
- È caduto del cibo dalla mia borsa o dal mio zaino?
- Ho lasciato un fazzoletto, un tappo, una buccia, una briciola o un mozzicone?
- Questo posto sembra come quando sono arrivato?

Consigli utili da usare davvero

- Tieni sempre un mini sacchetto per i rifiuti nello zaino da giornata.
- Metti gli incarti degli snack in una tasca finché non ti fermi.
- Prima di ripartire, fate un controllo rapido di gruppo.
- Fai ancora più attenzione vicino all'acqua, dove i rifiuti si diffondono in fretta.
- Raccogli un oggetto facile da prendere, se puoi farlo in sicurezza.

Lascia ricordi, non avanzi.

Non devi fare qualcosa di grande per dimostrare il tuo rispetto per la natura. Il segreto sta nelle piccole cose.

Promemoria finale

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