



## The tenets of a conscientious visitor:



1. Protect nature and all it provides.
2. Do not pluck plants.
3. Do not disturb the peace and quiet of the forest. Do not scare animals with noise.
4. Leave no trace. Leave the place as you found it.
5. Please take out with you any garbage you bring in.
6. Dig a hole and cover up your excrement. The forest is not a toilet.
7. Move only on marked and permitted routes.
8. Do not light a fire outside of designated camping sites.
9. Respect the place you visit and the local inhabitants.
10. Avoid risk. Be responsible. Provide help when needed.