

CARES AND ADVICES

- Never go alone into a trail, always walk with one or more companions.
- Respect the rules within Protected Areas.
- Look through the written documentation and maps related to the trail.
- Prepare the necessary equipment and organize your backpack.
- Get informed about the weather forecast.
- Check the time of departure, confirming that you can finish the walk before nightfall.
- When camping, always choose places suitable for this purpose.
- Do not make fires outside the authorized and suitable sites.
- Never abandon a fire without making sure the embers are extinguished and the ashes scattered.

Going back will be a test of prudence, it will become necessary when the weather becomes worse or when fog appears.

"Do not leave nothing but footprints, take nothing more than photographs"

- Follow the trails and paths whenever possible, avoiding the cross-country, because this increases erosion and destroys the vegetation.
- When you cross, barriers or gates, you should leave them as you found them in first place.
- When you cross villages and cultivated areas respect the customs, traditions and goods.
- Don't destroy vegetation, not even by picking up flowers.
- Do not leave glass, plastics, cans or other waste, take them with you and put them in appropriate places.
- Be quiet, do not disturb the wildlife and quietness of the place, avoid screaming or even speaking loudly.
- Avoid walking with a very large group, because environmental impact is not justified.



Escola Profissional Agrícola Conde de S. Bento

Food - Equipment Hygiene - Signalling





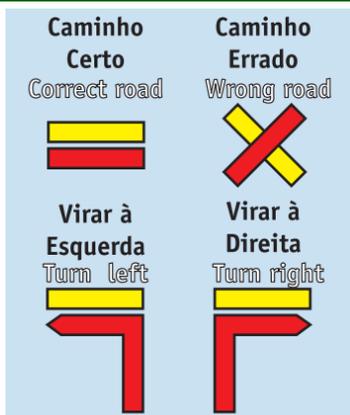
FOOD

Should be high in calories and quite varied, corresponding to the effort made, you should eat few portions and often, not enough to feel full, which disturbs our walk.

Drinking water without being thirsty and eating before feeling weakness, are basic rules.

In a walk you should have enough water for the ride, fruit, dried fruit, energetic bars or chocolate products and some sandwiches.

SIGNALLING



EQUIPMENT

To get the outmost out of a walk or a pedestrian promenade it is essential to have minimum equipment so you can feel some safety and welfare.

- **Shoes** - Boots or tennis with adhering soles to any type of ground - these must be suitable, because the feet are the basic element to protect either the cold or moisture (usually should wear one number higher than from the one you usually wear).
- **Socks** - should preferably be without or with seams. no or minimum possible seams (you usually wear two socks on each foot, a thinner in touch with the skin and another padded over the previous one).
- **Backpack** - with padded shoulder straps.
- **Jacket** - Warm and waterproof.
- **Hat or cap** with visor.
- **Baggy or shorts** - not tight.
- **T-Shirt** - fiber so that sweat can evaporate faster.
- **Canteen** for water.
- **Sunglasses**.
- **Nordic walking sticks**.

HYGIENE

For a walker daily hygiene is very important for his health. Individual hygiene is a factor to take into account both in the relationship between their walking mates, either in their welfare.

Taking care of daily hygiene of the feet:

- Put Vaseline or arnica ointment between the toes. These products reduce the friction of the sock against the skin and between the fingers, revealing fantastic preventative against blisters.
- Do not bathe before you start walking, especially with long, hot baths, because the skin of the feet softens and gets bubbles more easily.
- While walking as soon as you feel a sore or sensitive region of the foot, stop and investigate the cause. Correct the problem stocking or boot and cover the area with a hypoallergenic tape. Do not let the situation get worse by simply oversight it.
- The feet should be washed immediately after each track.