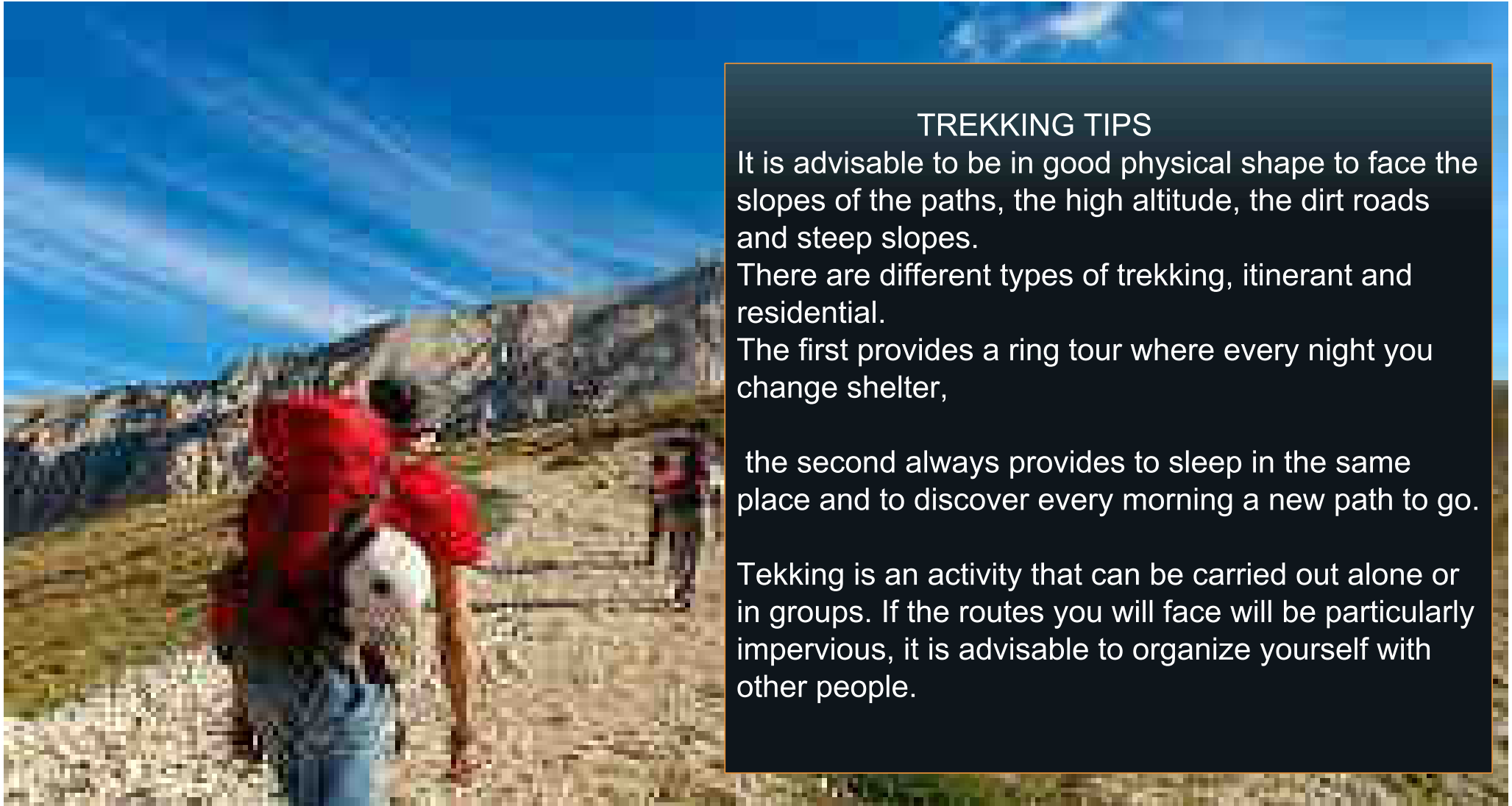


TREKKING

THE III A SCIENZE UMANE
presents

Some **Rules**
to respect the environment
during trekking excursions



TREKKING TIPS

It is advisable to be in good physical shape to face the slopes of the paths, the high altitude, the dirt roads and steep slopes.

There are different types of trekking, itinerant and residential.

The first provides a ring tour where every night you change shelter,

the second always provides to sleep in the same place and to discover every morning a new path to go.

Trekking is an activity that can be carried out alone or in groups. If the routes you will face will be particularly impervious, it is advisable to organize yourself with other people.

Normally trekking takes place in the mountains or in any other natural environment, and can be accompanied by naturalistic activities such as bird watching: observation of botanical species.



The seriously motivated hiker must respect the environment he crosses

- Avoid making noise,
- Respect the paths,
- Do not tamper with the signs,
- Do not leave waste (which can be compacted and transported to a basket, or better still downstream).



- Do not harvest protected plant species or harass wild animals
- Do not throw away cigarette butts or paper towels in any case.



**NON MANDARE IN
FUMO LA TUA BUONA
EDUCAZIONE!**

Getta i mozziconi di sigaretta nel posacenere.



Per un ambiente pulito e sano basta un gesto. Da parte di tutti.

warning signs of wild and domestic
stray animals

Camping equipment

- 29) Tent/Tenda
- 30) Sleeping bag
- 31) Cookware/scodella
- 32) Binocular/Cannocchiale
- 33) Hiking poles
- 34) Swiss Army knife/Coltello
- 35) Gps

29



30



31



32



33



34



35





CAMPING DICTIONARY

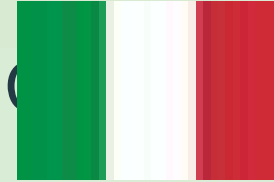


- | | |
|-------------------|-----------------------|
| 1) Camping Boots/ | Scarponi da campeggio |
| 2) Backpack/ | Zaino |
| 3) Bonfire/ | Falò |
| 4) Binocular/ | Binocolo |
| 5) Stove/ | Fornellino |





CAMPING DICTIONARY



Sleeping bag /Sacco a pelo



Flashlight/Torcia



Hammock/Amaca



Jacket for Camping/Giubbotto

Tent/ Tenda



Terms

Adventure

Hiking path

Hike

Journey

Mountain

Nature

Places

Ranger

To explore

To walk

Wilderness



DONE BY:

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