



Zingaro Oriented Natural Reserve

Tips for a safe, pleasant and environmentally friendly visit.

Entering the natural and uncontaminated environment of the Zingaro Oriented Nature Reserve is certainly a pleasant experience that leaves in the visitor a magnificent memory. Our trail network, which can only be walked, allows you to admire unique landscapes and appreciate the natural heritage kept in the reserve.

But nature can be very strict with those who approach it superficially.

We would like to provide some useful information for the **safety of visitors** and for the **protection of the environment**, so that the visit of the Reserve is carried out in peace and remains a fulfilling memory.

- **Respect the Reserve Rules.** In particular, it is not allowed to hunt, introduce weapons, capture and/or disturb animals, damage and/or remove vegetation, practice camping and bivouac, light open fires.
- **Do not leave waste inside the Reserve.** Take it with you and dispose of it according to the principles of separate waste collection.
- **Do not disturb wild animals.** If you encounter any, admire at a safe distance.
- **Do not bring pets.** Their presence could be seen by wild animals as an invasion of their territory and trigger aggressive reactions. Pets may be vectors of disease to wildlife or be infected by it.
- **Do not collect plants or parts of them:** they may contain toxic and/or stinging substances. If you photograph a plant, you will carry with you a lasting memory, if you tear it away it will die in a short time, you will have prevented others to enjoy its beauty and nature to complete its biological cycle.
- **Do not stray from the indicated paths,** follow the paths and follow the indications of the information and warning tables.
- **Do not lean on fences and do not go over them.**
- **Make a good estimate of the journey times,** the difficulties of the trails and the climatic conditions before starting an excursion.
- **Take account of their physical and health conditions.** To walk the paths of the Reserve it is not necessary to be athletes, but you need to be in good shape and be accustomed to walking, especially to proceed along the medium-high ones. The use of walking sticks is recommended.
- **Wear clothing appropriate to the season and places:** long, practical trousers, sun cap, rain/windproof jacket. If you plan to walk the high paths consider that you reach almost 900 meters above sea level.
- **Wear shoes suitable for safe walking.** Use closed and comfortable shoes, preferably walking shoes with a sculpted sole and which block the ankle. They are absolutely to be avoided: slippers, wedges, flip-flops, espadrilles, rock shoes, unbuttoned footwear, ... because they could cause slipping, sprains and falls.
- **Get adequate supply of drinking water,** especially in the summer season. There are no supply points inside the Reserve.
- **Bring with you an adequate supply of food** (non-perishable and easily digestible) to cope with any drop in blood sugar, especially if you expect a long stay in the reserve.
- If you suffer from allergies (to pollen, insect bites or other) take with you appropriate medicines to treat any allergic reactions.
- **Carry in a backpack the material strictly necessary for the excursion.** Since the backpack leaves both hands free, its use is preferable to that of bags and duffel bags.
- **Make sure your mobile phone has enough power to cover the entire excursion time.** Possibly equip yourself with a portable charger.
- **Do not stay under the rocky ridges.** If the path passes under a rocky wall, walk carefully and do not stop. Even a small stone that falls from high heights can cause serious damage.
- In order to ensure a turnover of visitors and reduce the time of parking under the rocky ridges above the coves (beaches), **it is forbidden to introduce umbrellas, chairs, beach beds, deck chairs and boats or inflatable mattresses.**
- **In case of illness or accident, which does not allow you to continue the visit, call the Unique Emergency Number 112 and provide all the useful elements for a timely and effective rescue intervention.**

The management of the Reserve is not responsible for accidents that may occur due to imprudent behavior and the non-compliance with safety regulations.

Visit our website: www.riservazingaro.it