



## How to be a responsible hiker and camper

### *Plan Your Trip*

Learn about the region you are visiting so you can keep safe, minimize your impact on wildlife, and, avoid sensitive areas. Travel in small groups.

### *Respect The Trail*

If there is an established trail, walk on it single file to prevent widening it. If there is no trail, fan out to avoid creating one.

### *Use An Existing Campsite*

If possible, reuse an already impacted area. If not, choose a site with hard soil and little or no vegetation that is at least 30m from water. Use existing fire pits, or bring a stove.

### *Pack It Out*

Don't litter. Packaging pollutes and food waste attracts wildlife, altering their food-seeking behaviours. Bring appropriate containers to take your trash and waste back out with you.

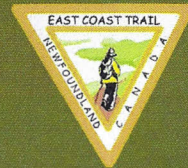
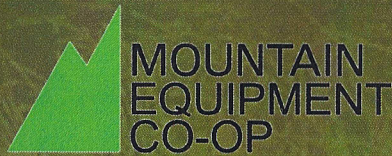
### *Respect Others*

Other people want to enjoy their time in nature too, so keep noise to a minimum, clean up after yourself and give them lots of space.

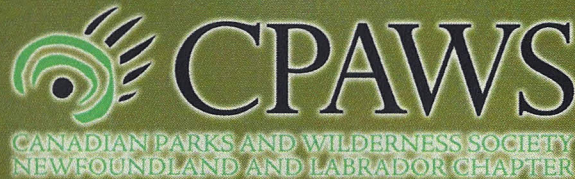
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 Shell Environmental Fund



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# CPAWS

CANADIAN PARKS  
AND WILDERNESS SOCIETY

*Newfoundland & Labrador Chapter*

## Responsible Hiking and Camping



*Do your part for  
responsible eco-tourism!*



## Nature: *enjoy and protect*

Whether for work or relaxation, people enjoy spending time in the woods and on the rocky barrens all across Newfoundland and Labrador.

But the natural beauty of our province is at risk and we have to work together to protect it.

## What can you do?

Hikers and campers can do their part by:

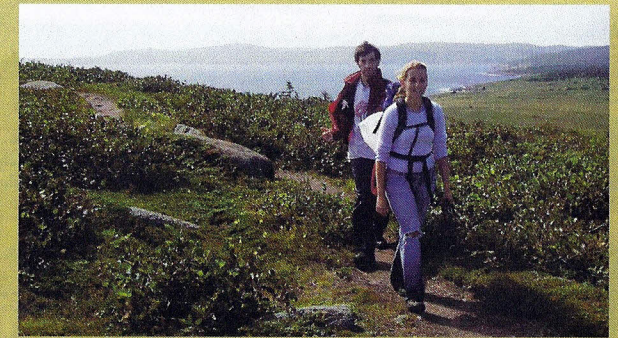
- Avoiding environmentally-sensitive and restricted areas
- Following 'low-impact' hiking and camping practices

## Be a good example!

Camping and hiking excursions can cause damage, but we can minimize this damage by being aware of special concerns and following the rules that protect natural areas.



## Stay on existing trails!



## Our natural legacy

If we want our children to have the chance to hike, camp and enjoy nature, we need to take action.

### *Avoid Soil and Water Contamination*

Set up camp at least 30m from water. Dig toilet facilities at least 60m from water. Remove garbage and waste. Don't pour waste into ponds, lakes or rivers.

### *Protect Wildlife and Vegetation*

Avoid areas with easily-damaged vegetation or obvious wildlife activity. Keep food in sealed containers. Don't cut down trees or vegetation.

### *Think 'No Trace'*

Use temporary, portable gear, such as tents and sleeping bags. Don't dig trenches or build lean-tos, tables, or chairs. Avoid sensitive vegetation. Wherever possible, camp on durable surfaces. Don't camp too long at one site. Take your garbage with you when you leave, don't bury it.

### *Get Involved*

Report trail abuses and environmental concerns. Watch for new legislation regarding favourite areas. Volunteer to maintain hiking trails.