

"ECO-WALKS"

Project n°: 101049339

GUIDELINES FOR THE ORGANISATION OF ECO-WALKS

By establishing a strong bidirectional link between sport and landscape, you can create a positive cycle where outdoor sports promote well-being and appreciation for nature, while environmental awareness and responsible sports practices contribute to the protection and enhancement of the natural heritage.

Determine the Purpose:
Define the purpose of the eco walk.

Research the Area: Conduct thorough research on the location where the eco walk will take place.

Encourage Sustainable Practices: Use the eco walk to promote sustainable habits. Share tips on reducing waste, conserving water, minimizing carbon footprint, and protecting ecosystems. Motivate participants to adopt eco-friendly habits in their daily lives.

Engage Local Experts:
Collaborate with local experts, such as biologists, naturalists, or environmentalists, to enhance the eco walk.

Create Educational Content:

• Develop informative and engaging content to educate participants during the eco walk. Prepare materials such as brochures, fact sheets, or interactive displays that highlight key ecological features, conservation efforts, and sustainable practices.

Design an Engaging Route: Plan a route that showcases the natural beauty and ecological significance of the area. Ensure the route is accessible, safe, and manageable for participants of different ages and fitness levels.

Ensure Safety and Accessibility:
Prioritize safety throughout the eco walk. Assess the potential risks and hazards along the route and take necessary precautions.

How to prepare for ECO WALKS?



BE PREPARED

Bring a reusable bag or bucket, gloves, and comfortable footwear.

LEAVE NO TRACE

Practice the "Leave No Trace" principle by leaving the environment as you found it. Avoid damaging or removing natural features such as rocks, plants, or wildlife habitats.

RESPECT WILDLIFE

Observe wildlife from a distance and avoid feeding or disturbing them. Keep noise levels low to prevent causing stress or disturbance to animals.

PICK UP LITTER

Start by picking up litter along the path. Separate recyclables and use designated bins.

STAY ON PATH

Stick to designated paths and trails to minimize soil erosion and protect fragile vegetation. Straying off the path can cause damage and disrupt the natural ecosystem.

SPREAD AWARENESS

Share your cleaning efforts on social media or with friends and family to inspire others.

REMEMBER, YOUR ACTIONS MATTER. BY BEING MINDFUL, RESPONSIBLE, AND TAKING SMALL STEPS TO CLEAN ECO PATHS, YOU CONTRIBUTE TO PRESERVING THE BEAUTY OF NATURAL AREAS FOR FUTURE GENERATIONS.

