

With Respect for Nature

A Guide to Responsible Travel



1. Stay on Track with the Unique Trail Network

Czechia is home to one of the finest networks of marked hiking trails in Europe. These clearly signposted paths will guide you safely and reliably to the most beautiful places – while helping to protect nature at the same time. In protected areas, where the environment is especially fragile, it's crucial to stay on designated trails to avoid causing harm and to experience nature at its purest.

2. Be a Welcome Visitor

The places you visit are cherished homes for local residents, wildlife, and plant life. Show consideration for nature, people, and fellow travellers. Camp only in permitted areas, park in designated spots, and never block access roads. Avoid loud behaviour and always respect private property. By doing so, you help preserve not only the natural environment but also the cultural heritage, ensuring that the welcoming spirit of these places endures – for future visitors and, most importantly, for the people who live there.

3. Leave Only Positive Footprints

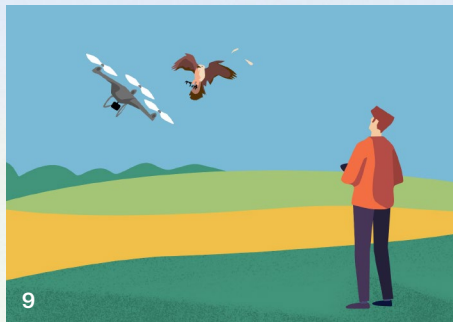
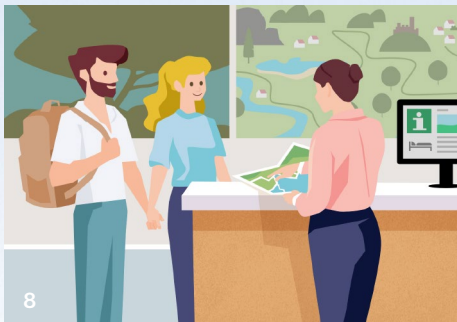
Want to be a welcome visitor? Respect the local nature and culture. Stick to marked trails, avoid taking “shortcuts”, and never damage the environment. Always take your rubbish with you, and light fires only in designated areas. If you want to go one step further, pick up any litter you come across and help keep nature clean for everyone to enjoy.

4. Nature Is Not a Bin

What you bring with you, take back with you. Nature is no place for rubbish – whether it's plastic wrappers, tissues, or any other waste that can take decades to decompose. Choose reusable containers and bags instead of disposable packaging. Be considerate – sort your waste even while travelling, and help preserve our forests, mountains, and rivers for generations to come.

5. Follow the Rules of Outdoor Hygiene

If public toilets are available, use them when you can. When out in nature, never leave behind tissues, wet wipes, or other sanitary products – they often contain materials that don't decompose and pose a long-term problem for the environment.



6. Sleeping Under the Stars Comes with Rules

Spending a night in nature can be a powerful experience – but it needs to be planned responsibly. Only sleep in places where overnight stays are allowed, ideally in campsites or designated bivouac areas. Never light fires outside of approved spots, respect the peace of night-time hours, and be mindful of the surrounding environment. If you're planning to camp in the wild, always check local rules and any permits required. Consider using gear that minimises your impact on the natural surroundings.

7. Be Ready for Anything

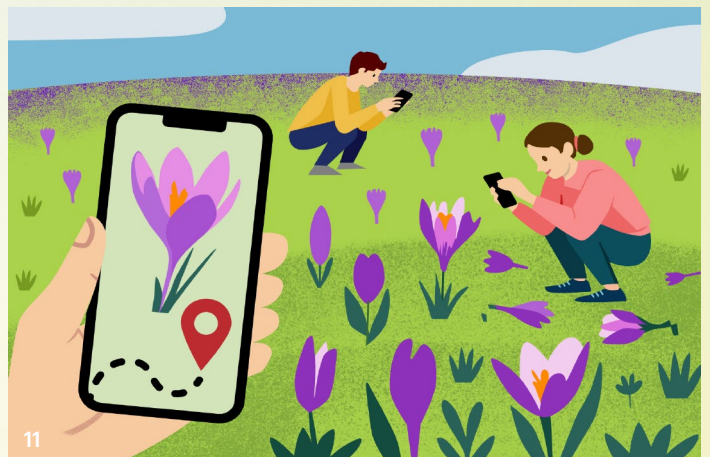
A well-planned trip is the key to a great experience. Check in advance how challenging the route is, what the weather will be like, and what to expect along the way. Pack comfortable shoes, plenty of water, a small first-aid kit – and don't forget a fully charged phone, ideally with an offline map. It's also worth checking where to park, opening hours, whether reservations are needed, and if four-legged companions are welcome. Most of this information can be found in just a few minutes – perhaps over your morning coffee.

8. Follow the Right Lead

Local guides can open your eyes to a whole new perspective – revealing hidden corners and helping you understand both the uniqueness and fragility of the landscape. If you decide to venture out on your own, start your journey well-informed. Visit official websites of nature authorities, local Houses of Nature, or information centres to get valuable insights on trails, current conditions, and any restrictions in place.

9. Keep It Grounded

Drones can be a great tool for capturing footage, but in nature they often cause more harm than good. They disturb wildlife, endanger birds especially during nesting season, and disrupt the peace that other visitors came to enjoy. In many protected areas their use is also restricted or completely prohibited. Leave your drone at home and try to look at the surrounding landscape with your own eyes – experiencing it without technology, in peace and with respect.



10. Off-Season Has Its Own Magic

Every season has something special to offer in nature. Discover the golden colours of autumn, the stillness of winter, or the awakening landscape in spring. Visiting outside the peak season not only brings a calmer atmosphere, but often a deeper, more meaningful experience. At the same time, remember that nature also needs rest. In spring, for example, when birds are nesting and young animals are learning to survive, wildlife is more sensitive to disturbance than ever. During these times, move quietly, stay on marked trails, and let the landscape enjoy its peace.

11. Some Places Are Meant to Stay Hidden

It's easy to share everything on social media these days, but it's important to remember that some places are better left off the radar. Too much popularity can threaten the delicate balance of nature. When sharing your experiences online, consider whether you might be contributing to the overcrowding of fragile natural spots.



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