

Leave No Trace principles of outdoor ethics for ECOtourists

Leave No Trace principles for ecotourists concern all visitors who participate in ecotourism or outdoor activities that take place in vulnerable natural or cultural environments. Its goal is to provide visitors with the do's and don'ts of responsible practices.

The seven principles to follow are based on studies on the human impact on natural and cultural environments. The work of the Leave No Trace Center for Outdoor Ethics, the Union québécoise pour la conservation de la nature, Aventure Écotourisme Québec (AEQ) and the Laboratoire d'expertise et de recherche en plein air de l'Université du Québec à Chicoutimi as the basis for this document.

Thank you for your interest.



Why Leave No Trace ?..

Simply put, it's to protect the natural environment for you and your children. The current return to nature movement is not just a passing craze. It is a call for peace and quiet. It is a search for our place in the universe. Because it makes us feel so good, many of us feel a need to better understand nature and to learn more about our cultural heritage. However, the increasing number of people who aspire to get away from the daily grind by visiting these places demands that we develop protective guidelines out of respect for future generations.

To learn more about Leave No Trace and the courses available, consult the Aventure Écotourisme Québec (AEQ) website www.aventure-ecotourisme.qc.ca or call (866) 278-5923. AEQ is a proud international partner of the Leave No Trace Center for Outdoor Ethics.

Additional websites of interest

www.bonjourquebec.com/anglais/idees_vac/ecotourisme.html
www.bonjourquebec.com/anglais/idees_vac/bonne_conduite.html
www.LNT.org



Leave No Trace principles for ECOtourists



Responsible ECOTourists



Carefully plan ahead and prepare their trip

- By choosing an individual or organization with a solid code of ethics for minimizing environmental impact
- By learning about the vulnerabilities of your destination and respecting and even promoting its regulations
- By supporting the local economy by purchasing its products and services
- By dividing into subgroups of 4 to 6 people
- By avoiding times of heavy use
- By being fully prepared (bring enough clothing and equipment for bad weather and possible emergencies, garbage bags, naphtha stoves, ground pads, etc) to avoid using anything in the environment
- By making sure that the weakest member of the group can handle the selected route
- By choosing non-polluting or low-polluting means of transportation
- By reducing packaging before departing



Dispose of waste properly

- By using minimal amounts of biodegradable soap for dishes and personal hygiene in an area far from water sources
- By applying the 3 Rs of waste management (Reduce, Reuse, Recycle)
- By depositing human waste in catholes 15 to 20-cm deep and far from water sources, when facilities are unavailable
- By always packing out toilet paper and sanitary products to pre-established waste areas

Travel and camp on durable surfaces

- By staying on established trails
- By walking in single file in the middle of the trail, even when wet or muddy, in order not to widen the trail
- By camping on designated sites
- By keeping campsites small and focusing activity in areas where vegetation is absent

Minimize the impact of campfires

- By using naphtha stoves and lanterns
- By making small fires in designated areas only
- By only using sticks from the ground that can be broken by hand and only if the rules and fire hazard levels allow it
- By, before leaving, making sure that the fire is completely out and that the ashes in the centre can be touched

Leave what they find

- By leaving the natural habitat as it was (do not remove bark, write graffiti, place markers on trees, build furniture or trenches, etc.)
- By not removing artifacts or other interesting objects (rocks, antlers, shells, flowers, mushrooms, etc.)
- By not introducing non-native species

Respect wildlife

- By not feeding animals - filter dishwater and dispose of solid contents with waste before dispersing the dishwater far from the campsite
- By storing rations and trash in a secure area or at least 4 meters in the air
- By not entering any area with high animal density (nesting, spawning, gathering and wintering sites)
- By observing animals from a reasonable distance to avoid disturbing them

Are considerate of other visitors

- By traveling and camping quietly and yielding to other users on the trail
- By avoiding colourful clothing and equipment, except for safety reasons

Enjoy your visit!

