

SELF-PROTECTION MEASURES

Walking trails

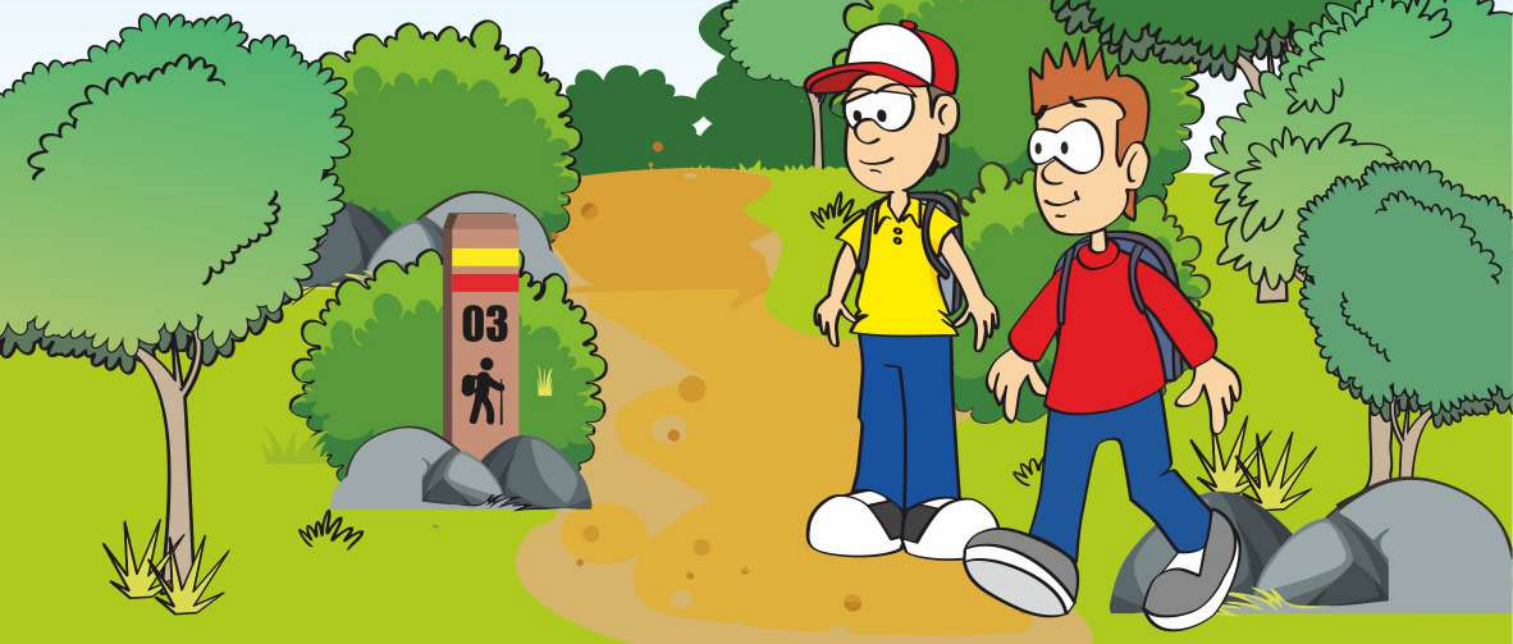


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Doing walking trails in the Azores is a great way to discover and gaze the natural beauty of the Archipelago. However, to ensure that everything runs smoothly, the Azores Regional Civil Protection and Fire Service (Serviço Regional de Proteção Civil e Bombeiros dos Açores – SRPCBA) recommends several self-protection measures and advice that you should take into consideration and that can make the difference to your safety and to those who accompany you.



Trail Signs



Walking trail of Small Route (SR) following, temporarily, the marks of a Grand Route (GR)



Right path/way



Wrong path/way

Change path/way



Go left



Go right

Before making the trail

- Always choose to follow the trails that are part of the Official Licensed Walking Trails Network of the Azores. Check the Tourism Official Site of the Regional Government of the Azores (trails.visitazores.com) to access to the list and information about the classified walking trails, namely regulations and special precautions about the area that you are going to visit, as well as possible warnings;
- Know the characteristics of the area where you will be taking the route, analyzing the route map and carefully read the auxiliary instructions (profile, extension and degree of difficulty) to check if it suits your physical condition. If you have any pathology, be accompanied by the respective medication;
- Always pay attention to the weather forecast and avoid making trails on days when rain, wind, thunder or fog is expected, especially in mountain areas;



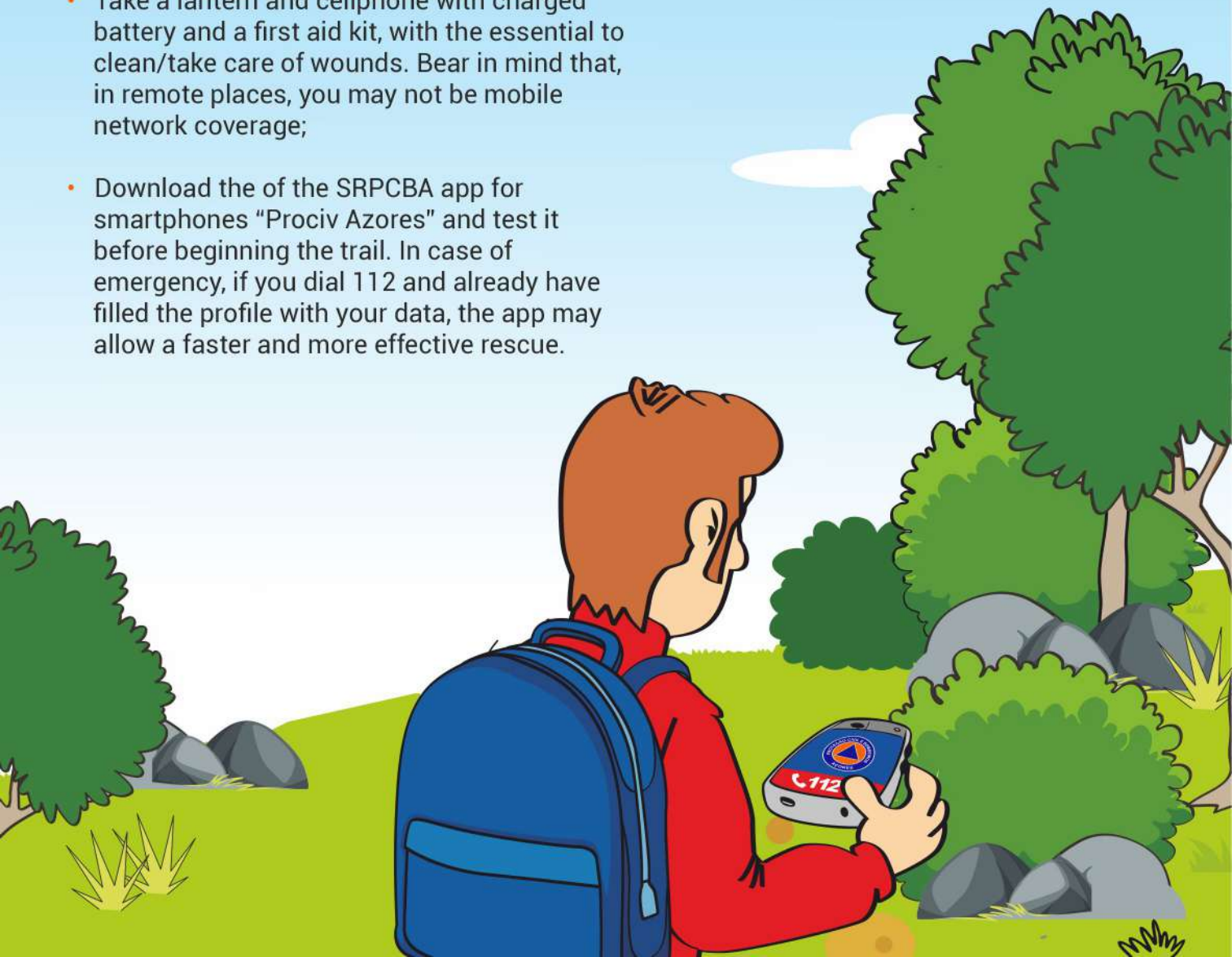
Before making the trail

- Do not underestimate the consequences of an excessive sun exposure, even on cloudy days as clouds do not filter the UV rays, causing sunburn;
- Tell someone (family, friends or the lodgment where you are staying) which trail you will take, providing expected departure and arrival times;
- Have a light meal before beginning the trail;
- Take clothes, footwear and accessories accordingly to the year season and trail that you will do;
- Take warm clothes, a spare change of clothing, food, water and sunscreen;



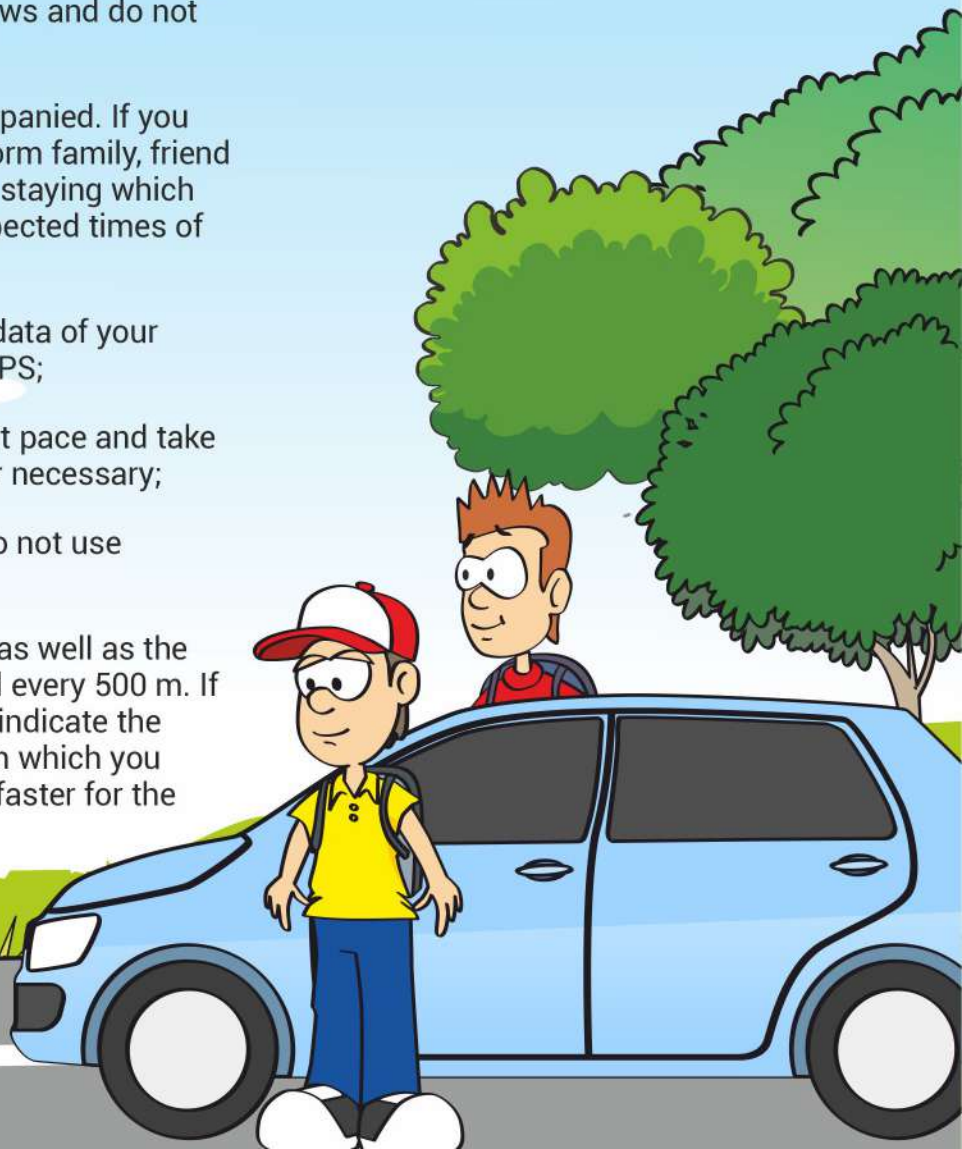
Before making the trail

- Take a lantern and cellphone with charged battery and a first aid kit, with the essential to clean/take care of wounds. Bear in mind that, in remote places, you may not be mobile network coverage;
- Download the of the SRPCBA app for smartphones “Prociv Azores” and test it before beginning the trail. In case of emergency, if you dial 112 and already have filled the profile with your data, the app may allow a faster and more effective rescue.



During the trail

- If you leave the car at the beginning of the trail, lock the doors, close the windows and do not leave values in sight;
- Take the trail preferably accompanied. If you do it alone, do not forget to inform family, friend or the lodgment where you are staying which trail you will take, providing expected times of departure and arrival;
- If possible, turn on the mobile data of your smartphone and activate the GPS;
- Begin the trail slowly, set a right pace and take breaks along the trail whenever necessary;
- Follow only the marked trail. Do not use shortcuts;
- Pay attention to the trail signs as well as the numbering of the marks signed every 500 m. If you need to trigger the rescue, indicate the number of the last post through which you passed so it will be easier and faster for the rescue team to reach the site;



During the trail

- Pay special attention to the different ground types, especially when walking in damp or rocky areas, in order to avoid falls and do not practice actions that may put at risk your safety and others;
- Do not build bonfires or camp in unauthorized places;
- Respect private property. Close the doors and gates that you may open along the trail;
- Do not make noises that disturb the local peace, enjoy the sounds of Nature;
- Be careful with livestock. Though gentle, sometimes they do not appreciate the approach of strangers;
- In case you are accompanied by pets, keep them under control at all times;
- Do not pick plants or geological samples, allow other visitors to enjoy its beauty;



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During the trail

- Don't leave trash. Take it with you and place it on the proper collecting points;
- In case of harsh weather conditions along the trail, keep calm and evaluate the best options to arrive faster and safer to the beginning or end of the trail;
- Ensure that you finish the trail before nightfall;
- If you detect any anomaly in the walking trail, warn any trekker you may come across about the dangers and report it by email trails@visitazores.com or by telephone (+00 351) 296 308 625 (from 9AM to 6PM).



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In case of emergency

CALL  112



**Azores Regional
Civil Protection
and Fire Service**

 **SCAN ME**

SRPCBA

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 **prociv.azores.gov.pt**



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