

NOTES FOR PARTICIPANTS

- **Good physical condition** is required. There is the right of the hiking guide to refuse participation.
- **Inform the guide** in advance in case of serious **illness**, medication or recent operations
- **Bring** a backpack, hat, jacket, shoes and clothing appropriate for the particular hike
- Bring a lot of water and something to eat with: biscuits or bars
- It is advisable to go with **long pants or with zip-ups**
- It is **obligatory** to wear **hiking boots or sneakers** with a non-slip sole
- It is forbidden to take drugs during the trip and to drink a lot of alcohol
- If a person cannot keep up with the group, she/he can be suggested or be required to return, so as not to disadvantage the rest of the group
- The walking route can be canceled or changed due to climatic or group specific conditions
- Do not move away from the group. **Respect the rhythm of the group.**
- The guide is authorized to make the appropriate decisions regarding the best course of the hike
- Notify food allergies or vegetarians when booking
- Do not throw stones or disturb yourself during the tour, do not leave trash.

Consideration of nature

- respect the tips of the guide: do not deviate from the way, keep the schedules
- **It is forbidden to carry dogs or free-range animals**
- Picnic (cold) with local produce from the area