



**Let's talk
about safety!**

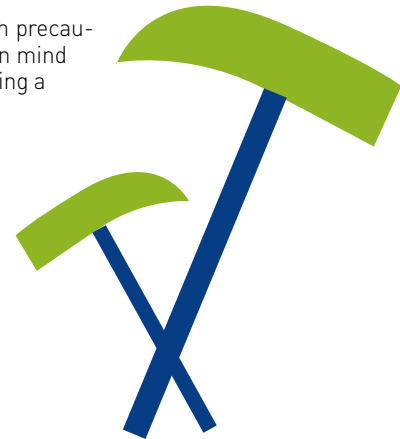
Welcome to the mountains, unleash your enthusiasm!!!

The haste and the longing could become bad advisors and it's always better to be very careful when it comes to hiking on a snowy ground during the winter season.

Any demanding activity, such as ski mountaineering, mountaineering, wintry hiking, with or without snowshoes, takes place in the same context: the snowy mountains. For that reason, it requires to pay attention to dangers and characteristics of an environment that can be very unpredictable.

Read carefully the advice that we have drawn up for you to avoid the transformation of an incredible experience into a terrible and dangerous one.

Here is our little handbook with precautions and safety rules to keep in mind when you're planning and starting a new hike on the snow!



TOGETHER IT'S FUNNIER... AND SAFER

Going out alone in winter is never a good choice. This advice not only is valid in every season and for any outdoor activity, but it is even more important for snow hikes where the rescue by other members of the group is essential to survive in case of an avalanche.

In addition to being safer, group excursions are also funnier. Furthermore, if there is an expert among you, they can instruct you on how to advance in a snowy environment or how to use snowshoes or crampons.

SHARE!

It is essential to share your intentions with the **Reception of Camping Cevedale** and with your beloved ones! When you're leaving for a hike, always tell someone where you intend to go, what time it is expected your return and any other useful information to track you down (especially if you stay outside overnight).

THE ADVENTURE STARTS IN THE EARLY MORNING ON A FULL STOMACH AND WITH THE BEST OUTFIT!

This is the only prerequisite that you need. An early wakeup call should be followed by a plentiful, protein-capable breakfast that can provide your body all the calories it needs for one effort that should not be underestimated especially in the beginning and that it's difficult to quantify.

Even for the less fashion enthusiasts, the outfit becomes very important in the mountains: it is always necessary to equip yourself with clothing suitable for all the characteristics of the route, without forgetting that, especially in winter, mountains are subjected to climate variations and extreme temperatures. In Italy our grandmother used to say: "Get dressed like an onion!" which means wear several layers of clothes to be always prepared for any type of temperature.

In the mountains the most important thing is a layered clothing, that's necessary because it allows to be ready to every temperature variation that is common to encounter during an excursion: the cold of the first metres, the heat on the way up and again the cold on the peak of the mountain.

This could be a useful method to follow: a good long-sleeved thermal vest that allows your body to quickly expel the sweat; a sweatshirt (thermal layer); a primaloft jacket that on the outside is made of GoreTex; at last, a pair of wintry trousers with a zip for the airing.



PLAN THE ITINERARY

When we have to plan our winter hike it is better to choose adequately the itinerary to follow in accordance with our training. We must keep in mind that an itinerary that we have done during summer turns out to be much more difficult in winter, indeed during our way we may reach closed access roads or difficulty to advance caused by snow. We may even find ourselves without any reference point: the paths and forest roads disappear under a blanket of snow. It's better to be careful with the distances and the difference in altitude to overcome. Also, we must always consider that the days are very short.

It is necessary to read up carefully about the technical characteristics of the itinerary, about its conditions and the snow cover: how? Following the changes of the weather over the previous days, reading the forecasts and about the wind of the excursion's day and of subsequent ones; consulting the avalanche risk bulletin and searching for up-to-date information on site (mountain guides and people who work in mountain huts are excellent contacts and experts of the area).

These preparatory aspects should never be underestimated, it's important to consult and learn how to read the avalanche bulletin for the area where you intend to go and if the conditions do not allow it, you must have the good sense to postpone your

excursion. Choose the length and difficulty of the itinerary keeping in mind the technical and physical abilities of the less prepared and trained among your group.

BACKPACK ON YOUR SHOULDER!

Even on the most peaceful and warm days a waterproof jacket, a fleece sweater, gloves, a cap and spare underwear (socks and gloves included) must not be missing in your backpack.

Avalanches don't just hit ski mountaineers: even hikers in winter can find themselves exposed to the same conditions of potential danger!

It is therefore essential to wear the Arva (the search device for avalanche victims) and to put the shovel and probe in the backpack (each member of the group should have them). We can find the time, even several times per season, to practice the use of the Arva and the self-rescue operations during an avalanche (which is the only form of effective rescue for this type of accidents!) ... so that you are well prepared!

Arva, shovel and probe, must never be missing when tackling the mountain in winter. There are also other things we must absolutely take with us: the map of the route, the first aid's kit, a compass and / or GPS, the headlamp, a multipurpose pocket knife, chemical hand warmers, lighters or matches (windproof and waterproofed by wax), a wax candle, the whistle (made of metal and with a powerful sound), the rock cord (for a length of at least 5 or 6 metres and a diameter of 3 millimetres) and finally the thermal cloth. Even if it might happen, you must do everything to avoid spending night out.

A pair of crampons in the backpack certainly does not hurt, especially when tackling itineraries that have steep sections or during particular environmental conditions: the lack of snow can leave icy stretches uncovered and sudden changes of the temperature (hot and then sudden freeze) can turn the snow cloak into one real skating rink.

Crampons must be used with attention. If you have never used them, you can learn from one more experienced friend how to put them on, how to take them off and try the various techniques of progression. Do not forget that they are sharp tips fastened to your feet and as such they should be used with caution.

Something is still missing in the backpack: it's essential to bring a thermos with a hot drink in it, which will heat you and be a pleasure to enjoy as soon as you reach the destination!

GAME OVER: NEVER FEAR TO GIVE UP

If you are not sure of the path you are following, if the itinerary seems too difficult for your strength, if the conditions don't seem safe ... let's retrace your steps.

Do not risk your life ... The mountains do not run away and there will be another more favourable occasion.

THE MOUNTAIN CODE - RESPECT –PROTECTION – FUN

Whether it's a quiet walk, a relaxing picnic, a long hike or a heart-pounding adventure, the Solandra's countryside offers a wide range of opportunities for the fun and recreation.

There are parks, woods, rivers and forests, as well as thousands of footpaths' kilometres open to the public and other paths with road signs to explore on foot, by bicycle or on horseback. There is also the possibility to walk some countryside's open areas, such as mountain areas, moorlands, heaths and common public areas

- 1) Be careful: follow the signage.
- 2) Leave the gates and other people's property in the same condition you found them
- 3) Protect plants and animals and do not leave litter on the ground
- 4) Keep your dog under close control
- 5) Have respect for other people
- 6) You must protect the woods from the risk of fires. If you respect

the Code of the Mountains wherever you go, you will be able to enjoy the mountains the fullest while helping to protect the environment for our generation and the future ones.

1. BE CAREFUL- FOLLOW THE SIGNAGE

Even when your outings are limited to the place where you spend your vacation, it is recommended to have the most up-to-date information on where and when to go; for example, the possibility to access to certain open mountain areas may be subject to limitations due to work in progress, or for safety reasons or during the breeding season. Comply with the advice and the signage and be prepared for the unexpected. Learn to recognize the signs and symbols that are used in the countryside to indicate the paths and the open countryside.

2. LEAVE THE GATES AND OTHER PEOPLE'S PROPERTY IN THE SAME CONDITION YOU FOUND THEM

Have the utmost respect for the work activities that take place in the mountains, because your behaviour could impact on farmers' income, on our common property and on the safety and welfare of animals and of people themselves.

A farmer normally leaves a gate closed to prevent the livestock from leaving but he may occasionally leave it open to allow the livestock to access to the water or forage. Leave the gates as you found them, or follow the instructions contained in the signs; in case of a group trip, make sure the last person knows how to leave the gates.

If you think a signal is illegal or misleading (for example, a "Private Property - No Access" sign on a public footpath) please contact the local authorities. If you cross cultivated fields, follow their paths wherever possible.

If possible, use the gates and the appropriate stepladders. Climbing walls, hedges or fences can cause damage and increase the risk of animals' escaping. The common heritage belongs to

all of us. Take care not to damage ruins and historical sites. Do not touch the machinery and do not approach livestock even if it seems to you that the animals need help. Try instead to warn a farmer.

3. PROTECT PLANTS AND ANIMALS AND DO NOT LEAVE LITTER ON THE GROUND

We have the responsibility to protect the mountains for our generation and for the future ones. So, you don't have to harm animals, birds, plants or trees. Litter and food waste not only damage the aesthetic appearance of the mountain, but they can be harmful to both wild and farmed animals and can spread diseases, so they should not be left in place. Abandoning waste and dumping garbage are a crime.

Discover the beauty of the natural environment and take particular care not to damage, destroy or remove rocks, plants and trees. They provide shelter and food for wild animals and can be enjoyed by all lovers of the countryside.

Wild and farmed animals can have unpredictable behaviours when approached, particularly when they are with their little ones, so it is prudent to keep yourselves at a good distance.

4. KEEP YOUR DOG UNDER CLOSE CONTROL

The mountain is an ideal place to let your dog free, but it is the duty of every owner to make sure their dog does not constitute a danger or damage to the livestock, to the wild animals and plants, or to people.

You are required to keep your dog on a short leash in most of the open mountain areas and common public areas and when you are in the proximity of farmed animals. You are not obliged to keep your dog on a leash on public paths, provided that the dog is strictly supervised. However, as a general rule, it will be advisable to keep it on a leash if you are not sure you will be obeyed. If a farm animal chases you and your dog, it will be better to untie the dog from the

leash and not risk making you hurt in trying to protect it. Be especially careful that your dog does not frighten sheep and lambs, or that he does not venture into places where he could disturb ground-nesting birds and other wild animals. The eggs and the little ones go to a quick death if deprived the protection of their parents.

We all know how unpleasant dog droppings are and how they can cause infections, so always take care to remove your dog's droppings and get rid of it in a responsible way. Also make sure your dog is regularly subjected to deworming treatment.

5. HAVE RESPECT FOR OTHER PEOPLE

The demonstration of consideration and respect for other people makes the mountains a pleasant environment for all those who live there, work there or pursue recreational activities there. Dense traffic on the narrow mountains' roads can be unpleasant and can become a danger to the inhabitants, tourists and wild animals. So slow down and, if possible, leave at home your car and consider the possibility to ask for a ride or to use alternative means of transport, such as public transports or bicycles.

Respect the needs of local inhabitants, for example by avoiding blocking gates, driveways or other access routes with your car. Keep your distance when farm animals are being rounded up or moved from one place to another and follow the instructions of the farmer.

6. PROTECT THE WOODS FROM THE RISK OF FIRES

Fires can have the same devastating effects on wild animals and on natural environment as they have on inhabitants and on real estates. Like all natural environments, the forest is also endangered by human misconduct. In particular, the lighting of a fire and its uncontrolled expansion can give rise to a fire, a phenomenon that, especially in the summer, seriously endangers the survival of the woods. The fire often helps us (for example for cooking) but you need to be very careful because you can't play with fire if we lose its control, it can quickly destroy any life form or object it encounters on its path.

In general, fire arises when there are 3 elements:

- The fuel: anything that can burn (e.g. paper, wood, petrol...);
- The comburent: the oxygen present in the air;
- The heat: anything that can cause an increase of the temperature (e.g. a match or a lit cigarette, a spark, a lightning...)

If only one of these three elements is missing, there cannot be any combustion. Human behaviour is the main cause of fires. What we all can do is to respect some simple but effective behavioural rules:

- Do not light fires near wooded areas;
- Do not park the car, especially if it has a catalytic silencer, on dry grass;
- Do not abandon waste, as it is easily flammable;
- Do not throw cigarettes that are still lit on the ground;
- If you see a fire, do not go near the flames and call 1515 of the State's Forestry Corps or 115 of the firefighters (the call is free)

IN CASE OF EMERGENCY

Call the number 112 (the Only European Emergency Number) operative 24 hours a day

Provide in detail the following information by answering to the Operator's interview:

- The exact place of the accident
- Telephone number from which you're calling
- Conducted activity
- Number of people involved
- Number of wounded and their health conditions
- Weather conditions at the accident site

To best favour the intervention of the Alpine Rescue::

- Leave available the telephone line from which you have alerted the rescue
- Keep and spread self-control
- Agree with the Alpine Rescue all the actions that are considered to accomplish

SAFETY IN THE MOUNTAINS

Be responsible for your personal safety and the one of the people entrusted to you. Visit the website www.sicurinmontagna.it and www.montagnami.caesicura.it for specific advice on equipment and security, you can also contact tourist information's centres or libraries to get a list of outdoor recreational activity groups (InfoPoint on Trentino's mountains: montagnasatinforma@sat.tn.it, tel. 0461/981871 and fax: 0461/986462).

USEFUL NUMBERS AND WEBSITES FOR YOUR MOUNTAIN ADVENTURES

Here are some useful information and tools in order to plan your activities and excursions

For more information and video tutorials on prevention of accidents in the mountains consult the YOUTUBE channel of National Alpine and Speleological Rescue Corps and in particular: https://www.youtube.com/watch?v=_eRFm4JSkYs <https://www.youtube.com/watch?v=lUdnENAdslg> Trentino Alpine Rescue Provincial Service (+39) 0461 233166 info@soccorsoalpino.trentino.it

Weather Forecast
Avalanche Bulletin -
Mountain Bulletin
METEO TRENTO
website:
www.meteotrentino.it

Italian school of mountaineering
and ski mountaineering VAL DI SOLE
38027 MALE' (TN)
Piazza Regina Elena, 17
(c/o Palazzo Municipale)
(+39) 0463 903160
and (+39) 347 7457328
www.guidealpinevaldisole.it
info@guidealpinevaldisole.it

HOW TO CHOOSE THE ITINERARY

Hiking maps recommended by our friend Nicola Mochen, Camping Cevedale's mountain Guide:

- KOMPASS - Carta n.095 Peio e Rabbi, Val di Sole - 1:25.000
- 4LAND - Carta n.156 - Ortles Cevedale Val di Sole - 1:25.000
- TABACCO - Carta n.048 - Val di Peio, Val di Rabbi, Val di Sole - 1:25.000

purchasable at the retailers:

- Vermiglio - Lodo Sport
Via di Borgonuovo, 38029
Vermiglio (TN)
tel. (+39) 0463 758624
cell. (+39) 338 1987819
lodosport.shop@gmail.com
- Pellizzano - Vegher sport
Via Nazionale, 15
38020 Pellizzano (TN)
tel. (+39) 0463 751137
info@veggersport.com
- Cogolo - Tuttidi di Caserotti
Fabio - Piazza dei Monari, 6
38024 Cogolo (TN)
tel. (+39) 0463 754513

- Mezzana Il Puffo
(giocattoli-cartoleria)
Via IV Novembre, 87
38020 Mezzana (TN)
tel. (+39) 0463 757045

- Malé - Bazar Val di Sole
Piazza Cesare Battisti, 1
38027 Malé (TN)
tel. (+39) 0463 902533

National Park of Stelvio - Trentino Section

You can ask for the free map and find out exciting itineraries in Via Roma 65 38024 Cogolo di Peio (TN) (+39) 0463 909770
parcostelvio@provincia.tn.it

To discover new activities:

www.coopguidealpinetrentino.com
Via del Brennero, 159/A,
38121 Trento TN
(+39) 0461 981207
info@coopguidealpinetrentino.com

And also www.trekking.it

