



HIKER'S VADEMECUM



Hiking in Portofino Park is challenging and must be approached with **proper equipment, clothing** and **preparation**. **Some trails require experience.**

Before starting the journey:

- Check that your health condition is compatible with physical effort
- Always inquire about the difficulty and length of the route you want to take
- Choose routes suited to your abilities and those of your fellow hikers
- Check weather conditions. Heavy rains and hot weather can be dangerous
- From May to October, especially on trails facing the sea, don't forget sunscreen and a sun hat
- Use hiking shoes or boots with hard, sculpted soles and in any case never wear light or beach shoes
- Always bring an adequate supply of water, especially on hot days, and a few energy bars
- Carry a first aid kit with you
- You can safely walk the trails with one of the Portofino Park Environmental Hiking Guides, who will show you the landscape and cultural peculiarities of the area
- Do not light fires in the wild
- Do not abandon waste in the wild
- Respect the fauna and flora

In case of emergency, call the **EMERGENCY NUMBER 112**
IN ANY CASE, GIVING UP IS BETTER THAN RISKING



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