

Mémoire sur les aires protégées des Monts Groulx

De : Frédéric Fournier, citoyen, locateur de bail de villégiature sur le territoire des Monts Groulx kilomètre 335, guide et co-proprétaire d'une compagnie de tourisme d'aventure exerçant ses activités sur le territoire mentionné.

À : BAPE sur les aires protégées des Monts Groulx.

Le territoire des monts Groulx me tient particulièrement à cœur pour différentes raisons. En premier lieu, ils sont mon terrain de jeux depuis une dizaine d'année, tant pour mes activités récréatives d'hiver que d'été (randonnée, raquette, ski et ski-jorring avec chiens de traîneaux, camping léger et lourd, orientation, planche à neige et un site d'entraînement pour mes expéditions d'envergures). Deuxièmes, je suis locateur d'un bail de villégiature, qui je le souhaite me permettra de passer plus de temps dans ce coin de pays. En dernier lieu, et c'est à ce titre qu je dépose ce mémoire. Je suis guide en tourisme d'aventure. J'organise quelques voyages par année depuis 1994, dans les monts Groulx, randonnée à l'automne, ski et raquette l'hiver. Il est primordial de protéger le massif contre l'exploitation de masse (minière, forestière, hydroélectrique...) ou de toutes autres modifications du territoire qui changeraient l'aspect sauvage et unique des monts Groulx.

Un tel projet est acceptable mais non tel qu'il est présenté. Certains points m'ont accroché. Voici selon moi, les éléments à revoir, cité dans le document préparé pour la consultation du public : Stratégie Québécoise sur les aires protégées. La réserve de biodiversité projetée des monts Groulx.

1) p.62 Zone de préservation et d'usage dirigé. ... un grand nombre de visiteurs d'accéder aux richesses ... par un réseau de sentiers entretenu dans le respect de l'objectif de conservation de la biodiversité. La construction d'infrastructure légère... endroits qui seront indiqués par le gestionnaire.

- Mon opinion sur ce sujet : ce qui fait la beauté de ce site c'est son aspect sauvage (sentiers laborieux, l'isolement, sentiment de découverte...) et c'est ce que mes clients qui viennent dans ce coin veulent voir et ressentir et qui ne pourraient vivre si je ne les

emmenais pas, soit par manque d'expérience et/ou de connaissance. En aménageant des sentiers et des infrastructures vous aller briser ce sentiment de découverte et cette légère incertitude qui rend les expéditions si intéressante. En rendant l'accès plus facile, vous ne changez en rien les dangers premiers du massif : Les conditions climatiques et l'isolement (temps de secours et d'évacuation). Les néophytes auront l'impression d'être en sécurité, en sera t-il ainsi. De plus, la construction de site de camping est à mon sens contestable, dois t-on détruire beaucoup à un endroit(site du lac castor et du lac Quintin) ou peu un peu partout. Je crois que l'éducation des gens à exercer une pratique de vie en plein air sans traces(camping, feux, déplacement...) est plus soucieux de garder un environnement sauvage que d'ériger des structures. Voir document en annexe A : Leave no trace, outdoor skill et ethics, brochures expliquant comment pratiquer le plein air avec un minimum d'impact dans divers territoire. Reconnu aux États-Unis par les parcs nationaux, le département de l'intérieur, le service américain des forets et le service de la vie sauvage Américaine. Aventure Écotourisme Québec sont en démarche pour publier ces documents en français et que ceux-ci deviennent une norme AEQ, dans la pratique du tourisme d'aventure. Annexe B : Petit trac qui résume la brochure de façon claire et précise. Ces brochures pourraient être dans des présentoirs à l'entrée des deux sentiers d'accès.

- 2) P.65 La direction régionale...activités appropriées. Cette partie du document traite de la surveillance et de la gestion de l'aires protégées des monts Groulx.
 - Mon opinion à ce sujet : Par ce que j'ai pu constater, il ne doit pas passer plus de 500 personnes par années c'est à dire 1,34 personne par jour en moyenne. Comment peut-on penser installer des infrastructures et un système de surveillance, c'est à dire, payer des gens, les loger... pour une si petite quantité de visite.
- 3) P. 62 Les feux de camp seront interdits. Cette affirmation revient deux fois dans cette page, sous une autre forme.
 - Mon opinion à ce sujet : Il est possible de faire des feux de camp sans faire de traces et d'avoir un impact minimal sur le terrain.
 - a) Ne pas faire de feux sur les sommets où la végétation est rare et très peu abondante.

- b) Ne pas faire de feux si ce n'est pas nécessaire, utiliser les réchauds.
- c) Ne pas mettre de pierre autour du cercle de feux, ça ne sert à rien et les pierres noircies laisse des traces.
- d) Couper et brûler que le bois nécessaire.
- e) Enlever la tourbe, la terre ou herbe et la mettre de coté en s'assurant de bien l'arroser. Faire le feu à cet endroit. Quand le feu est très bien éteint (videz plusieurs litres d'eau jusqu'aucune chaleur ne s'en dégage), replacer la motte et arroser de nouveau dans quelques jours aucune trace ne sera visible.
- f) Faire des feux ou la végétation, le sol et l'environnement le permettent.
- g) ...

Plusieurs autres techniques peuvent être utilisées voir annexe A :
Leave no trace.

Une fois encore, l'éducation et la sensibilisation sont plus intéressant que l'interdiction. Les gens ne savent pas comment faire, je ne crois pas qu'il est de la mauvaise volonté, mais plutôt de l'ignorance.

- 3) P.62. Les groupes qui désirent faire du camping dans des tentes de type « prospecteur » devront le faire aux endroits désignés par le gestionnaire de la réserve de biodiversité projetée.
- Mon opinion sur le sujet : A mon avis, le camping lourd ou en tente prospecteur, est le moyen le plu sécuritaire de faire du camping d'hiver avec des clients ou des gens qui n'ont pas beaucoup expérience. Même pour les plus habitués, passer 5 jours en camping léger à moins 40 degrés Celsius peut être une expérience éprouvante. Par conséquent, on ne peut délimiter un secteur d'utilisation l'hiver, autant en camping lourd que léger. Trop de facteurs influencent nos déplacements: la profondeur de la neige, le froid, le niveau des participants, la fatigue.... De plus, trop d'itinéraire sont envisageable l'hiver. |

Pour terminer, le massif est devenu ce qu'il est grâce au travail des compagnies de tourisme d'aventure et aux utilisateurs, qui donne du temps lors de la grande corvée de la fête du travail, sans subvention, ni aide gouvernementale. Faire payer ces gens qui ont travaillé à développer le massif serait mal vu, je crois. Comme cité en page 59 Activités commerciales.



Special thanks to
SUBARU
for their support

LEAVE NO TRACE *Outdoor Ethics*

PLAN AHEAD AND PREPARE

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups. Split larger parties into groups of 4-6.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of rock cairns, flagging or marking paint.

TRAVEL AND CAMP ON DURABLE SURFACES

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes, streams.
- Good campsites are found, not made. Altering a site is not necessary.
- In popular areas*
 - Concentrate use on existing trails and campsites.
 - Walk single file in the middle of the trail, even when wet or muddy.
 - Keep campsites small. Focus activity in areas where vegetation is absent.
- In pristine areas*
 - Disperse use to prevent the creation of campsites and trails.
 - Avoid places where impacts are just beginning.

DISPOSE OF WASTE PROPERLY

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food, and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep at least 200 feet from water, camp, and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

In cooperation with:



LEAVE WHAT YOU FIND

- Preserve the past: examine, but do not touch, cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

MINIMIZE CAMPFIRE IMPACTS

- Campfires can cause lasting impacts to the backcountry. Use a light-weight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

RESPECT WILDLIFE

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

BE CONSIDERATE OF OTHER VISITORS

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

For more information and materials:

1.800.332.4100 • WWW.LNT.ORG

Volumes available in the
LNT Skills & Ethics Series:

North American Edition

Rocky Mountains

Southeastern States

Backcountry Horse Use

Western River Corridors

Temperate Coastal Zones

Desert & Canyon Country

Pacific Northwest

Rock Climbing

Alaskan Tundra

Northeast Mountains

Sierra Nevada

LEAVE NO TRACE
Information & Materials

1-800-332-4100

<http://www.lnt.org>



National Outdoor Leadership School
288 Main Street, Lander, WY 82520
307-332-8800 email: lnt@nols.edu
<http://www.nols.edu>

LNT

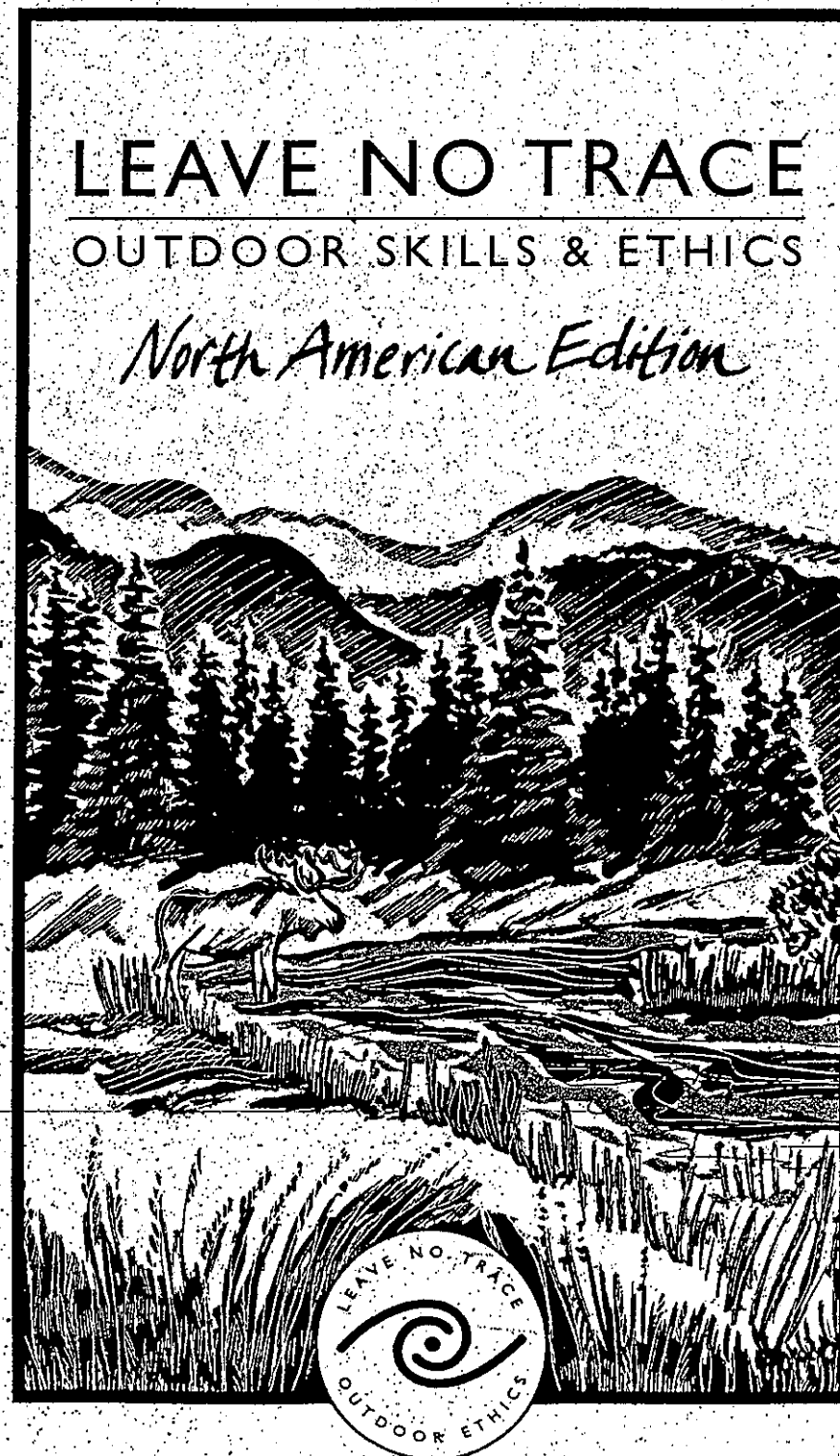


Table of Contents

LEAVE NO TRACE SKILLS AND ETHICS

North American Edition

An Outdoor Ethic	2
Plan Ahead and Prepare	3
Camp and Travel on Durable Surfaces	5
Pack It In, Pack It Out	9
Properly Dispose of What You Can't Pack Out	10
Leave What You Find	11
Minimize Use and Impact of Fire	13
Application to join LEAVE NO TRACE	15
Glossary	Inside Back Cover

An Outdoor Ethic

More and more people are taking to trails, rivers and byways to discover North America. On foot or horseback, on mountain bikes or by boat, there are vast expanses to be explored on federal, state and privately owned lands. This increased use is not without problems, however. Many popular areas are now crowded and show signs of damage to vegetation, soil, water, and wildlife habitat.

We seek these areas for solitude, adventure, or a “wilderness experience”—to get away from the crowds, noise and daily pressures of urban life. In order to protect and maintain the health of these areas for the future, we must use them with care. This booklet describes techniques you can use to reduce the evidence of your visit and minimize disturbance to the local ecology. By utilizing these LEAVE NO TRACE guidelines, you can enjoy natural areas and preserve their beauty—and the freedom and solitude they offer.



Principles

There are six basic LEAVE NO TRACE Principles you should keep in mind wherever you travel. They will help you protect the land and enjoy your surroundings, whether you're visiting a small picnic area or a vast wilderness.

They are:

- Plan Ahead and Prepare
- Camp and Travel on Durable Surfaces
- Pack It In, Pack It Out
- Properly Dispose of What You Can't Pack Out
- Leave What You Find
- Minimize Use and Impact Of Fires

Leave No Trace Individual Sponsorship Application Form

The LEAVE NO TRACE program depends upon people like you to spread the word about land ethics for today's world. Join now and help make LEAVE NO TRACE a truly international program.

Name _____

Address _____

City, State or Province _____

Zip Code/Postal code _____

Phone _____

E-mail address _____

Affiliation _____

Date of Application _____

What type of LNT programs would you like to see implemented in your area? _____

US\$20 membership – includes: LNT patch, LNT newsletter subscription

US\$30 membership – includes: LNT t-shirt, LNT newsletter subscription

Please circle size: M L XL

Please circle color: Blue Maroon Oatmeal

Are you interested in information about LNT five-day Master Courses?

yes no

Optional questions for background information only:

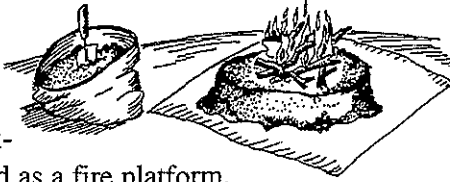
Age _____ Sex _____

Ethnic origin _____

Yearly income _____

Mail to: LEAVE NO TRACE, INC. PO Box 997 Boulder, CO 80305 USA

- Sand collected from a stream bank or from beneath the roots of a downed tree, placed on a tarp for easy clean-up and formed into a six- to eight-inch thick mound used as a fire platform.



- A fire pit dug in a dry stream bed or below high tide line.

Make sure the site is away from trees, shrubs, forest duff or peat, as these can easily catch fire. Avoid building fires next to rocks because smoke will blacken them.

Fire clean-up

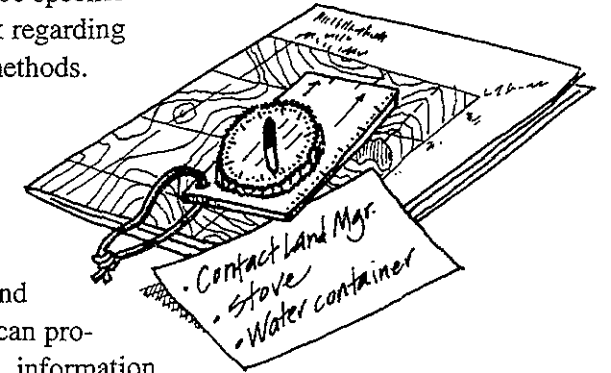
Always make sure your fire is dead out. In an established site, pick up any trash in or near the fire area. If the pit is filling with ash, collect and then scatter the cold ashes several hundred feet from the campsite. Leaving a clean, usable pit will encourage the next campers to use the same site.

If you used a fire pan, fire platform or fire pit, you will need to scatter all the cold ashes well away from camp and replace any sand or rocks as you found them to LEAVE NO TRACE for others to see. If you are careful to remove all the ash from the sand, there will be little to no evidence of your fire. Naturalize the area with sticks, leaves or other materials to disguise the site.

Plan Ahead and Prepare

Planning ahead will help make your outing safer and more fun. Consider the size of your group, the type of place you want to go and your equipment and food needs. Some areas are closed to pack animals, mountain bikes or pets due to overuse or fragile environments. There may be specific requirements for stock regarding feed and restraining methods.

Land management offices, such as those representing federal, state, or provincial forests and parks, or local clubs and sporting goods shops can provide current maps and information on trails, water levels, camping, possible weather conditions, regulations, and other helpful information. They may also be able to recommend a good area to explore!



Group size

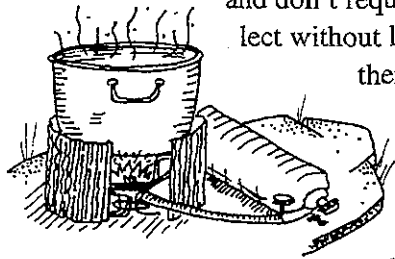
When planning a trip, whether for the day or overnight, think small—six people or less is best! Larger groups often cause more damage to the environment and can disturb wildlife or other groups. It is easier to plan for small groups and keep them together, and good campsites are easier to find. If you must plan for more people, consider splitting up in groups of three to six during the day. Choose a campsite that's large enough for everyone so you don't need to trample tree seedlings or plants at the campsite's edge. Check ahead to learn if there is a group size limit in the area you plan to visit.

When and where to go

To maximize your feeling of privacy, avoid trips on holidays and busy weekends, or take your trips during the off-season.

What's needed and what's not

Use a lightweight camp stove for cooking. They're quick and easy to use and don't require firewood, which is often hard to collect without leaving lasting scars. Build fires *only* if there is plenty of wood, the surroundings can quickly replenish the wood you burn and fires are not prohibited.



Brightly colored clothing and equipment can be seen for long distances. In remote areas this contributes to a crowded feeling: choose earth-toned colors to lessen visual impact.

Remove food from breakable jars or bulky packaging and place it in plastic bags and containers. Check if local restrictions prohibit cans and bottles. *If you pack it in, pack it out!*



A small trowel or plastic garden shovel is handy for burying human waste where there are no toilets. Plastic water jugs lessen the number of trips needed to get water. A water filter, iodine or chlorine tablets, will help you avoid water-borne diseases that may be present. Boiling also works, but requires extra fuel. If traveling by horse, a saw or ax is handy to remove deadfall from the trail. Otherwise, leave saws and axes at home, as good firewood can be collected from the ground and broken by hand.

On any outing, carry extra trash bags to pick up litter found on the trail or at your campsite.

Be prepared

Obtain a good map, plan your route and leave your itinerary with a friend at home. Know what weather conditions to expect and come prepared for the worst. Always carry survival gear: food, water, warm clothing and shelter from the wet/cold. A signal mirror, whistle or fluorescent vest will help others find you if you become lost. Carry extra water in desert areas. Take responsibility for your own safety and be prepared to rescue yourself from tough situations.

Minimize Use and Impact of Fires

It is easier to LEAVE NO TRACE cooking on a stove rather than a campfire. Today's backpacking stoves are economical, lightweight, provide fast, clean cooking and require little clean-up. In some heavily used areas, fires are not permitted. In fragile environments, such as deserts and alpine meadows, fires leave scars for many years and deplete slow-growing wood supplies. If you wish to build a fire, ask local land managers about fire restrictions or closures and whether a campfire permit is required in the area you plan to visit. Build fires only if they are allowed, there is plenty of wood that will be replenished quickly, and fire danger is low. When building fires, keep the following in mind:

Wood gathering

Use only dead, downed wood. Green trees and branches won't burn, and standing dead snags provide animal habitat. Sawing trees and branches leaves ugly stumps and scars. Collect small sticks from the ground, wrist size or smaller, that can be broken by hand. These burn completely and provide good coals. The remaining white ash is easier to dispose of than partially burned logs. Never leave a fire unattended.

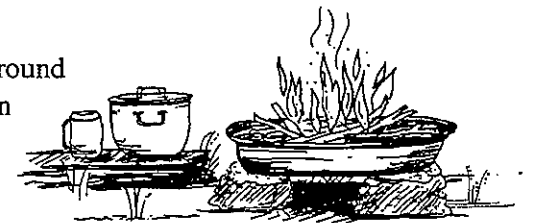
Fires in existing campsites

There are often existing campfire rings in established sites. Build your fire in a centrally located ring to concentrate use in one area and lessen overall impact.

Fires in pristine areas

If no fire rings exist, a new ring is unnecessary. Fire rings do not prevent fires from spreading, and the blackened rocks are hard to conceal. Instead, build your fire in:

- A "fire pan" raised off the ground with rocks. Use a metal oil pan or light-weight barbecue grill, purchased at a discount outlet or auto parts store.



Courtesy

One of the most important components of outdoor ethics is to maintain courtesy toward others. It helps everyone enjoy their outdoor experience. Excessive noise, unleashed pets and damaged surroundings take away from everyone's experience.

Keep the noise level down while traveling. Many people come to the outdoors to listen to nature. If you bring a radio, tapes or CDs, use headphones so you will not disturb others.

Groups leading or riding livestock have the right-of-way on trails. Hikers and bicyclists should move off the trail to the downhill side. Talk quietly to the riders as they pass, since horses are spooked easily.

Stay in control when mountain biking. Before passing others, announce your presence and proceed with caution.

Keep pets under control at all times. Please pick up dog feces from camps and trails. No one wants someone's pet running through the area, frightening people or wildlife or leaving behind unwanted "presents." Some areas prohibit dogs or require them to be on a leash at all times.

Leave gates as you find them, and leave the land undisturbed for others to enjoy. Remember, our open spaces and wild lands are protected for all generations of North Americans. It is up to us to keep them healthy, beautiful and open to the public for recreation, reflection and revitalization!



Camp and Travel on Durable Surfaces

Trail travel

Trails provide a pathway for walking and riding, and are designed to drain water with a minimum amount of soil erosion. Whenever available, utilize existing trails.

Many people shortcut switchbacks or create new trails trying to save time and energy. Cutting switchbacks or going around puddles, water bars and stream fording sites causes erosion and creates unsightly scars. Sturdy boots and gaiters protect feet from mud and water and make it easier to stay on the trail even in wet conditions.



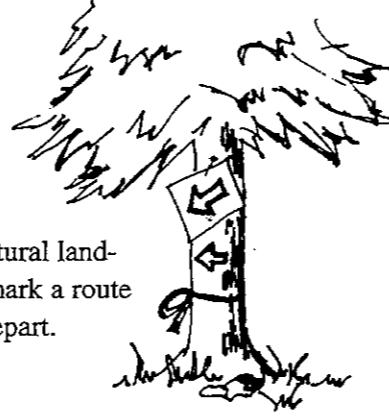
Cross country travel

If you travel off trail, try to avoid taking the same path time and again. Instead, move carefully, staying on durable ground, each person taking a slightly different route. This will help prevent creating new paths that might attract others.

Durable surfaces include rock, sand, forest leaf litter or dry grass. Avoid traveling through wet meadows, over leafy plants or on desert “cryptogam” (black, crusty soil), which are all fragile and show signs of footprints or hoofprints for a long time.

Bicycles and motorized vehicles are allowed on designated trails and roads. Cross-country riding creates unnecessary new trails and causes erosion. Bikes and motor vehicles are not permitted in designated wilderness areas.

Ribbons, signs, cairns and blazed trees left to mark a path detract from the naturalness of an area. Discuss your planned route with group members so you don't need such markers, and use maps and natural landmarks to pinpoint your location. If you mark a route while hunting, remove markers as you depart.



Water travel

A boat on the water leaves no trace but can cause damage at landing sites.



Choose a sandy, rocky or established landing site, below high water if possible. Avoid tide pools, coral reefs or sites rich in wildlife when pulling boats ashore.

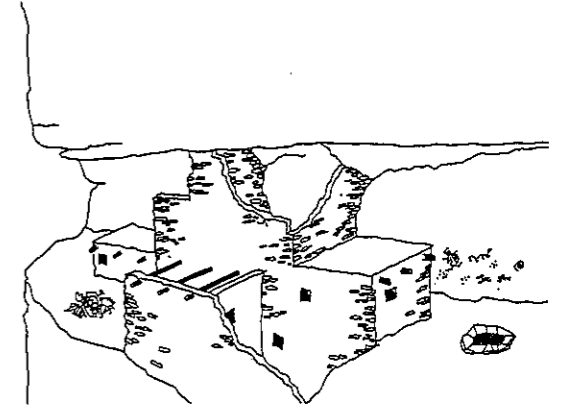
Camping

Designated or established campsites lessen damage to surrounding vegetation by concentrating impacts in already disturbed or barren areas. Choose an established campsite that is at least 200 feet (70 m, or 70+ adult steps) from water, meadows and trails when possible. Local regulations may require more distance.

Leave What You Find

Historical and archeological sites

Remnants of the past can be found on national, state, and private lands. Enjoy and learn from these sites, but remember that some of these are sacred to Native Americans, or are important cultural reminders of our heritage. Respect these sites and treasures. Help preserve the past for the future: do not disturb historical and archeological sites or remove any objects from them. This is prohibited by federal law. Do not camp in or near these special features as this can disturb valuable information that can never be reclaimed.



Protecting wildlife and plants

Good hunters and naturalists learn by quiet observation. They do not disturb wildlife or plants just for a “better look.” Observe wildlife from a distance so they are not scared or forced to flee. If you're hunting, know your game and take only safe, good shots.



Fileated Woodpecker

Wildflowers, picturesque trees, and unusual rock formations all contribute to the natural beauty we enjoy and are best left undisturbed. If you pick berries or edible plants, pick only those that are abundant, and leave plenty for wildlife and next year's supply. There's no need to chop at trees or leave logs lashed to trees as tables, chairs, etc. Leave the land and its resources intact for the future.

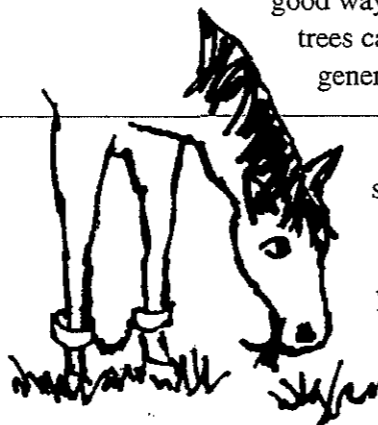
Camp and travel with pack animals

Pack stock groups must be even more conscientious than others, as animals can cause considerable impact. Keep groups small and carry lightweight equipment to reduce the number of animals you'll need. The fewer animals taken, the less mark left on the land.



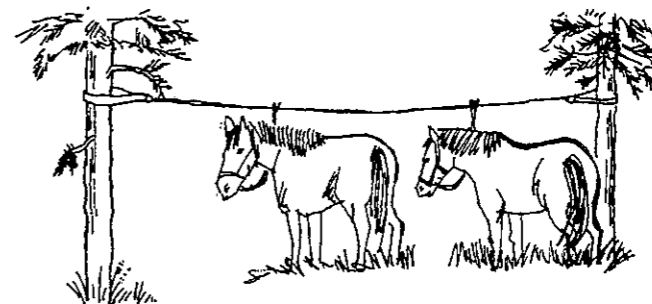
Select campsites that can accommodate your animals without damage to the area. There should be enough feed for your animals *and* wildlife: if the area is overgrazed, your stock may remove food otherwise needed by deer and elk during winter months. Water stock on a stream bank that can withstand hard use. Loose herding for water causes substantial stream bank damage. Avoid fragile lake shores and soft meadows.

Restraining packstock: Hobbles, stakes (pickets) and hitchlines are good ways to restrain pack animals. Tying to trees can cause girdling and harm roots. In general, the less restraint, the less impact.



Where allowed, let stock graze freely, using hobbles if they need to be constrained. Picket only enough stock to keep others from straying. A dominant animal such as an older mare is usually a good choice as a picket horse. Move stakes or picket pins frequently to prevent overgrazing.

If regulations require animals to be confined, use a highline or temporary corral built with rope, plastic snow fence and/or electric fence, or use a permanent corral if one is provided. Highlines need to be erected in rocky areas and on good stout trees above horse-head high. Protect bark by



using wide straps or other devices such as "tree savers." Move animals before signs of grazing are obvious. Do not build new corrals of wood, as this damages trees.

Feed: Animal feed can cause impact too. Use processed feed or certified hay to prevent the spread of noxious weeds. Where grazing is allowed, supplemental feed can help prevent overgrazing around camp. Grazing is not allowed in some designated wilderness areas. In these places, bring enough feed for the entire trip.

Breaking camp: Scatter manure piles when breaking camp to aid decomposition, discourage flies and be courteous to other users. Fill areas dug up by animal hooves. Remove excess hay or other feed; it will not deteriorate and leaves an unsightly mess.

Pack It In, Pack It Out

If you plan your trip carefully, you will create very little trash. Never bury trash because animals often dig it up. Collect *all* your trash, including cigarette butts or spent brass and shotgun shells, in a trash bag. Peanut shells, orange peels, and egg shells are also trash—they decompose slowly, create an eyesore, and attract insects or animals, which can be a nuisance or even a hazard, to you and others.

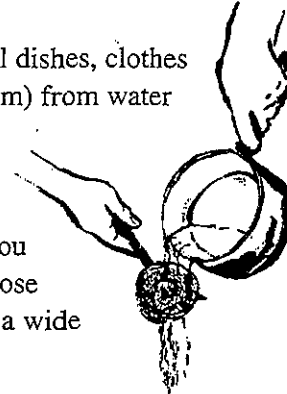
If you pack it in, pack it out!

Properly Dispose of What You Can't Pack Out

Washing and human waste disposal must be done carefully so the environment is not polluted, and animals and aquatic life are not injured. Water can be polluted with soaps—biodegradable or otherwise—food waste, or human waste. Toilet paper and other trash also create an eyesore.

Wash water

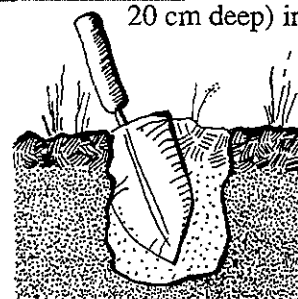
If a cleaning station is provided, use it. If not, do all dishes, clothes washing and personal washing at least 200 feet (70 m) from water sources and campsites. Use a cookpot or water jug to carry water to your wash site. For kitchen waste, collect food scraps in a plastic bag before washing. Hot water and a scrub pad clean well: if you use soap, small amounts are easier to rinse and dispose of. Strain gray water with a sieve or bandanna over a wide area and carry out any remaining waste.



Swimming in lakes or streams is fine, but in desert areas, leave scarce water holes undisturbed and unpolluted so animals may drink from them.

Human waste

If a toilet is available, use it. If not, urinate away from trails, camps and sites where people gather. Feces should be kept from contact by people, animals, insects and water. To assure this happens, put human waste in a "cathole." Choose a remote spot and dig a shallow hole (4-8 inches/10-

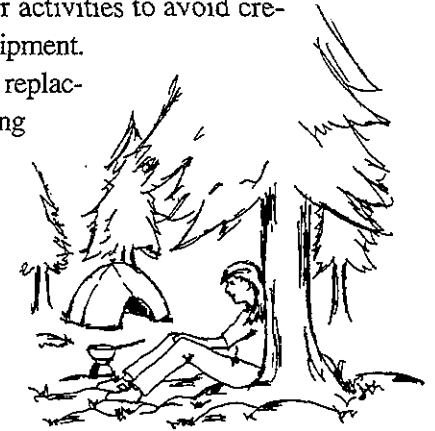


20 cm deep) in topsoil. When finished, cover the hole with dirt and disguise it. Either carry out toilet paper in a plastic bag or bury it *deeply* so it is not dug up or left in the open. Dig catholes at least 200 (70 m) feet from camps, trails, water and dry gullies. You may need to walk well over 200 (70 m) feet to ensure that catholes are well separated if you're in a popular area, or you stay more than one night at a site.

When there are no established sites, place your camp—especially the kitchen—on a durable surface 200 feet (70 m) from water and trails to minimize impact. Disperse your activities to avoid creating new paths to shelters, water or equipment. Before leaving camp, disguise the site by replacing rocks as you found them, and scattering leaves, twigs, or rocks around the site.

Good campsites can be found on raised areas with a slight slope. These drain well, making trenching around tents unnecessary. Set your camp behind trees, rocks or shrubs to give yourself and others more privacy.

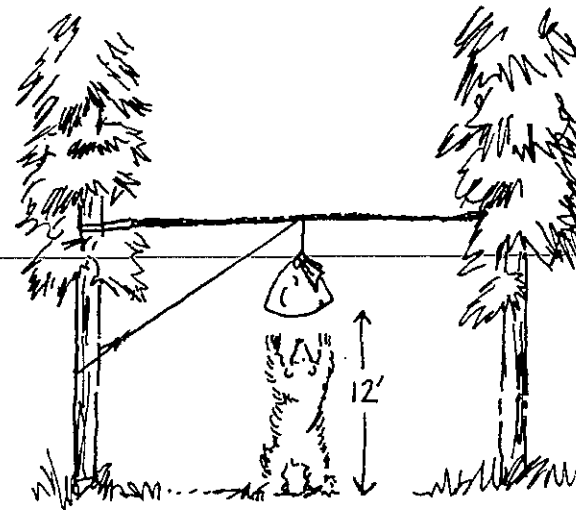
Beware of standing dead trees, avalanche areas, potential hazards from falling rocks or flash-flood sites.



When traveling by boat, the most durable surfaces may be close to water and below the high-water line: use these, when appropriate, being cautious of tides or changing water levels due to storms or dam releases.

In bear country, separate sleeping areas from food and cooking areas by 100 feet (30 m) or more. Food and strong odors attract bears. Store food

and scented toiletries well off the ground (10-12 ft./ 3-4 m high), or in approved storage containers.



Limit your stay to as few nights as possible to avoid accumulation of waste, garbage and injury to plants. This also makes it easier to LEAVE NO TRACE of your visit when you depart.