

*ATTENTION : PLEASE DO NOT PRINT THIS DOCUMENT!  
To preserve resources, we will provide you with a shorter  
version of the Code of Conduct in Montenegro. Thank you.*

# Responsible Traveller

# Code of Conduct

Remember, our open spaces and wildlands are protected for all generations. It is up to us to keep them healthy, beautiful and open to the public for recreation, reflection and revitalization!

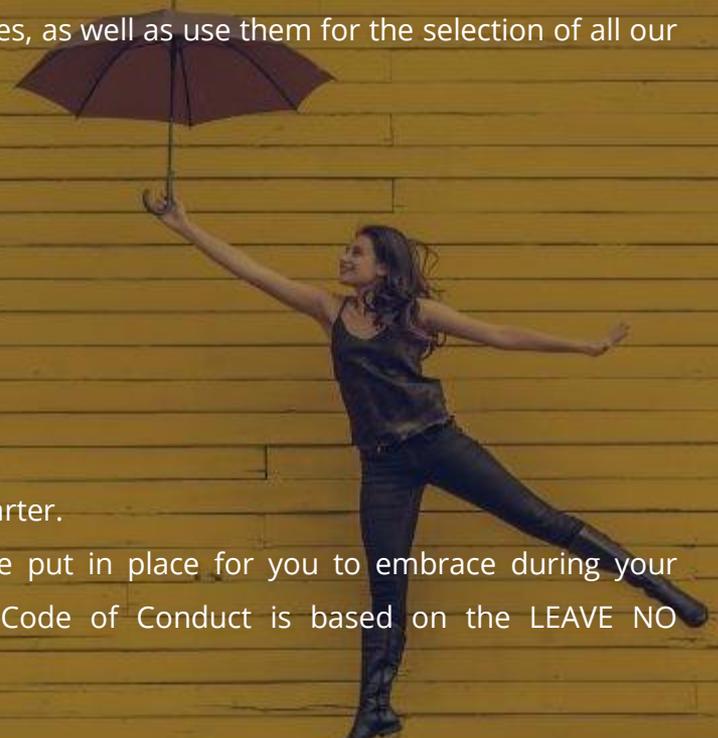
Dear guest,

At Montenegro Eco Adventures, we care and take care of the environment. We also organise unique travels for our guests. Our activities are predominantly focused on the preservation and protection of the environment within Montenegro. We see tourism as the best way to raise awareness of the issues at hand, a method of generating much needed funds for community projects implementation and as a way to educate people, both locally and internationally, on the benefits of sustainable tourism development. Our pledge is to follow the following principles ourselves, as well as use them for the selection of all our service providers:

- Minimize adverse impact on environment
- Manage our interaction with the natural environment
- Community involvement and interaction with people
- Environmental activities
- Economic sustainability

Read them on our company charter: [www.montenegro-eco.com/company-charter](http://www.montenegro-eco.com/company-charter).

You will find below the Code of Conduct for Responsible Traveller that we put in place for you to embrace during your adventure with us – and hopefully during all your future travels! Our Code of Conduct is based on the LEAVE NO TRACE and the ZERO WASTE principles.



# Plan ahead and prepare

A person is holding a globe of the Earth with both hands. The globe is positioned in the center of the frame. Below the globe, a map of the world is visible, showing various countries and continents. The person holding the globe is wearing a light-colored, possibly white, long-sleeved shirt. The background is a soft, out-of-focus light color.

Poor planning often results in miserable experiences and damage to natural and cultural resources.

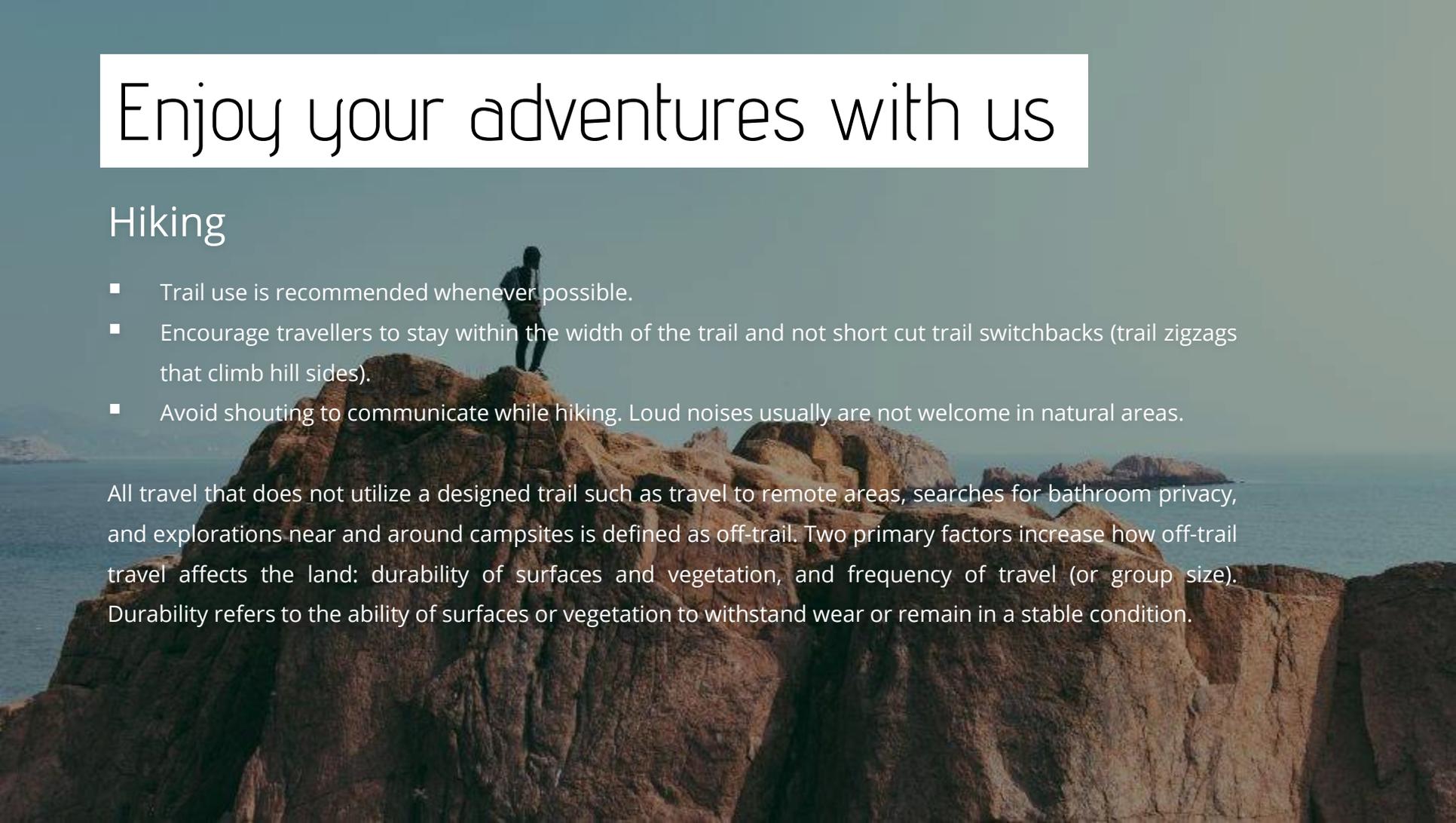
- Select destinations that match your goals, skills, and abilities.
- Visit in small groups: consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Know the regulations and special concerns for the area you'll visit: our Adventure Guides will inform you further at the beginning of your adventure.
- Prepare for extreme weather, hazards, and emergencies (our Adventure Guides will also carry an emergency pack with them).
- Choose equipment and clothing for comfort and safety.

# Enjoy your adventures with us

## Hiking

- Trail use is recommended whenever possible.
- Encourage travellers to stay within the width of the trail and not short cut trail switchbacks (trail zigzags that climb hill sides).
- Avoid shouting to communicate while hiking. Loud noises usually are not welcome in natural areas.

All travel that does not utilize a designed trail such as travel to remote areas, searches for bathroom privacy, and explorations near and around campsites is defined as off-trail. Two primary factors increase how off-trail travel affects the land: durability of surfaces and vegetation, and frequency of travel (or group size). Durability refers to the ability of surfaces or vegetation to withstand wear or remain in a stable condition.

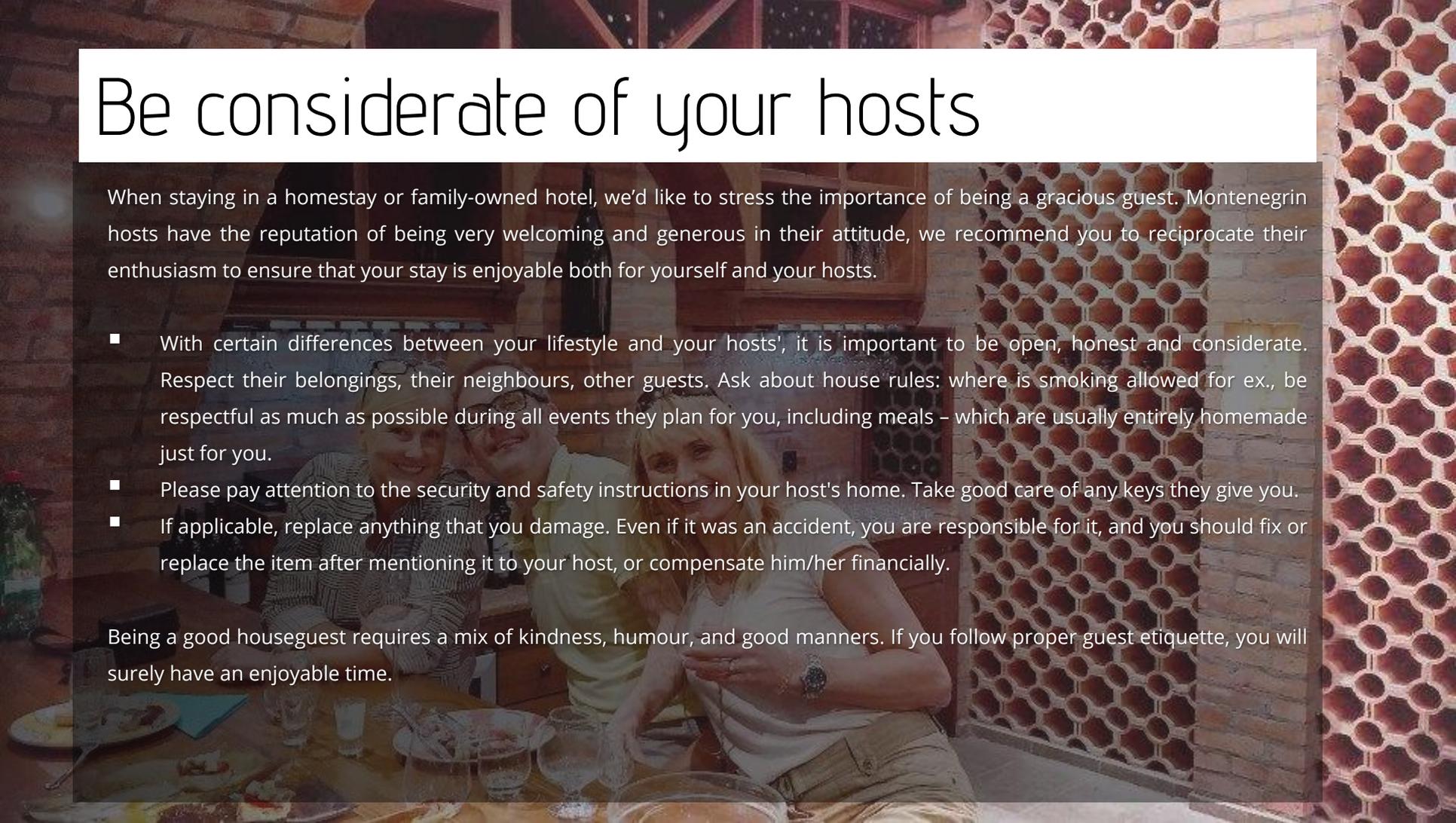


# Be considerate of your hosts

When staying in a homestay or family-owned hotel, we'd like to stress the importance of being a gracious guest. Montenegrin hosts have the reputation of being very welcoming and generous in their attitude, we recommend you to reciprocate their enthusiasm to ensure that your stay is enjoyable both for yourself and your hosts.

- With certain differences between your lifestyle and your hosts', it is important to be open, honest and considerate. Respect their belongings, their neighbours, other guests. Ask about house rules: where is smoking allowed for ex., be respectful as much as possible during all events they plan for you, including meals – which are usually entirely homemade just for you.
- Please pay attention to the security and safety instructions in your host's home. Take good care of any keys they give you.
- If applicable, replace anything that you damage. Even if it was an accident, you are responsible for it, and you should fix or replace the item after mentioning it to your host, or compensate him/her financially.

Being a good houseguest requires a mix of kindness, humour, and good manners. If you follow proper guest etiquette, you will surely have an enjoyable time.



# Leave what you find behind

Preserve the past: examine, but do not touch cultural or historic structures and artefacts: natural objects of beauty or interest such as antlers, petrified wood, or colored rocks add to the mood of the backcountry and should be left so others can experience a sense of discovery. In National Parks and some other areas it is illegal to remove natural objects.

- 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.
- Avoid hammering nails into trees for hanging things, hacking at them with hatchets and saws.
- Carving initials into trees is unacceptable.
- Picking a few flowers does not seem like it would have any great impact and, if only a few flowers were picked, it wouldn't. But, if every visitor thought "I'll just take a few", a much more significant impact might result. Take a picture or sketch the flower instead of picking it. Experienced campers may enjoy an occasional edible plant, but they are careful not to deplete the surviving vegetation or disturb plants that are rare or are slow to reproduce.

# Respect Wildlife

A group of ponies, including a brown and white pinto pony in the foreground, are standing in a snowy field. The background is a soft, out-of-focus landscape with more ponies and a pale sky.

Learn about wildlife through quiet observation. 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. Large groups often cause more damage to the environment and can disturb wildlife so keep your group small.

- Do not follow or approach wildlife. Quick movements and loud noises are stressful to animals.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviours, 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.

# Dispose human waste properly

Contrary to popular opinion, research indicates that burial of feces actually slows decomposition. Pathogens have been discovered to survive for a year or more when buried. The slow decomposition rate causes the need to choose the correct location, far from water, campsites, and other frequently used places.

- 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.
- Use toilet paper sparingly and use only plain, white, non-perfumed brands. Toilet paper must be disposed properly! It should be thoroughly buried in the cathole. Pack out hygiene products.

# Be considerate of others

Many people come to the outdoors to listen to nature. Excessive noise, unleashed pets and damaged surroundings take away from everyone's experience. So, keep the noise level down while traveling and if you bring a radio, tapes or CDs, use headphones so you will not disturb others. Also keep in mind that the feeling of solitude, especially in open areas, is enhanced when group size is small, contacts are infrequent and behaviour is unobtrusive. To maximize your feeling of privacy, avoid trips on holidays and busy weekends or take a trip during the off season.

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

Bright clothing and equipment, such as tents can be seen for long distances are discouraged. Especially in open natural areas, colors such as day-glow yellow are disturbing and contribute to a crowded feeling; choose earth-toned colors (ex. browns and greens) to lessen visual impacts.

# Refuse, Reduce, Reuse, Recycle

- Pack it in, pack it out. Inspect your campsite, picnic and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- As founder of Zero Waste Montenegro, Montenegro Eco Adventures fully supports the Zero Waste Hierarchy. The Zero Waste Hierarchy describes a progression of policies and strategies to support the Zero Waste system, from highest and best to lowest use of materials. It is designed to be applicable to all audiences, from policy-makers to industry and the individual. It aims to provide more depth to the internationally recognized 3Rs (Reduce, Reuse, Recycle).

“Zero Waste is a goal that is ethical, economical, efficient and visionary, to guide people in changing their lifestyles and practices to emulate sustainable natural cycles, where all discarded materials are designed to become resources for others to use. Zero Waste means designing and managing products and processes to systematically avoid and eliminate the volume and toxicity of waste and materials, conserve and recover all resources, and not burn or bury them. Implementing Zero Waste will eliminate all discharges to land, water or air that are a threat to planetary, human, animal or plant health.”

# Zero Waste Hierarchy



- Plan consumption and purchase of perishables to minimize discards due to spoilage and non-consumption; implement Sustainable Purchasing that supports social and environmental objectives as well as local markets where possible and the related environmental and social impacts of those goods and services at local, regional, and global levels; minimize quantity, toxicity and ecological footprint of material required for product, product use, and service provision; choose products that maximize the usable lifespan and opportunities for continuous reuse; products made from materials that can be easily and continuously recycled.
- Maximize reuse of materials and products; maintain, repair or refurbish to retain value, usefulness and function; repurpose products for alternative uses.
- Recycle and use materials for as high a purpose as possible.
- Encourage the preservation of resources and discourage their Destructive Disposal or dispersal; contain and control toxic residuals for responsible management.

*To refuse single-use plastic bags in a shop or on the market, you can show the sentence below which means: "To protect our environment, I do not wish to use single-use plastic bags which are harmful to wildlife and our food chain."*

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Thank you for your attention  
and have a good trip!