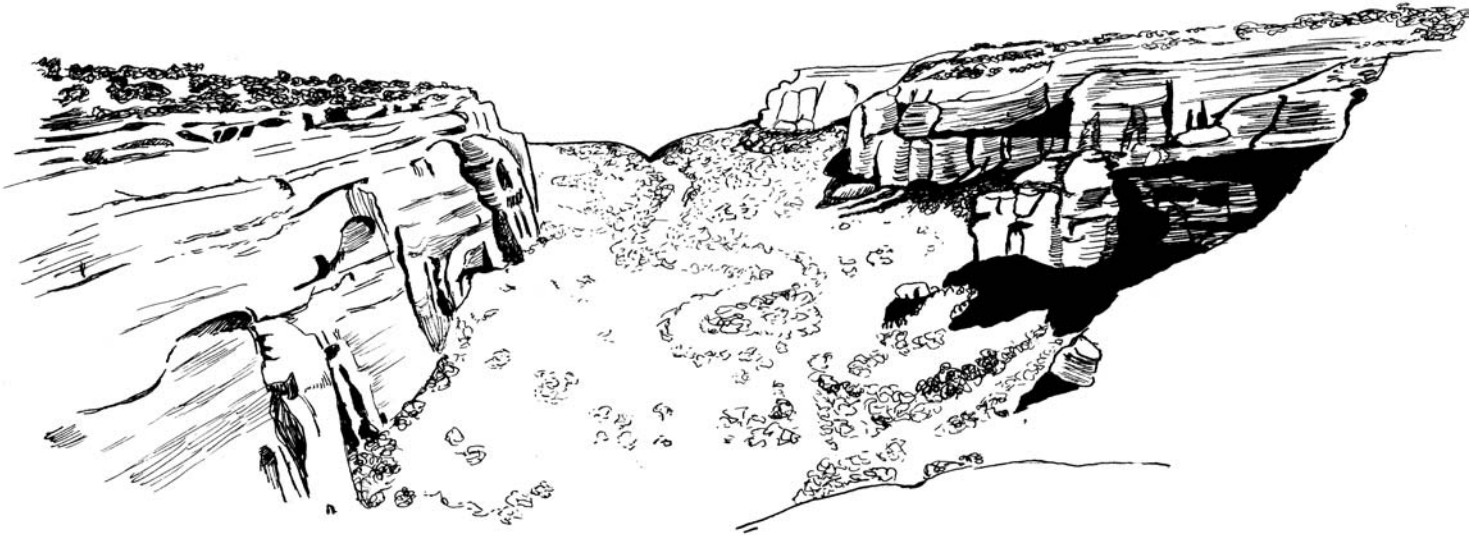




Backcountry "Leave No Trace"



What is "Leave No Trace"?

Leave No Trace (LNT) is a nationwide (and international) program designed to assist visitors with their decisions when they travel and camp on America's public lands. The program strives to educate visitors about the nature of their recreational impacts as well as techniques to prevent and minimize such impacts. Leave No Trace is best understood as an educational and ethical program, not as a set of rules and regulations. LNT is about enjoying the great outdoors while traveling and camping with care.

The Mission of "Leave No Trace"

The mission of the Leave No Trace program is to promote and inspire responsible outdoor recreation through education, research, and partnerships. The LNT program is focused specifically on human-powered (non-motorized) recreation. The LNT message is more than a campaign for clean campsites. It's a program dedicated to building awareness, appreciation, and most of all, respect for our public recreation places.

The Seven Principles of "Leave No Trace"

The LNT Principles of outdoor ethics form the framework of LNT's message

1. 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 marking paint, rock cairns or flagging.

2. 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 and 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.

3. 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.

4. 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.

5. Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight 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.

6. 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.

7. 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.

Colorado National Monument Backcountry Regulations

A backcountry use permit must be in your possession while travelling in the backcountry. Permits may be obtained at the monument's entrance stations or visitor center. Regulations are in effect to protect park resources and reduce visitor impacts. It is the responsibility of all trip participants to know and obey the following regulations while in the backcountry.

- The backcountry permit is valid only for the dates and areas listed.
- Group size is limited to 7 people.
- Each permittee must camp at least 1/4 mile away from any other group.
- For human waste disposal, dig a 6" to 8" deep "cathole" 300 feet from water resources and campsites.
- Backcountry visitors using "catholes" should pack out toilet paper.
- Wood, charcoal fires and wood gathering are prohibited.
- Pets, weapons and littering are prohibited.
- Disturbing, entering or camping within 300 feet of an archeological or historical site is prohibited.
- Collecting artifacts is prohibited
- Camping within 1/4 mile of a road, in a view of a trail/road, or outside the area for which the permit is issued is prohibited.
- Camping within 300 feet or use of soap within 100 feet of a water source is prohibited.
- Disturbing or collection all natural features is prohibited
- Hunting, feeding or disturbing wildlife is prohibited.

Additional Information on "Leave No Trace"

The LNT program is managed by Leave No Trace, Inc., a non-profit 501(c)(3) organization based in Boulder, Colorado. By enlisting the support of many organizations, federal, state and local governmental agencies, companies, non-profits and individuals, the LNT program is able to reach a variety of users with a tailored message of minimum impact recreation on public lands.

For more information:

Leave No Trace, Inc.

P.O. Box 997
2475 Broadway
Boulder, CO 80304
Phone: 303-442-8222
1-800-332-4100
fax: 303-442-8217
www.LNT.org



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