



Comune di Lecco



# SAFELY INTO THE MOUNTAINS



If the weather conditions are not good, or if you do not feel at your best, we recommend you to **postpone the excursion** to another time.



Bring with you **only essential staff**, including water, snacks, extra clothing, sunscreen, hat and a first aid kit (plasters, bandages and disinfectant). Remember also to bring your phone, making sure the battery is charged.



Find out in advance **about the trail** you are about to walk on and check for wild animals and poisonous plants.



Haste and speed are not a good thing when hiking a mountain. Pay attention to where you place your feet and maintain a **slow and confident pace**.



**Dress in layers:** one to absorb sweat, one to protect you from the cold and one to defend yourself from bad weather.



Remember to **stay hydrated during your hike**. Don't forget to bring a water bottle full of beverage.



Always inform someone about your trail: **share the location** and the expected duration of the route.



If a storm approaches while you are hiking, turn back, **stay away from isolated trees** and **don't stay on the peak** of the mountain.



Don't litter: **respect the environment and the nature** that surrounds you!



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# SAFELY INTO THE LAKE

Always be sure that someone from shore can **see** and **hear** you.



**Don't get** into the water after eating or drinking iced drinks.



**Do not swim alone** far from the shore.



Do not enter the water in case of **bad weather** conditions.



Remember that **the lake is not the sea** and that **rivers** can be even more **dangerous**.



Before entering the water, wet your trunk and head to **adapt your temperature** to that of the water: do not dive suddenly to avoid a thermal shock.

Find out about the quality of the water in which you want to swim and the areas dedicated to bathing, then **respect the posted signs!** The areas of Lecco where bathing is allowed are: **Località Pradello, Canottieri and Rivabella.**

Beware of **whirlpools** (vortex created in the lake). Even the seemingly safest areas can hide dangerous flowing.



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ALWAYS STAY INFORMED ABOUT THE ACTIVITIES OF THE MUNICIPALITY OF LECCO