



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!



SAFELY INTO THE LAKE

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



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

The areas of Lecco where

Località Pradello, Canottieri

bathing is allowed are:

to swim and the areas dedicated to bathing, then respect the posted signs!

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



Do not swim alone far from the shore.

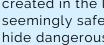


Do not enter the water in case of bad weather conditions.



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





and Rivabella.



















