



Tvari  
žuvininkystės  
regionų  
plėtra



## EUROPOS SĄJUNGA

**Europos žuvininkystės fondas:  
Investavimas į tvarią  
žuvininkystę**

**Projektą remia Lietuvos Respublika**

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The local action group of Klaipėda district Fishery region “Klaipėda district initiatives” and its partner the local action group of Ignalina district Fishery region implement the project “The representative offices of the local action groups of Fishery regions that are seen as the ambassadors of dissemination of the best practice in the field of fishery” (the code of the project is 4RTB-3-13-01-PR001) and expect that this Code of Ethics of holidaymaker will help you to feel safer when walking on the co-constructed bridge that connects Eastern and Western parts of Lithuania. We sincerely believe in that.

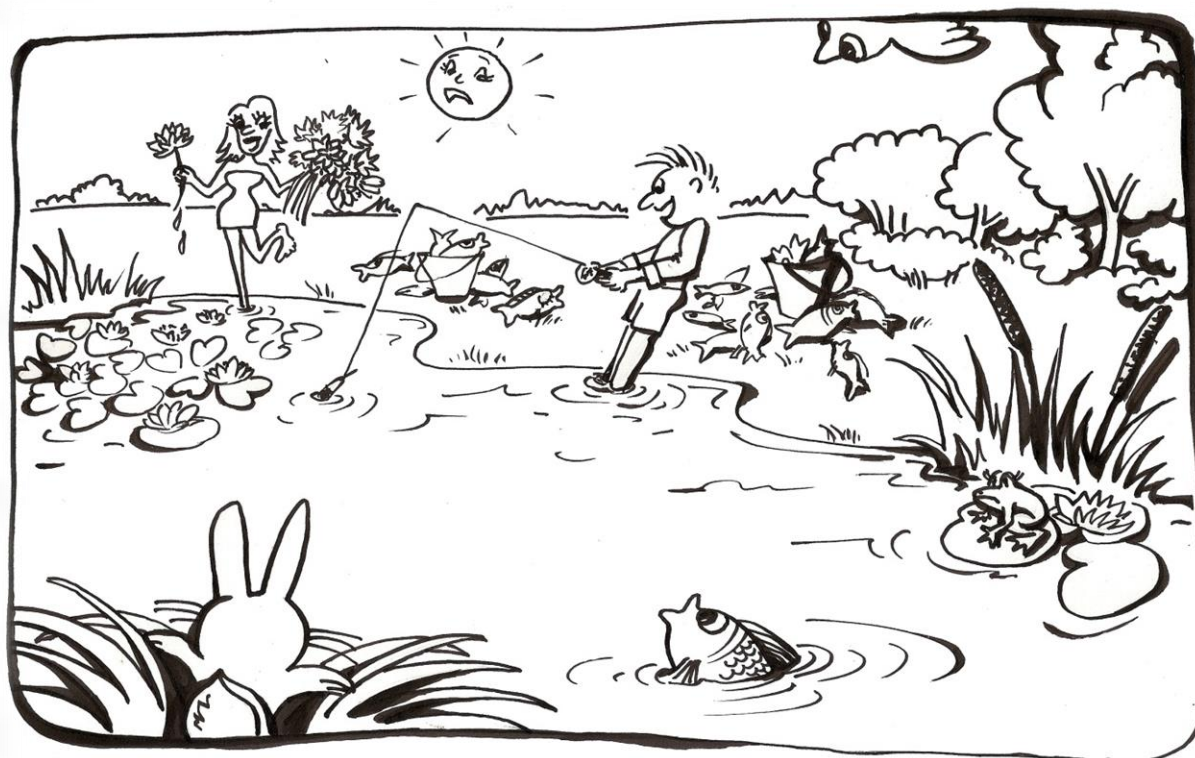
**The ethics of holidaymaker is pragmatically useful and needed by us all because on its basis we can create well-being of all of us, to preserve and foster the nature; the rules of recreation (time spending in the nature), i.e. the standards of conduct to be followed by us will allow us to feel better, to act more optimally in extreme situations, we will begin to feel less dissatisfied, strained, unsafe, our coexistence will become more humane. The Code of Ethics of holidaymaker is the document that reflects the requirements of personal morality, common human values and legal prohibitions.**

Observance of this Code of Ethics is voluntary, none person can be forced to comply with it. Thus, this Code doesn't have legitimate power, its implementation is not fully associated with direct responsibility. Despite this fact, the Code of Ethics of holidaymaker should play important role when fostering an internal culture of holidaymaker, forming his orientations of value, positive attitude towards environment, responsibility for the results of his activity and to carry out preventive work.

**The mission of the Code of Ethics of holidaymaker is as follows:** to provide a proper human behaviour in the nature both under the conditions of recreation and extremes, to get closer to functional and moral obligation, to eliminate the distance between values and negative facts, i.e. “to make” actual being in the nature sustainable and valuable.

**The main goals of the the Code of Ethics of holidaymaker are as follows:**  
- to prevent accidents and unethical behavior in the nature;

- to draw (inform about) the limits of liability for the offenses of the rules of conduct;
- to induce ethical behaviour and to protect the environment;
- to perform the function of moral – environmental education;
- to start appropriate decision-making under extreme conditions;
- to provide introductory legal information.



1. People have access to all forests, except the private ones that are located up to 100 m away from the forest owner's homestead, and the forests in which such restriction is provided by other legislation. People also gave access to water bodies. The land owner who owns a part of the coast of water body can't fence it fully, i.e. must leave a fenceless area near the water, because tourists, residents, campers must be able to walk freely on the lake coast. In most cases according to the territory a fenceless area between 5 and 25 meters must be left in order to ensure free access to the water (*this depends on the size of water body, steepness of the coast – a water protection zone must be established*).

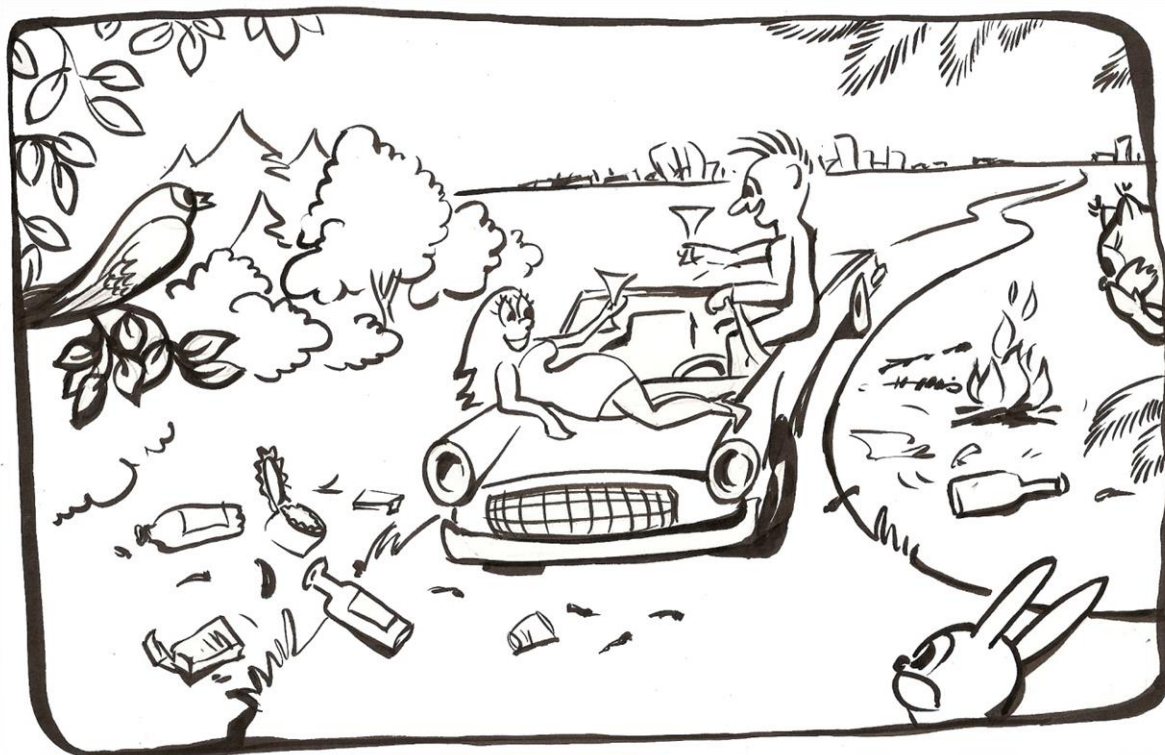
2. People are allowed to have access to the state protected areas (reservations, sanctuaries, national parks, etc.) if such access is not in contrary to the rules of protection and use of these areas (*the order of visited protected areas that cover the total project territory (the routes offered by us) can be found in the section „Legal information“ . The visitors of other protected areas also are advised to find information about the order of visiting these areas*).

3. The fireplaces located in the areas of recreation must be surrounded with mineralized zone of a width of 0,5 m and an excavated groove. If these precautions weren't implemented you should be careful when starting a fire. A fire can spread and become unmanageable.

4. Holidaymaker are allowed to use old branches, brushwood, cutting waste and other waste found in previously operated cutting sites as a firing material.

5. The visitors of forest must use roads when entering a forest and driving around it. Driving on water protective embankments is prohibited. The embankments that are built in the region of the Curonian Lagoon are intended for the protection of the locals from flooding.

6. The visitors are allowed to park their vehicles in the forest and near water bodies only in the special parking lots and roadsides. Please disregard and do not allow others to follow the principle: “I need to wash my car, therefore I wash it in the lake or lagoon”. **It is very important to be public-spirited and to care for the nature and what is happening in it.**



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**The visitors are requested to avoid the following actions:**

- to start a fire outside the special areas;
- to throw burning matches and cigarette butts;
- to cut or otherwise cause damage to growing trees, bushes, to destroy a forest floor;
- to catch and kill wild animals, to take them home, to collect bird eggs, to destroy animal housing (caves, hollows, nests, antills, etc.);
- to destroy or damage the facility, information signs and stands, landmarks, etc. of recreation sites;
- to let dogs run free in the forest, except the order provided in the Rules of Hunting in the territory of the Republic of Lithuania;
- to listen to a loud music and thus disturb other relaxing visitors;
- to wash vehicles in the nature;
- to litter up a forest, to leave a garbage and disposal containers outside litterbins (*please do your best and take them back to the city and leave them in special garbage containers.* **There are**

many holidaymakers, however the number of the persons who clean the nature is low. Do not forget this... )

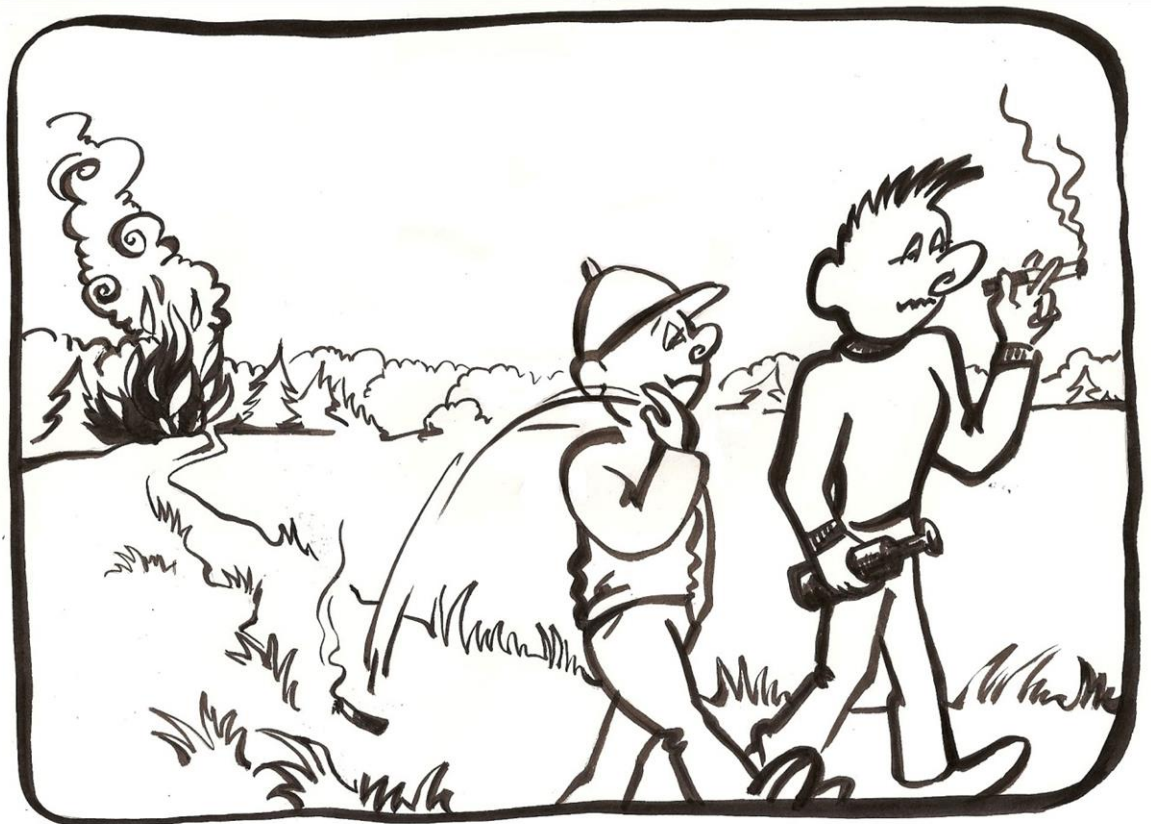
**You can become a real lover of the nature if:**

- after noticing a fire you will extinguish it, and if you are not able to do this you should notify the nearest directorate of forests or forest range, the state park administration, state fire and rescue service, police or local self-government authority;

- will notify the nearest directorate of forest range, veterinary service, Environmental Protection Agency or group of hunters about injured, sick or strangely behaving wild animals;

- will constantly supervise a burning fire; before leaving a fire place unattended will heap it with soil or will pour water on it in order to completely extinguish it.

- Will collect a garbage and will request other to collect it.
- Will follow the fisherman's principle: "Leave a wild caught fish in the nature, do not take it home".
- Will follow the rules of amateur fishing.
- Will comply with the legislation established by other lovers of nature.



There is no other choice but to apologise for the injustice done to nature...





## **The advices that will help to avoid accidents in the water**

In order to avoid various accidents please carefully read the following advices before swimming in the water bodies.

You have probably heard about a need to wear a life jacket during boating or that unattended children can't be left alone near a water. However there are several very important things that are mentioned too rarely.

### **You should swim near a coast. If you can't get back the coast, you should swim in parallel to the coast line**

Have you ever found yourself suddenly being far away from the coast? This was probably caused by underwater tidal wave that usually forms in a short distance from the coast. Such tidal waves are very strong, therefore swimming against such waves is pointless, you will simply lose your strength. In order to get back to the coast you should swim in parallel to the coast line. Tidal waves usually are fairly narrow, therefore it is relatively easy to escape from them. **It is especially important when swimming in the Baltic Sea.**

### **Do not panic. If you feel tired, you should roll over on your back.**

There is one and the most important thing: don't panic. Even if you feel really tired and scared you must avoid panic. Only in this way you will be able to save an energy that you need until someone will rescue you.

Breathe in as much air as possible, however do not exhale it fully, try to wave your hands in order to draw attention to yourself. If you are tired to swim you should roll on your back and to breathe deeply, try to avoid excessive motions and panic. Try to relax.

### **Stretch your hands forward when you jump to the water**

Hands must be stretched forward with bracket palms when jumping to the water, not at the sides. If you will hit a bottom with your hands, injury will be much milder when compared with an injury caused by head impact. It seems unbelievable, however if you will hit your head to the water surface, you can lose your orientation and later hit a bottom. By the way, a severe hit with a hand to the water surface can cause bone fractures. If you know nothing about the bottom of the water body, you should better not dive at all. **You must remember one thing about swimming in the Curonian Lagoon: swimming (diving) in whatever place is dangerous since the swimmers can get injured because of the stakes of fish traps left by irresponsible fishermen. Such underwater stakes can lead to disaster. New obstacles appear in the rivers during floods and are moved to new locations under water (stumps, branches, new silt – all of them reduce the depth in safe swimming spot).** Very often careless divers with cervical vertebral fractures seek help in medical institutions. Such injury usually causes paralysis and the injured person has no other choice but to spend the rest of his life in bed or special wheelchair.

Please take care of yourself and other people.



- **What you should do if you see a drowning person.**

Sometimes rescuers drown together with the persons whom they tried to rescue. This happens because many people don't know to help a drowning person. Those who jump to the water in order to rescue others think that their swimming skills are sufficient and that they won't feel shortage of power. However such persons forget one important thing: a drowning person panics and acts dangerously. If you do not have basic knowledge how to rescue other, then it is very risky.

Future rescuers must consider a danger caused by a drowning person and to take measures to reduce this risk in order to avoid more victims. First of all call for help, dial the number 112 and indicate the exact place of the accident. You can never know how the situation will develop during the rescue of a drowning person: maybe you will need help, however will not have a change to call for it.

Throwing of a floating object is the safest way of rescue of a drowning person. If this is impossible or a drowning person is too far away, you should first of all take some object, e.g. life jacket, stick, branch, mattress, etc. (a drowning person will be able to grab these objects) and then can approach a drowning person. A drowning person who is seized by panic can grab anything, therefore it very important to have an extra object. Otherwise a drowning person can



use you instead of that “extra object“. Before jumping into the water in order to rescue a drowning person professional rescuers grab a float. If you will push a float towards a drowning person, he will automatically grab it instead of you and you will be safe, away from an embrace of a person seized by panic. A rescuer must try to avoid contact with a drowning person, otherwise such contact can cause death of both persons. If, however, a drowning person caught you with his hands, you must disengage yourself from his or her embrace as soon as possible in order to prevent drowning of both of you.

If a drowning person embraced the front part of his rescuer’s body, the latter must push the face of a drowning person with his palm away from himself in order to make a person seized by panic to recline back and to free the rescuer’s hands. According to rescuers such action is appropriate even when a drowning person is very strong. If this method is useless, a rescuer must dive into water together with a drowning person. Then a drowning person will instinctively feel a desire to survive, will try to reach a surface of water and will release his rescuer. When a rescuer will escape a dangerous situation he must immediately swim at least few meters aside in order to avoid the same situation. Note: you must approach a drowning person behind his back. If the skin of a drowning person is pale, you should give him or her artificial respiration during swimming (mouth-to-mouth).

When you will bring a person who was drowning to the coast, first of all you must call for help if nobody has called for it. If you will rescue a person but will not provide further aid, the person can die.

Any person can perform initial life-saving actions. Do not put any objects under the head of the person who has swallowed huge amount of water and is laying on the coast. You must act conversely, i.e. you need to recline his head in order to free his airways or to prevent the casualty from choking caused by gastric contents during giving of external cardiac massage or artificial respiration. If you are the only person who is giving artificial respiration, you must act as follows: 2 insufflations of air followed by 15 times of thoracic pressing. If someone assists you, you must act as follows: 1 insufflation of air followed by 5 times of thoracic pressing.

You must carry out reviving actions until a person will regain his consciousness and orientation or until arrival of the ambulance.

**Overheating or heat stroke** is dangerous condition of body that causes failure of body temperature regulation mechanism, accumulation of excess heat in the body. The human body can’t emit an excess heat, therefore the body temperature rise occurs.

**Possible reasons of overheating:**

- high ambient temperature (in most cases 30 degrees and more);
- high relative humidity (high relative humidity causes human body to feel a higher ambient temperature (by several degrees);
- intense solar radiation (high solar activity);
- low air flow in the lower layers of the atmosphere that causes a heat accumulated near ground to remain still;
- low consumption of liquids;
- long and hard work or intensive motions under direct sunlight or in a hot unventilated room;

- a body was suddenly exposed to heat without previous gradual inurement;
- overheat is highly dependent on the person's age, health condition, mental condition. Children get overheated especially quickly; older people usually feel pain in the area of a heart caused by overheat.

### **The symptoms of overheat:**

- high body temperature (up to 38 and 41 degree by Celcius);
- red and hot skin (skin doesn't sweat);
- headache and dizziness, tinnitus and balance problems;
- strong and rapid (up to 110-160 beats per minute) pulse and respiration (more than 20 times per minute);
- thirst;
- drowsiness, listlessness, reluctance to move;
- a prolonged state causes restrictions on the brain functions, spasms and finally clouding of consciousness, transient loss of consciousness and even coma;
- if you experience signs of heat exhaustion or have noticed someone who feels badly, don't stay alone and do not leave other person alone, ask other people for assistance instead.

### **Firs Aid in case of overheat:**

- if the degree of overheat is mild, you are adviced to take a shower, to rub yourself with a towel that was dipped in cool water, to drink come cool water or juice drink, to stay calm for a while;
- in case of more severe overheat you must urgently take a casualty out from hot environment; lay a casualty in the shade or in a cool place on his or her back, tuck a pillow or rolled-up cloths under the casualty's legs (in order to improve blood flow to the brain and heart);
- cover a casualty with or wrap in the blanked, sheet, towel that was wetted with water (37 degrees) and constantly add more water to these materials, moisten his or her face with cool water;
- when body temperature will drop up to 37,5 degrees, you must replace wet blanket, sheet, towel with dry one and give a casualty to drink something cool;
- it is very comfortable to use special blanket from the first aid kit, however you must lay and tuck a casualty in the followin way: a golden side of the blanket must touch the casualty's body (it will cool the body), whereas a silver coloured side will warm it;
- if a casualty is unconscious, you must lay him or her on the side, aerate, do not give anything to drink and urgently take him or her to medical institution.

**Sunstroke** is cerebral injury caused by a local overheat. Such injury occurs due to prolonged direct sunshine on uncovered (unprotected) head or neck. This causes strong warm up of meningeal blood vessels and rise of brain temperature.

### **The symptoms (signs) of sunstroke:**

- headache and dizziness, tinnitus, lambent image in eyes;
- pale skin, cold sweat, general body weakness;
- nausea, vomiting;

- rapid breathing and pulse;
- high body temperature (up to 41 degrees);
- loss of consciousness, syncope;
- possible death caused by oedema (brain swelling) if a casualty is not given a first aid.

### **First aid in case of sunstroke:**

- urgently take a casualty from hot environment to the shade or a cool place;
- lay him or her on any surface, but you must ensure his head to be slightly raised, or put him or her in the sitting position;
- you must unbutton or loosen his or her cloths, especially a collar;
- use fan, ventilator or other item for ventilation;
- spray or moisten his or her face with water;
- place a cold compress on the head, with ice if possible;
- offer him or her a cooler drink;
- if a casualty feels nausea, you should give him or her something sour to drink (e.g. water that contains lemon juice);
- if a casualty is unconscious, you must lay him or her on the side, aerate, do not give anything to drink and urgently take him or her to medical institution.

### **Hypoxia (deprivation of oxygen):**

- the essence of natural hypoxia: a very low oxygen content caused by prolonged heat;
- hypoxia is dangerous for everybody, including young and health people;
- the symptoms of hypoxia: an increasing difficulty of breathing, headache;
- the only way to avoid hypoxia: you must spend as less as possible time outside during the hours of highest heat (between 11AM and 5:00PM);

### **Sunburn:**

- you must avoid sunburns as much as possible;
- use protective creams for skin protection against burns;
- you should gradually expose skin to direct sunlight, i.e. step by step extend the duration of stay in the sunshine;
- use glasses with UV filters for eyes protection.

### **What to do if you got stung by a bee, wasp or hornet?**

The reactions to insect stings can be normal or allergic. If a person is allergic, an insect sting can be life-threatening. If a person got stung by a bee, it is important to remove sting of the insect, because a venom is dripping from it for a while. Do not procrastinate too long, otherwise an excessive amount of venom will penetrate to your body. You should use electronic card or dull

part of knife blade in order to remove a sting. Do not press a sting with your fingers or pincete, in such way even greater amount of venom can penetrate into the casualty's body. If you got stong by insect on hand, it is improtant to remove all jewelry: rings, watches, bracelets.

Wasps, hornets and bumblebees do not leave their stings after a bite, they can sting once again. However, you are adviced to leave insects alive, otherwise if a blister of poison will explode, the specific smell will attract more insects and they will realize such smell as a sign of danger.

Allergic reactions can cause shortness of breath, swelling of the face, heavy breathing, nettle-rash all over the body, fall in blood pressure. Severe alergic reaction also can cause anxiety. A scared person begins to flounce about, his or her skin becomes significantly red, its swelling begins, pulse rate increases, a person feels dizzy.

### **First aid in case of insect bite**

It is very important to assist a person who got stung by an insect to lay or sit down comfortably. If a person begins to choke, you should put him in the sitting position that ensures easier breathing. If the casualty feels faint and vertigo, you should lay him or her down and must raise his legs above the head level. You must monitor the casualty and evaluate his or her vital signs: consciousness, respiration, pulse, skin changes. If the casualty loses consciousness and stops breathing, give him or her artificial breathing (30 times of thorasic pressing followed by 2 insufflations of air). Even a non-allergic person can be exposed to danger if he or she got stung by an insect in mouth or throat while drinking from a glass or can that contains dangerous insects. A swelling caused by a local reaction can block the casualty's airways and cause lethal asphyxiation.

If the swelling is spreading and the symptoms get worse, you should call an ambulance or should urgently take a casualty to the nearest medical institution.

### **What domestic measures are appropriate in order to relieve the pain caused by an insect bite?**

If you are a non-allergic person, you will simply feel a pain, throbbing or stinging sensation in the are of insect bite. In such case you should wash well the area of insect bite with soap in order to prevent infection. There are a number of medications intended for neutralization of stinging sensation and itchiness. If you do not have them, you can apply toothpaste on the area of insect bite in order to relieve pain. A toothpaste quickly neutralizes the acid of bee, hornet or wasp venom. Cold compress, ice or frozen food products also are great for pain relief. You should put them on the area of insect bite and hild for 10 minutes. You can also put a water-soaked handkerchief, napkin or towel on the red skin. You can also put a leg that got stung by an insect under a running water. You should also take painkillers.

### **What to do if you are bitten by a snake?**

**The first sensations after a bite: fear and pain**

What to do if you are bitten by viper? If you are alone, you must seek help as soon as possible, you must go to your car and approach other people. If you have something cold in your car, you can put that object on the area of the viper bite.

It is necessary to mobilize the injured limb, i.e. to put it in a calm position. If your arm was injured, you should tie a kerchief around it. You should lift it up to the chest level and to prevent the limb strangulation. If you have any pain-relieving remedy, you should use it. If you have painkillers, you are advised to drink them and call for help. If you are close to the hospital, you should go there as soon as possible.

Fear and pain are the first sensations that occur after a snake bite. In order to prevent a shock you should calm down a casualty. The casualty may experience headache, dizziness, weakness, fast heart beat, sometimes neausea and vomit.

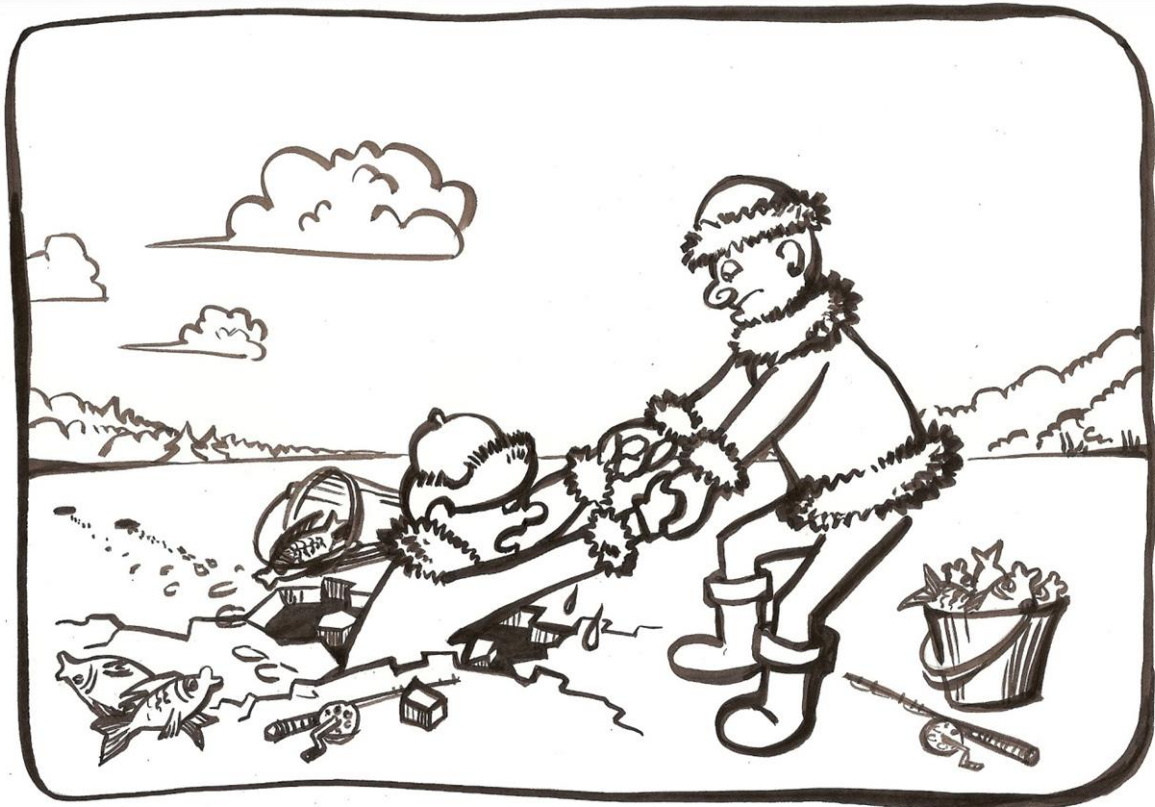
According to doctors, in case of a snake bite people sometimes follow outdated recommendations and provide improper first aid. The doctor says that first of all you should avoid clamping of the limb that was bitten by a snake. Thus, you should avoid tightening of hand or leg with a clamping bar. You should also avoid bandaging with elastic bandage because such bandage reduces a blood flow. After removal of clamping measures venom sudeenly spreads throughout the body.

“Adrenalin injections that were popular in old days are seen as inappropriate measure. Venom sucking out of a snakebite that is popular among people is seen as appropriate measure. If you are planning to suck out venom from someone’s wound, you oral mucosa must be healthy: there must be no scratches, even lips can’t be cracked” – emphasizes the doctor.

People who were bitten by a snake are treated with antidotes in medical institutions. The injected antidotes reduce risk of complications and induce a rapid regression of symptoms. Antidotes are inexpensive, however it is worth to have them. It is necessary to have high rubber boots. They could serve as a preventative measure, i.e. you must wear appropriate clothing in the forest, your legs can’t be naked. Do not wear sandals.

Mushroom and berry pickers are advised to have a stick to be used for grass declination prior picking a berry or mushroom. In such way you can notice a snake. “Usually these reptiles will try to crawl away because they don’t hear but feel ground vibrations and our body heat.”

You should think and evaluate the situation prior getting on the first ice...



The ice is considered to be strong if its thickness exceeds 7 centimeters. A person can safely walk on the ice of such thickness. However a group of people can safely walk on the ice if its thickness is at least 12 cm. Stable ice always has a bluish and green tint. If the ice is white or its tint is yellow, then such ice is unstable. You should avoid ice in the edges of the lagoon overgrown with reed. There usually is a hollow under such ice and it is unstable and porous. You can easily break it.

- Try to carefully review a navigation map (when you go fishing in the lagoon, you should choose shallow places, avoid trenches). Try to find as more information as possible about the depths of the planned route.
- You should consider a possibility of snowstorms, poor visibility. Don't forget navigation devices. The lagoon and lake are two different objects, do not forget this. Don't walk on ice alone.
- Try to use the services of experienced guides. A guide will always have a rope of the length between 10 to 15 meters with a bob, a rope of the length between 3 and 3,5 meters with a hook at the end, spikes that will prevent slipping on ice and ensure effortless grasp of the ice with numb hands. Lifejacket will protect from the wind and will prevent against sinking under the ice.
- Note: a frozen fairway that leads to Klaipeda is dangerous even during the coldest days. When the wind direction changes, ice quickly becomes thin due to salty water and walking on it becomes suicidal.
- Fragile ice also forms in the places where brooks meet a water body, also in springy places. Ice is also very dangerous during thaws. You should slide on the ice instead of simply walking, without moving your feet up. If you walk on ice in a group, the distance between each person must be not less than 5 meters. When you walk on ice, you should avoid the places covered with snow or full of snowdrifts because the ice covered with snow is always thinner. **Note: irresponsible fishermen who are engaged in commercial fishing or poachers often hide locations of fishing**

**nets under the snow, therefore you can fall into the ice-hole.** There always can occur ice-free places and openings that are especially dangerous at night.

- Try to avoid crossing across the fairway, at least to the 9<sup>th</sup> kilometer away from Klaipeda.
- If you have decided to cross the fairway, you must first of all check ice thickness and evaluate your chances. Note: if you will break the ice and fall into the water, big depth and water flow can be fatal. Before getting on the ice you should carefully look around, you might see a beaten path nearby, foot prints. If you will see them, you should follow in these foot prints because this path is safe. When you walk on ice, you must have a stick or icepick and use it in order to check the ice thickness. If after a stab with stick or icepick water appears on the ice, you must immediately get back to the coast.
- If you broke the ice and fell into the water, do not panic and maintain self-control. Expand your hands and try to do your best in order to avoid getting under water. Try to climb on the ice in the direction from which you came. You must keep your hands widely spread out when you climb on the ice, this will help you to increase the support area. Try to as much as possible overlie the ice with your chest, put one leg on it, then another. Do not attempt to stand on the ice immediately after getting on it. You must crawl as much as possible away from the ice-hole in the direction from which you came since the ice is much stronger there. You can run only after getting on the coast. This will help you to warm up and reach a warm place as soon as possible.
- If you have noticed a drowning person, you should call out to the person that you will rescue him. This will help him to resist panic. You must act quickly and decisively because the human body quickly cools down in the cold water and soaked clothes prevent him from staying on the surface of water for a long time. You should very carefully approach the ice-hole, crawling with widely spread hands is the best solution in such situation. If you have skis or board, you should put them on the ice and then crawl laying on any of these two objects. Do not crawl to the edge of the ice-hole because you can break the ice if you will try to give your hand to a drowning person in order to pull him out. The ice is considered to be safe only 3 to 4 meters away from the edge of ice-hole, therefore you should offer a ski, ski stick, board or rope to a drowning person. When you will pull out the person on the ice, you must crawl with him as far as possible from dangerous place and as soon as possible deliver the casualty to warm place. Then give hot tea to the casualty, dress him with warm cloths, provide first aid.

**• You should never trust the expression „Fish catch is much better on the other side“. Take care of your safety.**

### **Do not forget:**

**Frostbite** is the medical condition in which numbness and reactive inflammation of tissues caused by circulatory disorder under low ambient temperature occurs. It usually affects the body parts that are poorly protected from cold, i.e. fingers and toes, nose, ears, cheeks. Note: it is not necessary to be at a very low temperature to be affected by frostbite. If there is a high humidity and blows strong wind, the temperature close to zero is very dangerous too. If you wear tight shoes, your feet will be affected by frostbite much faster. The same can happen if you will hold, press something in your hands for a long time, since this causes circulatory disorder. The factors that lead to frostbites are as follows: general body weakness due to blood loss, starvation, vitamin deficiency, fatigue and alcohol consumption. People who suffer from venous diseases and diabetes face much higher risk of frostbite. The repeated impact of low temperatures (repeated frostbites) also have negative effect on the body. Frostbite can result in wounds, the casualty's body can become infected. Frostbite can lead to disability. Signs of frostbite are clearly visible and can be felt very soon.

### **The symptoms**

The long-term exposure to cold causes vasodilatation. The body parts that were exposed to extreme cold for a long-term become red. Later blood vessels become narrower, therefore deterioration of tissue nutrition occurs and the areas of pale skin form. You can feel pain and stiffness. Later pain disappears, numbness of tissues occurs. Skin becomes white or greenish-yellowish and seems unusually hard or waxy.

External determination of frostbite is impossible in this stage; it can only be assumed that the degree of consequence depends on the duration of skin exposure to low temperature. Gradual warming up of the body is followed by parasitic vasodilatation (so called reaction period). Major tissue damage occurs during this period, therefore it is very important to warm up frostbitten tissues correctly. Specific symptoms that allow determination of frostbite level usually manifest at the end of the first day.

### **First aid**

In case of overall heat loss in the body it is necessary to apply any measures in order to warm up a casualty. This must be done gradually.

1. You should take a casualty into a moderately warm room, undress him or her, if you find it difficult to undress the casualty, you should cut the seams of clothing.
2. If a casualty doesn't breathe, you must immediately begin life-giving actions.
3. You must warm up a casualty. First of all you should warm up the central part of the body, i.e. chest, neck, head, groin. Immediately begin gentle body rubbing with clean hands, warm soft material until the skin will become red. Avoid intense rubbing of the frostbitten body part with glove or snow otherwise you will make a wound in the skin and infect it, and a snow cools it down even more. The temperature of the frostbitten skin is below zero. The frostbitten areas must be slowly re-warmed, from inside, trying to gradually normalize blood circulation, therefore you must as soon as possible take a victim into a warm room, to give him a hot drink, i.e. tea with honey, lemon, raspberry. If it is possible, you should lay a casualty into a bath that contains room temperature water, then gradually increase the temperature (within one hour it must reach 36 to 37 degrees). You can also wrap a person in warm blankets. Other person who wasn't exposed to extreme cold can especially quickly warm up a casualty. The group of several persons also can warm up a casualty with a heat of their bodies. Note: first of all you should put a heating bandage on the frostbitten part of body, i.e. wool scarf, warm shawl. If you are at home or somewhere else, but not in a medical institution, you can apply a thick layer of cotton wool and 2 to 3 layers of polyethylene before putting a bandage. Such a bandage gradually warms up a frostbitten body part and increases vitality of its cells. You can take off a bandage after few hours, rub a skin with a piece of cotton wool moistened with vodka or spirit, then put a bandage back and cover with warm blanket. Pain, itching, prickling or tingling in the frostbitten area signal an improved blood circulation. Later you should visit a doctor. Such methods usually prevent amputation of frostbitten extremities.
4. During warm up of the body parts you should constantly measure a body temperature, and when the temperature will become normal, you can stop intense warm up and lay a casualty in a warm place.
5. When a casualty will begin to recover, you should give him or her hot tea or coffee. Under no circumstances should alcohol be consumed by a casualty because the increased blood supply to the extremities can cause a dangerous drop in body temperature. Moreover, alcohol inhibits the important centers of the brain.
6. If a casualty can't recover consciousness for a long time, you should necessarily tuck ammonia under his or her nose, because its strange odor will revive a casualty.

### **Prevention**

Wet clothing quickly cools down the body.

The biggest loss of body heat occurs when a person stands in the place where strong wind blows, because the body begins to cool down sharply. In order to avoid this you should wear appropriate



clothing. Clothing must be windproof and moistureproof, it is important to wear a hat or a liner. It is necessary to resist the desire to sleep when being in cold weather, to keep moving, to tense up and relax muscles. Such actions stimulate the blood supply to the muscles, a person feels warm.

If you need to spend some time outdoors waiting for something or someone, you should look for the place that is protected from the wind. You should no way sit on the stones or rest your back on cold and wet walls. Cold weather produces bigger load on the heart. Note: in order to save a heat your body works very hard, therefore do not force it to do a double work.

Do not drink alcohol or caffeine-containing beverages because their will induce a faster loss of heat. Drink warm, sweet drinks, they help to maintain a body temperature.

**Dangerous ice. However as closer you will approach to the port of Klaipeda, as more dangerous it will be...**



**As spring approaches, the ice becomes dangerous...**



### **Relevant legal information:**

The order of the Minister for Environment  
Regarding approval of the rules of forests visiting  
(dated on 15.11.2013 No. D1-849, Gazette, dated on 20.11.2013 No. 119-6014)

*In order to ensure prevention of pollution and damage of forests, also to ensure protection and rational use of forest resources for recreation and leisure, the rules of forests visiting were approved by the order of the Minister of Environment.*

*Individuals have free access to the forests owned under various forms of ownership, except the forests of reservations and special objects (border zone, military facilities, etc.) and the forests visits to which is restricted by other legislation.*

#### ***Recreation in the forest***

*Individuals can stay in the forest for recreation only in specially built recreation objects of public use (recreation sites, locations intended for short rest, campsites, holiday camps, other recreational engineering structures).*

#### ***Mushroom and berry picking***

*Individuals are allowed to pick mushrooms and fruits (berries, nuts, etc.), herbs and officinal raw in all forests of the Republic of Lithuania, except the forests of reservations and other forests where activity and access to which is temporally forbidden or restricted by the decisions of municipal institutions or this is restricted by the law of protected territories of the Republic of Lithuania and the regulations of protected territories or other legislation that regulates protection and management of protected areas.*

#### ***Driving in the forest***

*Entry into forest and driving around it with motor vehicles and carts is permissible only on roads. Riding a horse is permissible on roads and special paths. Cycling is permissible on roads and recreation, sightseeing or other forest paths avoiding without interfering with pedestrian forest visitors and avoiding damage to the surface of paths. Road owner (manager) in accordance with the order of Roads maintenance that was approved by the resolution of the Government of the Republic of Lithuania No. 155, dated on the 11<sup>th</sup> of February 2004 (Gazette, 2004, No. 25-771) can temporally restrict, stop traffic or close the road due to accidents, natural disasters, during the thaw, in especially hot weather if otherwise damage can be caused to the road, during road construction or repair, maintenance works, when there is a risk regarding safe traffic. After restriction or termination of traffic appropriate signs shall be placed in the roads.*

#### ***Parking of vehicles in the forest***

*Parking of vehicles in the forest is permissible only in special parking lots or roadsides, however drivers must ensure free movement on road by other vehicles. Do not drive on the moss, lichen, berry shrubs when you park your car on the roadside.*

#### ***The following is prohibited in the forest:***

*- to start fires and use an open fire, except in the fireplaces that are fitted in the public recreation objects and that are marked respectively, to throw burning matches, cigarette butts and other objects that can cause a fire;*

- to cut or otherwise cause damage to trees, bushes, other plants, to destroy a forest floor. The individuals who visit a forest can pick branches and switches to be used as the material to start a fire in the fireplaces;
- to catch, kill wild animals, to transport them, to collect eggs, to destroy animal housing (caves, hollows, nests, antills, nesting-boxes, etc.);
- to cause damage to protection means of sprouts, the facility of recreation sites and other, information (warning) signs, the poles of quarter lines, geodetic marks, landmarks or other mechanisms;
- to let dog run free in the forest without a muzzle. There is no need to use a muzzle when a dog is kept on a leash;
- to make a noise or otherwise disturb wild animals;
- to interfere with the rest of other forest visitors;
- to wash vehicles;
- to pollute or litter in the forest.

***Liability for the violation of the rules of forest visiting***

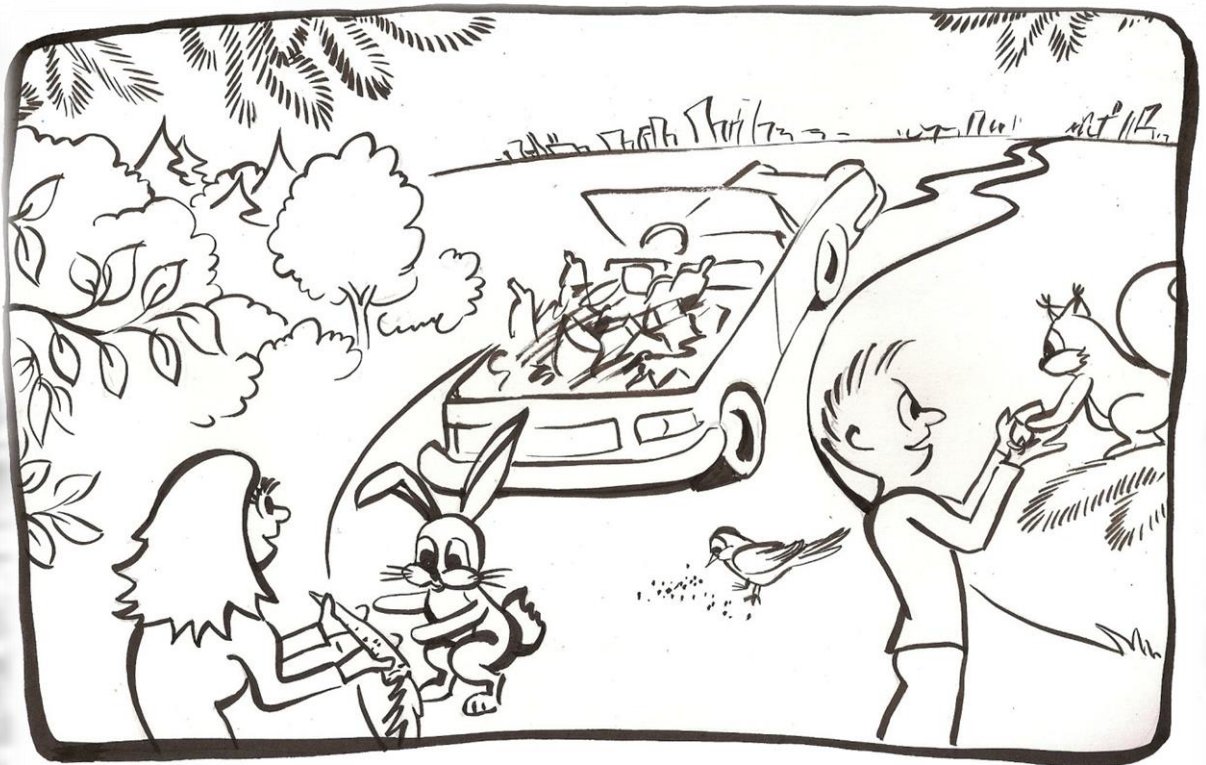
*Violation of the rules of forest visiting incurs administrative liability (the article 70 of the Administrative Code of the Republic of Lithuania):*

- *Violation of the rules of forest visiting incurs a warning or a fine in regard of the citizens between fifty and two hundred litas and a fine in regard of the officers between one hundred fifty and four hundred litas.*
- *Parking of vehicles in the forest or driving vehicles around forests in the prohibited areas incurs a fine in regard of citizens between fifty and two hundred litas.*

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The order of the Minister of Environment regarding approval of the rules of forests visiting can be found in the Seimas legislative information system at the address:

[http://www3.lrs.lt/pls/inter3/dokpaieska.showdoc\\_l?p\\_id=460157&p\\_tr2=2](http://www3.lrs.lt/pls/inter3/dokpaieska.showdoc_l?p_id=460157&p_tr2=2)



**Kursiu Nerija (the Curonian Spit) National Park is one of the most visited protected territories in Lithuania. In order to prevent unpleasant impressions and concerns and thus guarantee good rest of our guests, we offer you to read the laid down rules of the National Park visiting. These rules are strictly obligatory when traveling on the routes offered by us.**

*The National Park is the territory owned by the state where the landscape that is typical to that region, distinctive settlements, cultural values are being preserved. The National Park is intended for the promotion of educational tourism. The objective: to introduce natural and cultural valuables to the visitors. Human activity is limited, it shall be adapted to protection of nature.*



APPROVED

*By the order of the director of Kursiu Nerija (the Curonian Spit) National Park No. V-308, dated on 17.10.2008*

## **THE RULES OF KURSIU NERIJA (THE CURONIAN SPIT) NATIONAL PARK VISITING**

### **I. GENERAL PROVISIONS**

*1. Kursiu Nerija (the Curonian Spit) National Park (hereinafter referred to as KNNP) is the protected territory that was established for the Lithuanian seaside landscape complex with*

*unique dune ridge in Europe that is the most valuable from the natural, cultural and recreational perspective and in order to save, manage and use with care ethno-cultural heritage. Its protection and management are carried out in accordance with the requirements of functional and management zones that are determined in the KNNP planning scheme (general plan).*

*2. The rules of KNNP visiting (hereinafter referred to as the rules) establish the order of KNNP visiting for sightseeing, recreation and other purposes.*

*3. The individuals in the territory of KNNP must comply with the following laws of the Republic of Lithuania: the Law on Environmental Protection (Gazette, 1992, No. 5-75), the Law on Protected Territories (Gazette, 2001, No. 108-3902), the Law on Protection of Immovable Cultural Property (Gazette, 1996, No. 14-352), the Law on Wild Flora (Gazette, 1999, No. 60-1944), the Law on Wild Fauna (Gazette, 1997, No. 108-2726), the Law on Protected plants, animals and fungi species and communities (Gazette, 1997, No. 108-2727), the Law on Forests (Gazette, 1994, No. 96-1872; 2001, 35-1161), the Law on Water (Gazette, 1997, No. 104-2615; 2006, No. 36-1544) and other Laws and international legislation, KNNP regulations (Gazette, 1999, No. 27-766; 2004, no. 96-3539) and the regulation of KNNP protection (Gazette, 2002, No. 87-3755), the decisions of the institutions of local self-government (Neringa and Klaipeda) that are associated with the National Park visiting, also in accordance with the requirements of other legislation and these rules.*

*4. The terms used in these rules correspond to the terms of the Law on Protected Territories, the Law on the Coastal Zone, the Law on Road Safety and the terms of KNNP protection regulation.*

## **II. THE RIGHTS AND RESPONSIBILITIES OF KNNP VISITORS**

*5. The KNNP visitors have the right:*

*5.1. to visit KNNP, except the cases provided in the clauses 7 and 8 of these rules;*

*5.2. to set tents and semi-portable cabins, to start fires in special places that are marked in the documents of territories planning and that have special information signs; to use barbecues and other similar instruments in the territories rented by individuals and legal entities if land landlords agree regarding above actions;*

*5.3. to drive motor vehicles on state and local roads with hard paving where traffic is permitted in accordance with the order established in the rules of Road traffic (Gazette, 2003, No. 7-263);*

*2*

*5.4. to park vehicles in the places designated for that purpose, i.e. special parking lots that are marked with road signs, if this does not preclude safe traffic, if there are no inhibitory road signs, without prejudice to the rights of other persons and there is no damage caused to the nature;*

*5.5. to stop with and to leave for a certain period of time houses on wheels, to park caravans and contrailers for a period of time that can't exceed 3 hours if this does not contradict the restrictions of KNNP visiting (section 3 of KNNP rules), doesn't impede safe traffic if there are*

*no inhibitory road signs, without prejudice to the rights of other persons and there is no damage caused to the nature;*

*5.6. to pick berries and mushrooms in accordance with the requirements of the order of use of Wild Flora resources (Gazette, 2000, No. 37-1046) and other legislation of the Republic of Lithuania, except in the territories of Nagliu and Gobsto natural reservations;*

*5.7. to swim in the water bodies located in KNNP (the Baltic Sea and the Curonian Lagoon) on boats and similar means in accordance with terms and conditions of environment protection regarding swimming in the water bodies on boats and similar means (Gazette, 2005, No. 43-1389) and the requirements of these rules;*

*5.8. to fish in accordance with the order approved by the Minister of Environment and the requirements of other legislation.*

*6. The KNNP visitors must:*

*6.1. protect the environment, natural complexes and objects (valuables) and the complexes and objects (valuables) of cultural heritage, to use natural resources with care;*

*6.2. not interfere with the rights and interests of other users of natural resources;*

*6.3. properly use and clean recreation site or other visited territory before leaving;*

*6.4. pay a fixed fee for the services to the authorized persons of the institution that is in charge of the territory, if such fee was introduced;*

*6.5. use fire safely, i.e. start fires only in specially designated recreation sites that are marked with information signs. Constantly supervise a burning fire and heap it with soil or pour water on it in order to completely extinguish it at the end of use;*

*6.6. after noticing a fire start its extinction with all possible measures and immediately notify Fire Protection Services or the directorate of KNNP, the appropriate directorate of forest range or the institution of local self-government (Neringa or Klaipeda);*

*6.7. notify the officers of protected areas of the directorate of KNNP and other institutions (police, the officers of Environmental Protection Agency, the territorial unit of the Department of Cultural Heritage) about the noticed cases of destruction of natural objects and the objects of cultural heritage, violations of territorial regimes or other violations taking into account the nature of the violation;*

*6.8. fulfill legitimate requirements of authorized officers of state protected territories, not interfere with their fulfilment of the functions of state control of protected territories;*

*6.9. organization of gatherings, sport, cultural, wellness and other massive events in the territory of the National Park must be in written agreed with the directorate of KNNP, the appropriate Environmental Protection Agencies of Klaipeda region under the Ministry of Environment of the Republic of Lithuania and the institutions of local self-government (Neringa or Klaipeda city);*

*6.10. comply with the order provided in the section 4 of these rules of KNNP Nagliu and Grobsto natural reservations visiting;*

*6.11. sort waste and comply with other requirements of the rules of waste sorting approved by local sel-government.*

### **III. RESTRICTIONS OF KNNP VISITING**

**(Forbidden activity)**

7. *The KNNP visitors are prohibited:*

7.1. *to set tents and semi-portable cabins, to start fires in the places other than the special ones and the ones that have special information signs (on the seaside, on the protective dune ridge, recreation sites, etc.);*

7.2. *to drive motor vehicles, to stop and to stand on the roads other than the ones with hard paving, in the places other than specially designated and marked with special signs (except special vehicles);*

7.3. *to stop and stand with motor vehicles in the parking lot that is located on the 31<sup>st</sup> kilometer of the road that connects Smiltyne and Nida (in Nagliu reservation) for more than 2 hours;*

7.4. *to stand with motor vehicles in parking lots with the engine running;*

7.5. *to destroy and damage the natural objects (valuables) and the objects (valuables) of cultural heritage;*

7.6. *to damage, destroy or arbitrarily move recreational facilities, information indicators, stands, landmarks, quarter poles, signs, barriers and fire-fighting equipment;*

7.7. *arbitrarily cut trees and shrubs, woody plants, to destroy and cause damage to flora, forest floor;*

7.8. *to catch, kill and cause damage to wild animals, to collect bird eggs, to animal housing (caves, hollows, nests, etc.), to destroy or cause damage to anthills, to scare birds during the breeding season and otherwise cause damage to animal environment;*

7.9. *to cause damage to, to collect and catch the species of animals, plants, moss, fungi the records of which can be found in the Lithuanian Red Book, also to destroy the places in which all these species were found;*

7.10. *to take sand, gravel, pebble away from the territory of KNNP;*

7.11. *to make noise, to listen to loud music or otherwise interfere with the rest of KNNP visitors and residents, except in the residential areas during organized massive events;*

7.12. *to walk dogs without a muzzle and leash, except in accordance with the order set out in the rules of Hunting in the territory of the Republic of Lithuania (Gazette, 2000, No. 53-1540);*

7.13. *to walk and bath domestic animals in the beaches of recreation zones;*

7.14. *to ride water bikes in the waters of the water area of the Curonian Lagoon that are within the protected territory (except special operational services);*

7.15. *to drive cars on the surface of the ice of the Curonian Lagoon, except motor mechanisms that are used for fishing or sport;*

7.16. *to get on the coast from boats and similar means in the zone of the Curonian Lagoon in Nagliu and Grobsto natural reservations;*

7.17. *to litter environment, to pollute water bodies;*

7.18. *to bury garbage and other industrial and construction waste;*

7.19. *to burn dry grass, reeds, leaf litter, forest floor;*



7.20. *to destroy, cause damage to slopes when walking, climbing or landing down the dunes, to change forms of relief, destroy reinforcement of dunes or otherwise induce erosion of land surface;*

7.21. *to use hang-gliders, paragliders, balloon (aeronautics) or skis in Nagliu and Grobsto natural reservations and in the dunes of Parnidis landscape sanctuary;*

7.22. *to graze domestic livestock without special permission of the directorate of KNNP;*

7.23. *to ride a horse in the improperly set up tracks of equestrian tourism that have not been legalized in the planning documents without special permission of the directorate of KNNP;*

7.24. *to enter water bodies with vehicles (the Curonian Lagoon and the Baltic sea);*

7.25. *to feed wild animals on the road that runs between Smiltyne and Nida, in the settlements and the zones of recreation.*

#### **IV. THE ORDER OF KNNP NAGLIU AND GROBSTO NATURAL RESERVATIONS VISITING**

8. *Access to KNNP Nagliu and Grobsto natural reservations is permissible on scientific research, educational or cognitive purposes only with written permission issued by the directorate of KNNP and in accordance with the terms and conditions thereof, except when the visitors walk on special and marked cognitive paths that are provided in the documents of territories planning.*

#### **V. LIABILITY FOR THE VIOLATION OF THESE RULES**

9. *The public officers of the Republic of Lithuania who are responsible for protected territories, also competent public officers of forests, public officers of environment protection and other officers perform the control of the order of KNNP visiting.*

10. *The individuals who have violated the requirements of these rules bear responsibility for their actions in accordance with laws and other legislation of the Republic of Lithuania.*

11. *The individuals who have caused damage to KNNP or the valuables located in the park are obliged to compensate it in accordance with laws of the Republic of Lithuania and to restore the original state of the object or territory, also to compensate material and non-material loss. When the same action affects public interests and causes damage to the property of individuals or legal entities, the individuals who are guilty of breach must compensate the damage that was done to protected territories and the property of individuals and legal entities. Determination of loss is carried out in accordance with the methodology that was approved by the institution that was authorized by the Government.*

**AGREED**

*Neringa Municipality Administration  
By the act No. (4.16) V15-2860, dated on  
13.10.2008*

*Klaipeda city Municipality Administration  
By the act No. (423)-R2-2399, dated on  
01.10.2008*



**Due to its geomorphological history Aukštaitija National Park is characterized by a variety of its natural conditions. The types of almost all natural habitats and soils can be found here. Therefore both the plants that dominate in steppe and the ones that dominate in tundra are growing in the park. Very rare, threatened and endangered species of birds live here too. Almost all vertebrates that live in the territory of Lithuania can be seen here. The park is the only place in Lithuania where you can find some species of insects. In order to prevent unpleasant impressions and concerns and thus guarantee good rest of our guests, we offer you to read the laid down rules of the National Park visiting. These rules are strictly obligatory when traveling on the routes offered by us.**



*APPROVED*

*By the order of the director Aukštaitija National Park  
No. 1-40, dated on the 2<sup>nd</sup> of June 2009*

## *THE RULES OF AUKŠTAITIJA NATIONAL PARK VISITING*

### *I. GENERAL PROVISIONS*

- 1. Public park (hereinafter referred to as the park) is a protected territory that was established in the naturally, culturally and recreationally complex and especially valuable territory. Protection and management of the territory is associated with determination of the territory's functional zones and the zones of landscape management.*
- 2. The rules of the park visiting (hereinafter referred to as the rules) establish the order of the park visiting for sightseeing, recreation and other purposes.*
- 3. The individuals visiting the park must comply with the following applicable laws of the Republic of Lithuania: the Law on Environmental Protection, the Law on Protected Territories, the Law on Protection of Immovable Cultural Heritage, the Law on Wild Flora, the Law on Wild Fauna, the Law on Protected plants, animals and fungi species and communities, the Law on*

*Forests, the Law on noise control and other laws, regulations of the park and regulation on protection, the decisions of the institutions of local self-government concerning the park visiting, other legislation and the requirements of these rules.*

## **II. THE RIGHTS AND RESPONSIBILITIES OF THE PARK VISITORS**

*4. The park visitors have the right:*

- 4.1. to visit the park, except the exceptions provided in the clause 7.1 of these rules;*
- 4.2. to set tents and park the vehicles intended for short-term accommodation for recreation purposes, to start fires only in special places that are marked with information signs (recreation sites, campsites, holiday camps) as is provided in relevant documents of territories planning;*
- 4.3. to drive motor vehicles on state and local roads where traffic is permitted in accordance with the procedure established in the Road rules;*
- 4.4. to park vehicles in the parkin lots designated for that purpose and roadsides if this does not preclude safe traffic, if there are no inhibitory road signs and without prejudice to the rights of other persons and there is no damage caused to the environment;*
- 4.5. to fish and hunt in accordance with the order approved by the Minister of Environment and the requirements of other legislation;*
- 4.6. to pick berries, mushrooms, nut, herbs in accordance with the order of use of Wild Flora resources that was established by the laws on Wild Flora and Forests and the requirements of other legislation;*
- 4.7. to swim in the water bodies of the park on boats and similar means in accordance with the requirements of the terms and conditions regarding swimming in the water bodies on boats and similar means approved by the Minister of Environment;*

*5. The park visitors must:*

- 5.1. protect the environment, natural objects and the objects (valuables) of cultural heritage, to use natural resources with care;*
  - 5.2. not interfere with the rights and interests of other users of natural resources;*
  - 5.3. properly use and clean recreation site, camping site or other place of temporary stay before leaving;*
  - 5.4. sort waste in the places with waste sorting containers and comply with other requirements of the rules of waste sorting approved by the local self-government;*
  - 5.5. pay a fixed fee in the pay camping sites, recreation sites and places of interest to the authorized persons of the institution that provides its services in these objects;*
  - 5.6. use fire safely, i.e. start fires only in special fireplaces. Constantly supervise a burning fire and heap it with soil or pour water on it in order to completely extinguish it at the end of use;*
  - 5.7. after noticing a fire must immediately notify Fire Protection Services or the directorate of forest range, the directorate of the park or the institution of local self-government , and if there is a possibility must extinguish a fire until arrival of special services;*
  - 5.8. notify police, Environmental Protection Agencies, the directorate of the park or the Department of Cultural Heritage about the noticed cases of destruction of natural objects and the objects of cultural heritage, violations of territorial regimes or other violations taking into account the nature of the violation;*
  - 5.9. fulfil legitimate requirements of environment protection institutions and their officers, not interfere with their fulfilment of the functions of environment protection control;*
- 6. organization of gatherings, sport, cultural, wellness and other massive events with participation of more than 100 people in the park, except the territories of cities and towns, is permissible if agreed in written with the directorate of the park and the owner, proprietor or user of the territory.*

## **III. THE ACTIVITIES THAT ARE PROHIBITED TO THE PARK VISITORS**

*7. The park visitors are prohibited:*

- 7.1. to violate the order of the public park reservation visiting that is established in the section 4 of these rules;
- 7.2. to start fires, to set tents and park the vehicles intended for short-term accommodation for recreation purpose in the places other than specially intended for this purpose and that are marked with information signs;
- 7.3. to destroy and damage natural objects and the objects (valuables) of cultural heritage;
- 7.4. to damage, destroy or arbitrarily move recreational facilities, information indicators, stands, landmarks, quarter poles and signs, fire-fighting equipment;
- 7.5. arbitrarily cut, destroy and cause damage to trees and shrubs;
- 7.6. to catch, kill and cause damage to wild animals, to take them away from the park, to collect bird eggs, destroy their housing (caves, hollows, nests, etc.) or otherwise cause damage to animal environment;
- 7.7. to collect the species of plants and fungi the records of which can be found in the Lithuanian Red Book, to destroy the places in which these species were found;
- 7.8. to destroy and cause damage to anthills;
- 7.9. to destroy, cause damage to, collect or take away forest floor;
- 7.10. to make noise, to listen to loud music or otherwise interfere with the rest of the public park visitors and locals, and comfort of animals;
- 7.11. to endanger the safety of other people;
- 7.12. to let dogs run free, except in accordance with the order set out in the rules of Hunting in the territory of the Republic of Lithuania approved by the Minister of Environment, and to bath them in the places that are popular among people;
- 7.13. to park vehicles less than 25 meters from the coast of water body or on the upper edge of the slope of the water body when its coasts are upright, except parking in special parking lots that are marked with appropriate signs, and to drive vehicle into water;
- 3
- 7.14. to drive cars on the surface of water bodies (except transport of special services at the time of fulfilment of official functions);
- 7.15. to drive vehicles in the areas other than roads, to park and otherwise operate vehicles (including two-wheeled, three-wheeled and four-wheeled self-propelled vehicles) in the areas other than roads, except special vehicles, agricultural and forestry machinery, in accordance with the order set out in the laws of the Republic of Lithuania and other legislation;
- 7.16. to litter environment, to pollute water bodies;
- 7.17. to bury municipal and other waste;
- 7.18. to burn grass, reeds, leaf litter, municipal and other waste;
- 7.19. to destroy, cause damage to slopes or otherwise induce erosion of land surface;
- 7.20. to interfere with works of building of camping sites and recreation sites, afforestation, marking and setting-up of cognitive paths and other management works in the park when these works are carried out in accordance with prepared projects that were agreed agreeably with the order established;
- 7.21. arbitrarily build and set-up recreation and sports facilities.

#### **IV. THE PARK RESERVATION VISITING**

8. Access to the park reservation is permissible only on scientific research, educational or cognitive purposes in accordance with the order set out in the articles 8-10 of these rules.
9. Access to the park reservation on scientific research purposes is seen as collection of natural material and data collection and observations in accordance with the approved programs of the park nature research. Access to the reservation is permissible to the specialists that work or study in the field of natural research, in accordance with approved research programs that were agreed with the directorate of the park. The purposes of research, the scope of collected data and collection material, the would-be ways of data publication, the place, time, routes of

research, the procedure of reporting about research completed and their results to the directorate of the public park must be indicated in the programs.

10. Access to the park reservation on scientific research purposes is seen as students', student groups', the participants' of schools of nature visits to the territory of the park during traineeships on purpose to observe and explore the nature (pick-up and take away of animals, plants or fungi during such visits is prohibited). Access to the territories of reservations on scientific purposes is permissible only together with group leaders, the visitors must be escorted by the specialist of the directorate of the public park at the time of the day and during the period specified by the directorate and in accordance with the approved training programs that were agreed with the directorate that must contain information about the objects of training, the place, time, routes of training, the procedure of reporting about observations completed and their results to the directorate of the public park.

11. Access to the park reservation on cognitive purposes is seen visits of groups of visitors or individuals to the territory of the park reservation on purpose to get information about protected natural complexes and objects of the reservation (pick-up and take away of animals, plants or fungi during such visits is prohibited). Visits to the territories of reservations on cognitive purposes are permissible only using cognitive paths and at the time or during the period specified by the directorate. The visitors must be escorted by the specialist of the directorate of the public park.

#### V. LIABILITY FOR THE VIOLATION OF THESE RULES

12. The public officers of the Republic of Lithuania who are responsible for protected territories perform the control of the order of visits to the park.

13. Competent public officers of forests, public officers who are responsible for the environment protection, public officers who are responsible for the protection of immovable valuables of cultural heritage and other officers also perform control in the park.

14. The individuals who have violated the requirements of these rules bear responsibility for their actions in accordance with laws and other legislation of the Republic of Lithuania.

15. The individuals who have caused damage to protected territories or the valuables located in these territories are obliged to compensate, this must be done in the way of paying in kind as much as possible (to restore the original state of the object or territory), moreover, they must compensate direct and indirect loss. When the same action affects public interests and causes damage to the property of individuals or legal entities, the individuals who are guilty of breach must compensate the damage that was done to public parks and the property of individuals and legal entities. Determination of loss is carried out in accordance with the methodology that was approved by the institution that was authorized by the Government.

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AGREED

By the act of Ignalina District Municipality Administration  
No. R2-747-3.29, dated on 19.05.2009

By the act of Švenčionys District Municipality Administration  
No. 4.9/6-1S-498, dated on 07.05.2009

By the act of Utena District Municipality Administration  
No. (3.21)-s-1306, dated on 28.05.2009

