



Responsible behavior

EXCREMENT AND WASTE OF PERSONAL HYGIENE



The increase of visitors in Sierra Nevada is causing new environmental and health problems. For example, the accumulation of human excrement, toilet paper, wipes, etc. in certain areas, such as the surroundings of bivouacs, recreational areas, viewpoints and other well-frequented places, degrades ecosystems and deteriorates the quality of the visit.

The accumulation of these residues in certain points of the territory begins to be very unpleasant, besides the sanitary and environmental consequences that it entails, being able to arrive at rivers, lagoons, and therefore, to the water that we consume.

In the best conditions your excrement will take more than a year to disappear, even more paper, and wipes, compresses, tampons or diapers. On the other hand, in high mountain the cold retards the microbial activity.

Responsible decalogue FOR YOU AND FOR SIERRA NEVADA

Some recommendations on how you can meet your physiological requirements in a respectful way with the environment and with others:

- Look for a place away from roads, shelters and other facilities for public use.
- Select a site more than 60 meters from fountains, lagoons or watercourses.
- Do not do it on the ice shelves.
- Bury your excrement. The most effective way to facilitate the degradation of our faeces is to deposit them in a hole of about 15 cm. depth and then bury them. If it isn't possible, cover them with earth or stones. If you want to go one step further, take them in a bag.
- Collect and deposit in your bag toilet paper, wipe...used. Do not burn them.
- Leave the bag in an appropriate container.

Measures from the National Park and Natural Park of Sierra Nevada

The Natural Space will provide the user with bag dispensers in specific places: shelters, self-services shelters Carihuela and Caldera, along with access barriers to summits and in the Interpretation Service of High Summits.

In addition an awareness campaign will be carried out through social networks.

The high mountain is a fragile, vulnerable and sensitive. Be aware at all times of the impact of your actions.

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