

How To Preserve Nature While Hiking

If you enjoy hiking, you are not alone. According to [Statista](#), about 16.95% of the population ages 18 to 29 participated in hiking during 2018. They reported that 47.86 million people hiked in the U.S. during 2018. As a hiker, you should do your part to help preserve nature and protect its inhabitants. With the proper attention and care, we can all make sure nature is preserved and its natural beauty remains. Here are a few tips for preserving nature while hiking:

- Stay on the trail. Stepping off the trail may seem innocent enough, but you could do major damage. You will crush flora and damage plants. Others will come along and see where someone got off the trail and they will follow suit. Before you know it, the trail is widened, and there is erosion and trail washouts.
- Take along your own water. You will need to stay hydrated, so don't take along the pre-filled plastic water bottles that end up in landfills or the ocean. Buy a high-quality reusable water bottle that is BPA-free. One of these water bottles will serve you well for years to come. Be sure to take along enough water, so you may need to take along more than one bottle.
- Mix up your own snacks. You will need to get energized along the way, so mix up your granola or trail mix. By using local ingredients and by preparing the snacks yourself, you can cut down on waste, packaging, transportation expenses, fuel usage, and create a healthier, more natural snack.
- Don't take anything out of nature. Don't remove rocks or shells, dig up plants, pick flowers, or remove limbs. Leave everything as it is and take only memories out with you.
- Don't leave any trash behind, and if you come across trash left by others pick it up and take it with you to dispose of properly. Make sure trash is put in a trash can that is non-accessible to animals.
- If you decide to build a fire, be sure to keep it small. Make sure you build any fire on a bed of ash or packed dirt. You want it to have a rock border, and when you are finished, be sure to put the fire out.
- Choose an established campsite. Setting up camp on a grassy area will lead to long-term damage and will affect plants, animals, and insects. When you choose an established campsite, you are somewhat separating yourself from wildlife and you are not damaging nature.
- Travel to the hiking area wisely. Plan your trip. If possible, hike locally. If it is a considerable distance, be sure to carpool with fellow hikers.
- Eat locally. After your hike, choose a locally-owned restaurant with sustainable practices to re-energize.
- Be sure to clean your clothing and gear before you head out on another hike. You could easily transfer seeds, insect, and disease.

With the right attentiveness and care, you can work to preserve nature while you are hiking and enjoying the great outdoors.

Helpful Links

Join the NYFOA

<https://www.nyfoa.org/join-nyfoa-today>

NYFOA Member Stories

<https://www.nyfoa.org/member-stories>

This article was provided by www.personalinjury-law.com, an organization dedicated to providing the public with information about personal injury and safety information. Nothing in this article should be construed as legal advice, and it is intended for informational use only.