



# CHARTER

## for responsible travel

### IN MY ACCOMMODATION

- 💡 Favor accommodation with a label or certification in favor of sustainable development (ex : Green Key).
- 💡 Turn off lights and heating when not needed.
- 💡 Put your devices on standby, turn them off or unplug them when you're away.



- 💡 Keep the same bath towels and sheets for the duration of your stay.
- 💡 Turn off the taps when soaping and brushing your teeth.
- 💡 Favor the shower, not exceeding 5 minutes, rather than a bath.

### On my toiletry case

- Favor washable wipes and cotton pads.
- Use solid shampoos, soaps, deodorants and toothpastes.
- Use biodegradable and ideally artisanal and local products.

### ON YOUR TRAVELS

- 💡 Prioritize soft mobility.



Scan the QR code for more information

At the restaurant and bar, favor eating places displaying an approach in favor of ecology.

Ex : écotable<sup>®</sup>, FiG Food Index For Good



## SHOPPING

- When possible use the local Norman currency: the Rollon.



Scan the QR code for more information

## ON THE BEACH

- If you encounter a seal on the beach: stay at least 300 m (985ft) away to observe it and do not interact with it.
- Use the trash cans available or the tide pans to throw away the waste.
- Choose a water-resistant protective cream rather than oil, and do not cover yourself with it immediately before going swimming.
- Respect small animals and insects encountered.
- Be careful not to crush the plover eggs\* and signal their presence to other walkers with natural elements positioned around them.



\*Small seaside bird nesting in spring at the top of the beach, on the sand, pebbles or deep in the vegetation.

### Fishing on foot

- Reposition the lifted stones in their original place.
- Find out about the quantity, species and sizes authorized (ask for strips at the Tourist Office).
- Only take what you will consume.



## WITH MY DOG

- Pick up dog droppings.
- Find out about authorized places for walks.
- Keep him on a leash in sensitive natural areas so that he does not disturb biodiversity.

## ON A WALK OR HIKE

- Choose a water bottle rather than a plastic bottle.
- Find out about protected natural areas.
- Take a bag as a trash can so as not to leave your waste lying around and ask the Tourist Office for pocket ashtrays.
- After midnight, minimize noise so as not to disturb residents.



*At the end of your stay, return your documentation to the Tourist Office, so that it can be reused or sorted.*