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ABOUT

# ... WHEN ON THE WATER IN A BOAT, KAYAK, OR ON A SUP BOARD

When the sun is high in the sky, the sea is still, and the horizon almost invisible, it is a wonderful experience to sail inside the quiet bays along the national park coastal areas. Here are some suggestions to help you get the most from your sailing trip whilst respecting nature and other visitors:

- Never row out alone – it's safer with two on the water.
- The weather along coastal areas may change suddenly. Sea fog, bad weather, and changing winds can be life-threatening. Check the weather forecast before setting off.
- If you come across seals or birds, you must slow down and avoid sudden movements. Continue rowing quietly and calmly and enjoy the experience.
- Never go ashore on sandbanks with resting seals. You risk that seal pups are squashed or abandoned, or you might be attacked yourself. Seals are not harmless creatures.
- Always use the designated landing beaches when you want to swim. This minimises the intrusion experienced by the animals.
- Be realistic and only row as far as you can manage. If you're in doubt or have little knowledge of the area, stay ashore or row out with local people.
- Always use a life jacket and clothing suited to the weather and season, as it may prevent both cooling down and dehydration.
- If possible, wear colourful clothes when on the sea – orange, yellow, and red colours are easier to spot on the water.
- Check your equipment before departure – your mobile phone is important as is light in the evening.
- Avoid tidal flats and sandbanks unless you're in danger. They are essential resting places for birds and seals.
- If you need a short break, you're welcome to pull the boat up on the beach.
- Pick up any rubbish you find and take it with you – even if it's not yours.



## Getting there

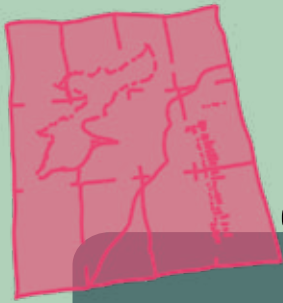
The Nationalpark Mols Bjerge app will tell you where you'll find slipways.

The website [respektforvand.dk](http://respektforvand.dk) (in Danish) hosted by the foundation Trygfonden is the best place to learn about safety near and in the water.

Denmark has many Blue Flag beaches – they are listed along with further information on [friluftstraadet.dk](http://friluftstraadet.dk) (in Danish).

All Danish beaches are numbered. Find the number on green signs by the driveway leading down to the beach or on the beach itself. It is useful when trying to locate family and friends, but particularly in emergency situations.

The Danish Nature Agency has compiled a fine list of outdoor recreational activities on state-owned land, indicating facilities and sights, routes and advice for visitors to the countryside. Find the map on [udinaturen.dk](http://udinaturen.dk) (in Danish).



1

Plan your trip before you go – check whether you are on public or private land

2

Respect animals and plants – we're the ones visiting nature



3

Take your rubbish home – even if it isn't yours



4

Keep your dog on a leash – don't let it disturb wild animals and grazing animals or frighten other visitors



5

Greet those you meet on your way with a smile – they're also out to enjoy nature



# 10

## USEFUL SUGGESTIONS

### ABOUT HOW BEST TO EXPLORE THE COUNTRYSIDE

6

Take great care when using open fire – only light fires within marked campfire rings. Put out the fire before leaving



8

If you want to spend the night in nature, please use the designated campsites and shelters



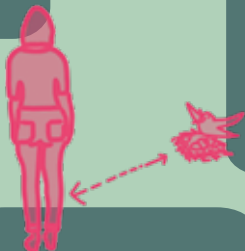
10

Don't ignore signage and fencing – always follow the guidelines on signs and respect fences



7

Keep a safe distance to all animals in the countryside



9

Enjoy the sounds of nature – keep the noise down

