

## SEATREKKING CHARTER

### Why Seatrekking?

The ocean is the origin of all life on this planet, and our existence as humans is intimately connected to the constant exchange between sea and land.

**Seatrekking means to travel and explore this special intersection where the two elements meet.** Over the course of several days, seatrekkers swim, snorkel, free dive and walk on both sides of the shore, experiencing and exploring coastal and underwater environments in their natural beauty.

**As a sustainable form of travel and discovery, and as defined in its codex, seatrekking aims at bringing people closer to nature.** Seatrekking aims to increase general awareness and to actively contribute to the preservation of underwater and coastal biodiversity.

### Our Objectives

- **Developing a respectful and sustainable seatrekking practice through promoting awareness and discovery** of coastal and intertidal ecosystems in oceans, seas, rivers and lakes including their fauna, flora, geology and historical aspects.
- **Contribute to the preservation of those ecosystems** by treading carefully and keeping a minimal footprint at all times, by having considerate and respectful animal encounters, as well as by contributing to positive actions such as cleaning, monitoring, education and working with institutions.
- **Foster personal growth and wellbeing** through connectedness and immersion in nature, and develop a sporting practice focused on essential experience including but not limited to trekking, swimming, free diving and other nature-oriented activities.
- **Create an open, inclusive and supportive community** to achieve these goals.



IMMERSE

YOURSELF LEAVE NO TRACE  
RESPECT NATURE LIGHTEN UP  
ACT POSITIVELY

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## OUR GUIDELINES

### Lighten Up

- As we prepare to enter the natural world, **we lighten up materially and in our mind** to become receptive and mindful towards the experience we are about to have, making it all the more intimate, unfiltered and fulfilling.
- At a time where the earth's resources are being used far above their regenerative capacity, **we aim to be agents of change by being critical of our needs** and of our relationship to things. For a few days, we let go of modern society's penchant for comfort and materialism.
- **We prepare our treks carefully** in order to bring only the essential equipment and provisions, and use lightweight outdoor techniques to minimise our gear list, and reduce our carrying weight without compromising safety.
- A light bag means increased mobility, a smaller footprint on the environment and more enjoyment in the outdoors. **We lighten up!**
- As we prepare to enter the natural world, we clear up our mind and become receptive to what nature has to share and offer. **We open up!**

### Immerse Yourself

- As we traverse the natural world we grow intimate with it, **tuning ourselves to its rhythms and codes**; accepting nature as it is, welcoming its untamed reality.
- We observe – in order to learn and get inspired by what we hear, see and feel. The flow of our movements draws **inspiration from the animals** we encounter as they show us how to move in harmony within their world.
- **Nature rewards us with its secrets**: the rich, diverse and unique flora stirs a renewed sense of appreciation for all forms of life, while rocks and minerals reveal to us the genesis of the places we travel through.
- As seatrekkers we get drawn into the beauty that surrounds us. **Immersion is transformation** and we yearn to emerge transformed from the ocean.





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### Travel Responsibly

**Traveling through natural ecosystems imposes great responsibilities** that we acknowledge, and key principles we observe at all times. Our commitment is to minimise every possible impact of our passage in the oceans and along the coastline. We consider ourselves privileged to be a part of nature, and we aim at leaving nothing more of our passage than a footprint in the sand.

**Seatrekking supports and respects all Leave No Trace principles** [www.lnt.org](http://www.lnt.org), including and not limited to:

- **Travelling in small groups** to minimise the impact on the environment and the disturbance on the wildlife we encounter,
- **Bivouacking on durable surfaces** and only for one night at a time,
- **Carrying out all trash** and disposing of human waste according to outdoor guidelines,
- **Leaving rocks, plants and other** natural objects as we find them,
- **Observing wildlife from a distance** and avoiding to initiate animal interactions,
- **Preserving ecosystems** and not harming wildlife in any way,
- **Respecting regulations** and special instructions or concerns for the areas we visit.

### Act Positively

Our planet is being exploited and maltreated to extents never seen before. **As seatrekkers we aim at, and commit to supporting the environment by:**

- **Cleaning the sea and the coastline** at every occasion, e.g. by bringing back as much drift trash as we can,
- **Creating and sharing images, videos and articles** about our experience in nature and about ecological issues that we are exposed to,
- **Assisting institutions** with education and preservation, by providing condition reports of places we traversed.
- As seatrekkers, we aim at **leaving every place we travel through better than we found it.**

