Respecting wildlife
in the natural outdoors

SNOW SPORTS AND RESPECT
Respect to Protect
WWW.RESPECT-TO-PROTECT.CH

Further information on
'Respect to Protect':
www.natur-freizeit.ch/snow-sports-and-respect

The snow crunches underfoot, glistens in the white landscape, drifts through the cold, fresh air. Far from the hustle and bustle, you feel in touch with nature. With a bit of luck the silhouette of an ibex will appear on a rock ledge, or you will cross the tracks of an alpine hare.

In the cold of winter, chamois, rock ptarmigan and other wild animals have trouble finding food and so have to use their energy reserves carefully. If they are disturbed and forced to flee, this can threaten their survival. If the worst comes to the worst, they may die of exhaustion.

By showing respect and consideration for wild animals, we can enjoy the natural outdoors to the full.

Four rules to go

Follow these four simple rules on your trips, and you will help wild animals to survive the harsh winter.

1. **Respect designated wildlife areas and wildlife reserves.** *They provide wild animals with an undisturbed habitat.*
2. **Stay on paths and designated routes in the forest.** *This allows wild animals to adjust to the presence of humans.*
3. **Avoid forest edges and snow-free surfaces.** *This is where wild animals like to be best.*
4. **Keep your dog on a lead, particularly in the forest.** *Wild animals run away from dogs running free.*

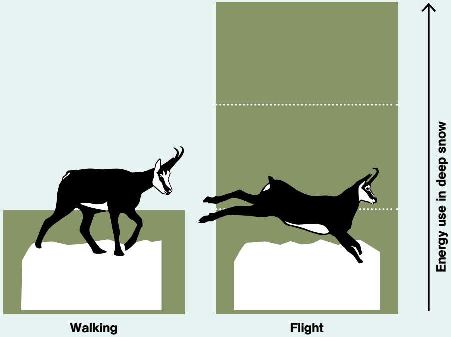
The following pages explain the behaviour of wild animals and so will help you understand how to act and enjoy your natural outdoor experience.

Stressful encounters

Wild animals flee when humans appear suddenly in their habitat or get too close to them.

Flight means stress, and is particularly exhausting in winter. Fleeing through deep snow requires a lot of effort for **chamois**, **Alpine ibex** and **deer**. **Grouse** burn up a lot of energy when they are startled out of their hiding places.

Animals which are disturbed repeatedly become weaker; in winter they are more likely to die and the following spring they are less likely to reproduce successfully. Repeated disturbances can be a threat to rare species.

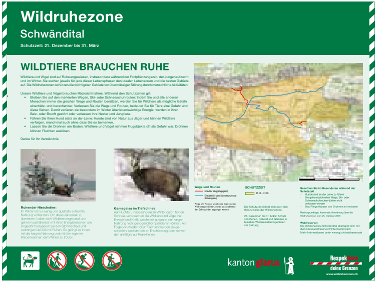

Walking
Flight
Energy use in deep snow

Protected areas

Stressful encounters between humans and wild animals can be avoided if areas used intensively for winter leisure activities and the animals' main retreat areas are separated. This is why designated wildlife areas and wildlife reserves have been established.

These areas are marked on the map you can find online at **www.respect-to-protect.ch/map** and their boundaries are often signposted in the field.

If you do not keep to the permitted paths and routes in a legally protected wildlife area or wildlife reserve, you may risk prosecution or a fine. Thank you for also respecting the recommended wildlife areas, even without the fear of a fine.



Wildruhezone

Schwändital

Schutzzeit: 21. Dezember bis 31. März

WILDTIERE BRAUCHEN RUHE

Wildtiere und Vögel sind auf Ruhe angewiesen, insbesondere während der Fortpflanzungszeit, der Jungenaufzucht und im Winter. Sie suchen jeweils für jede dieser Lebensphasen den idealen Lebensraum und die besten Gebiete auf. Die Wildruhezonen schützen die wichtigsten Gebiete vor übermässiger Störung durch menschliche Aktivitäten.

Unsere Wildtiere und Vögel brauchen Rücksichtnahme. Während den Schutzzeiten gilt:

- Bleiben Sie auf den markierten Wegen, Ski- oder Schneeschuhrouten: Indem Sie und alle anderen Menschen immer die gleichen Wege und Routen benützen, werden Sie für Wildtiere als mögliche Gefahr einschätz- und berechenbar. Verlassen Sie die Wege und Routen, bedeutet Sie für Tiere eine Gefahr und diese fliehen. Damit verlieren sie besonders im Winter überlebenswichtige Energie, werden in ihrer Balz- oder Brunft gestört oder verlassen ihre Nester und Jungtiere.
- Führen Sie Ihren Hund stets an der Leine: Hunde sind von Natur aus Jäger und können Wildtiere verfolgen, manchmal auch ohne dass Sie es bemerken.
- Lassen Sie die Drohnen am Boden: Wildtiere und Vögel nehmen Flugobjekte oft als Gefahr war. Drohnen können Fluchten auslösen.

Danke für Ihr Verständnis

©Marco Ganzer

Ruhender Hirschstier: Im Winter ist nur wenig und qualitativ schlechte Nahrung vorhanden. Um diese Jahreszeit zu überleben, haben sich Wildtiere angepasst und gehen haushälterisch mit ihren Energiereserven um. Ungestört reduzieren sie den Stoffwechsel und verbringen viel Zeit mit Ruhen. So gelingt es ihnen, mit der kargen Nahrung und mit den eigenen Körperreserven dem Winter zu trotzen.

Gamsgeiss im Tiefschnee: Auf Fluchten, insbesondere im Winter durch hohen Schnee, verbrauchen die Wildtiere und Vögel viel Energie und Kraft, welche sie aufgrund der kargen Nahrung nicht genügend kompensieren können. Als Folge von wiederholten Fluchten werden sie geschwächt und sterben an Erschöpfung oder sie werden anfälliger auf Krankheiten.

Wege und Routen

🟥 Erlaubter Weg (Wegegebot)

🟦 Erlaubte Ski- oder Schneeschuhroute (Routengebot)

Wege und Routen, welche die Grenze einer Wildruhezone bilden, dürfen auch während den Schutzzeiten begangen werden.

SCHUTZZEIT

🟨 21.12. - 31.03.

Die Schutzzeit richtet sich nach den Schutzzielen der Wildruhezone:

21. Dezember bis 31. März: Schutz von Rehen, Rotwild und Gämsen in talnahen Wintereinstandsgebieten vor Störung.

Beachten Sie im Besonderen während der Schutzzeit

- Hunde sind an der Leine zu führen
- Die gekennzeichneten Wege, Ski- oder Schneeschuhrouten dürfen nicht verlassen werden
- Das Fliegenlassen von Drohnen ist verboten

Rechtsgrundlage: Kantonale Verordnung über die Wildruhezonen vom 25. Oktober 2016

Waldreservat

Die Wildruhezone Schwändital überlappt sich mit dem Naturwaldreservat Hinterrisetenwald.

Mehr Informationen unter www.gl.ch/waldreservate

kanton glarus

Respektiere deine Grenzen

www.wildruhezonen.ch

Sign indicating a legally protected wildlife area.

Respect habitats

In the winter, wild creatures remain where they can find
feel protected.

Above the tree- and shrub-line it is unusual to find anim
snowy slopes. You can therefore roam here freely to a lar
However, some creatures can be found in this area:

- the **rock ptarmigan** (wind-swept crests and heaths);
- **Alpine ibex** and **chamois** (rock ledges and snow-free
- the **Alpine hare** (at night).

Forest and forest edges provide a suitable winter habita
wild creatures. So here you will find:

- the **black grouse** (upper forest line);
- the rare **capercaillie** (light, open forest);
- **chamois** and **deer** (forest, preferably on sunny, south-facing slopes).

If you see a wild animal, observe it from a distance. Avoid it
or give it enough time to move away quietly.

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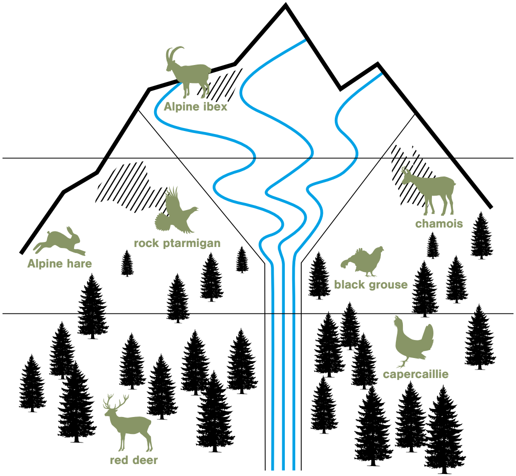
if possible



The closer you get to the forest, the more you should restrict the area you cover. Keep to the forest tracks and designated routes. This way you will avoid the wildlife and avoid causing it stress.

You can find more information about the wildlife pictured here
on the reverse of this leaflet.

Plan your trip carefu

Plan your trip carefully using maps, guide books and
Take account of the weather and avalanche conditions
the length and difficulty of your trip, and of the grou
their experience and capabilities. You should take
avalanche transceiver, shovel and avalanche probe as
standard equipment. Keep checking the conditions,
the state of the group members. Turn back in good t

Take also account of the wildlife when planning you

- Look to see if your trip takes you through a design
  area or wildlife reserve. If it does, keep to the perr
  and routes.
- Take account of animal habitats, keeping to paths
  and to the routes marked in the planning instrume

Planning instruments:

- www.respect-to-protect.ch/map
- swisstopo snowshoe and ski tour maps
- SAC guide books

www.sac-cas.ch (training courses, guide books, further literature)

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the internet. (www.slf.ch), p members, with you an s part of your , terrain and ime.

r trip:
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mitted paths

in the forest
nts below:

Avalanche danger

If you go touring in non-controlled avalanche terrain you need expertise in avalanche hazard assessment. You can learn what you need to know in an avalanche training course.

Danger level		Comments
✓	1: low	**Generally favourable conditions.** Be aware of wet snow avalanches due to daytime warming. Beware of the danger of falling!
!	2: moderate	**Favourable conditions, for the most part.** Choose your route carefully! Beware of wet snow avalanches due to daytime warming! Avoid slopes steeper than 35.
!!	3: considerable	**Critical situation.** Experience in avalanche hazard assessment required. Inexperienced riders should keep to marked and open routes!
✗	4: high 5: very high	**Unfavourable conditions.** Beware of avalanche runout zones! Inexperienced rides should keep to marked and open pistes!

Rules of thumb

1. The first sunny day after a snowfall tends to be especially dangerous.
2. New snow and wind mean increased avalanche danger.
3. The steeper the slope, the greater the danger.
4. Fresh avalanches and whumpfing are signs of increased avalanche danger.
5. Rapid, distinct warming leads to a short term increase in avalanche danger.

www.slf.ch (avalanche bulletin, info sheet ‘caution – avalanches!’, whiterisk app, literature)

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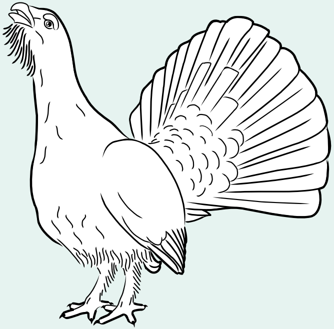
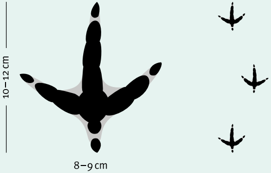
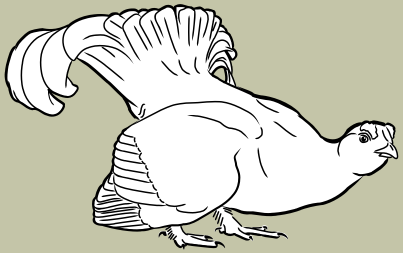
Capercaillie

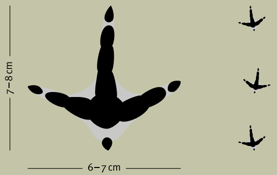




Population 380–480 cocks in Switzerland, **Habitat** Structured forest with glades and scrub (up to 1800 m) **Mainly active** in early morning and evening, usually sleeps in trees, **Size** 60–85 cm, **Weight** 1.5–4.4 kg, **Special info** Forms very few fat reserves.

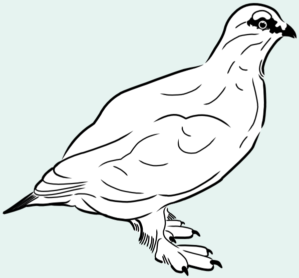
Black grouse

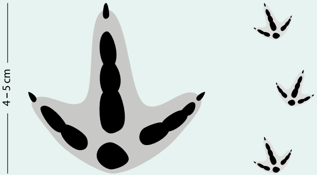




Population 12 000–16 000 pairs in Switzerland, **Habitat** sparse forest, heath and moorland at forest edge (up to 2300 m), burrows in snow for protection, uses burrow only once **Mainly active** in early morning and evening, **Size** 35–40 cm, **Weight** 0.75–1.4 kg, **Special info** Forms very few fat reserves.

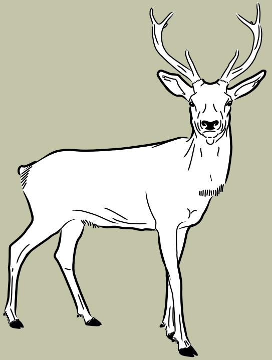
Rock ptarmigan

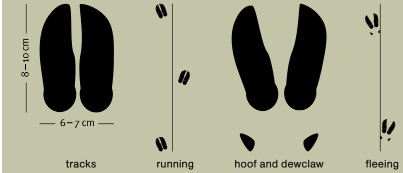




Population 12 000–18 000 pairs in Switzerland, **Habitat** open areas above treeline (1500–3600 m), **Mainly active** in early morning and evening, **Size** 35 cm, **Weight** 0.4–0.6 kg, **Special info** Does not form fat reserves, even in winter.

Red deer

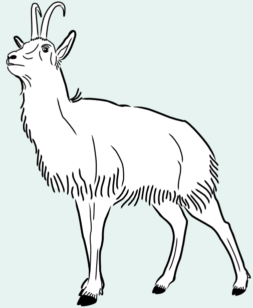


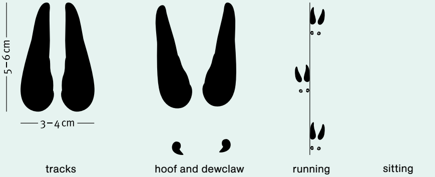


Population approx. 40 000 in Switzerland, **Habitat** woods, fields and meadows (up to 2000 m), **Mainly active** during the day, **Shoulder height** 120–150 cm, **Weight** 140–220 kg (♀ ca. 2/3 ♂).

Red deer eat mainly fibrous plant food (bark, branches, buds) in winter. When they need more energy (e.g. if they have to flee often) they tend to eat the shoots of young trees, which reduces the protective function of forests. Respecting wildlife therefore also means protecting the forest.

Chamois





Population approx. 90 000 in Switzerland, **Habitat** Steep forest edge, mountains (1000–2500 m), **Mainly active** d day, **Shoulder height** 70–85 cm, **Live weight** 25–50 kg.

Chamois which have low energy reserves in the winter (e.g. if they have t make up the loss by eating the shoots of young trees, which can lead to protection forest. Respecting wildlife therefore also means protecting t

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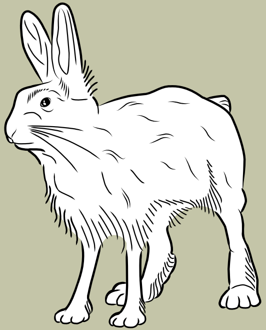
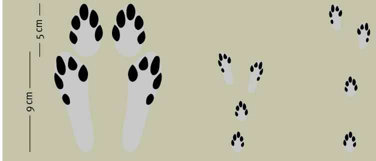
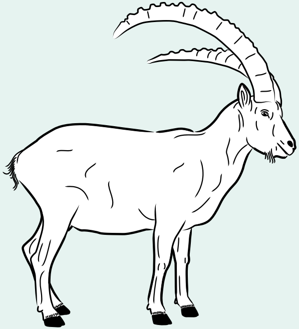
Alpine hare

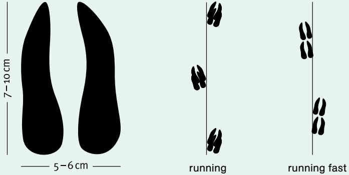




Population approx. 14 000 in Switzerland, **Habitat** open areas above treeline (1200 – 3600 m), **Mainly active** during the night, **Length** 50 – 60 cm, **Weight** 1.8 – 3.5 kg.

Alpine ibex





Population approx. 20 000 in Switzerland, **Habitat** h
(1600 – 3200 m), **Mainly active** during the day, **Shou**
to 80 cm (♀) or 95 cm (♂), **Weight** 40 – 50 kg (♀), 70 –

igh mountains
lder height up
–120 kg (♂).

N&L Nature & Leisure

www.respect-to-protect.ch

‘Respect to Protect’ is a campaign to protect wildlife and is supported by sport, trade, tourism, conservation and hunting circles.

‘Respect to Protect’ campaign
Association «Natur & Freizeit»
Postfach 1212, 8031 Zurich
info@natur-freizeit.ch

23 Members (2026)
BirdLife Schweiz, Genossenschaft WeitWandern, JagdSchweiz, Kitesurf Club Schweiz, Mountain Wilderness Schweiz, Naturfreunde Schweiz, Pro Natura, Schweizer Wanderwege, Schweizerischer Bootbauer-Verband, Schweizerischer Wildhüterverband, Swiss Alpine Club, Swiss Canoe, Swiss Hang Gliding and Paragliding Association, Swiss Mountain Guides Association, Swiss Ornithological Institute, Swiss Outdoor Association, Swiss Parks Network, Swiss Rangers, Swiss Sailing, Swiss-Ski, Swiss Snowsports Association, SwitzerlandMobility, Verband Schweizer Wanderleiter

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