



BEST PRACTICES GUIDE

ENVIRONMENT AND
COMMUNITY RESPECT

Categories:
Hiking and Cycling





CREDITS

Project Development

Associação dos Amigos do Caminho
da Fé Production

Initiative

Associação dos Amigos do Caminho
da Fé Production

Executive Manager

Camila Bassi

Educomminucation Officer

Veridiana Guimarães

Editorial Coordination

Veridiana Guimarães

Art Direction

Graphics Project

Visual Identity

Editorial Design

Page Design

Illustration

Editorial Review

Renata Maniassi

Translation (Portuguese - English)

Aline Macedo

Production of the bilingual version

Associação dos Amigos
do Caminho da Fé

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caminhodafe.com.br • Professor Queiroz Filho Street, 469 Center Area 13890-017 – Águas da Prata – SP
Phone Number: 19 36422751 - WhatsApp: 19 99856 2620 • Business Tax ID: 05630044/0001-19

This guide is part of the Associação dos Amigos do Caminho da Fé's Integrated Environmental
Educommunication Project and constitutes an institutional visual communication system.

WELCOME, PILGRIM!

Being a pilgrim means walking in search of sacred purpose, regardless of one's beliefs or religion. It means recognizing that every journey can also be a path of transformation.

Your experience will take place in deep connection with nature, the land, and the people who welcome those who walk the Caminho da Fé. Therefore, every pilgrim is responsible for caring for this path and helping ensure that their journey leaves behind good memories

**The principle is quite simple:
leaving nothing but good footprints.**

This commitment begins even before setting out, in the way we prepare and in the choices we make throughout the pilgrimage.

**"LEAVE NO NEGATIVE
TRACES. LEAVE BEHIND
ONLY GOOD
MEMORIES, RESPECT,
AND GRATITUDE."**



WALKING THE CAMINHO DA FÉ IS AN EXERCISE IN PRESENCE, RESPECT, AND CARE. WHEN EACH PILGRIM TAKES CARE OF THEMSELVES, OTHERS, AND THE LAND, THEY CONTRIBUTE TO PRESERVING THE CAMINHO AND STRENGTHENING ITS PURPOSE. IN THIS WAY, THE PILGRIMAGE BECOMES A TRANSFORMATIVE EXPERIENCE FOR EVERYONE.

IN THIS GUIDE,
YOU WILL FIND
PRACTICAL
GUIDELINES TO:

By adopting these good practices, your experience will be more meaningful and help preserve the Caminho da Fé for all pilgrims today and future generations.

| Reduce waste | Minimize environmental impacts | Respect local communities | Preserve and contribute to the regeneration of natural environments | Make your pilgrimage more conscious and responsible



HAVE A MEANINGFUL PILGRIMAGE!



CAMINHO DA FÉ.

ASSOCIAÇÃO DOS AMIGOS DO CAMINHO DA FÉ

THE EXPERIENCE IN
THE CAMINHO DA FÉ
IS GUIDED BY 5
FUNDAMENTAL PRINCIPLES

1 RESPECT FOR
PEOPLE, CULTURES,
BELIEFS AND WAYS
OF LIFE

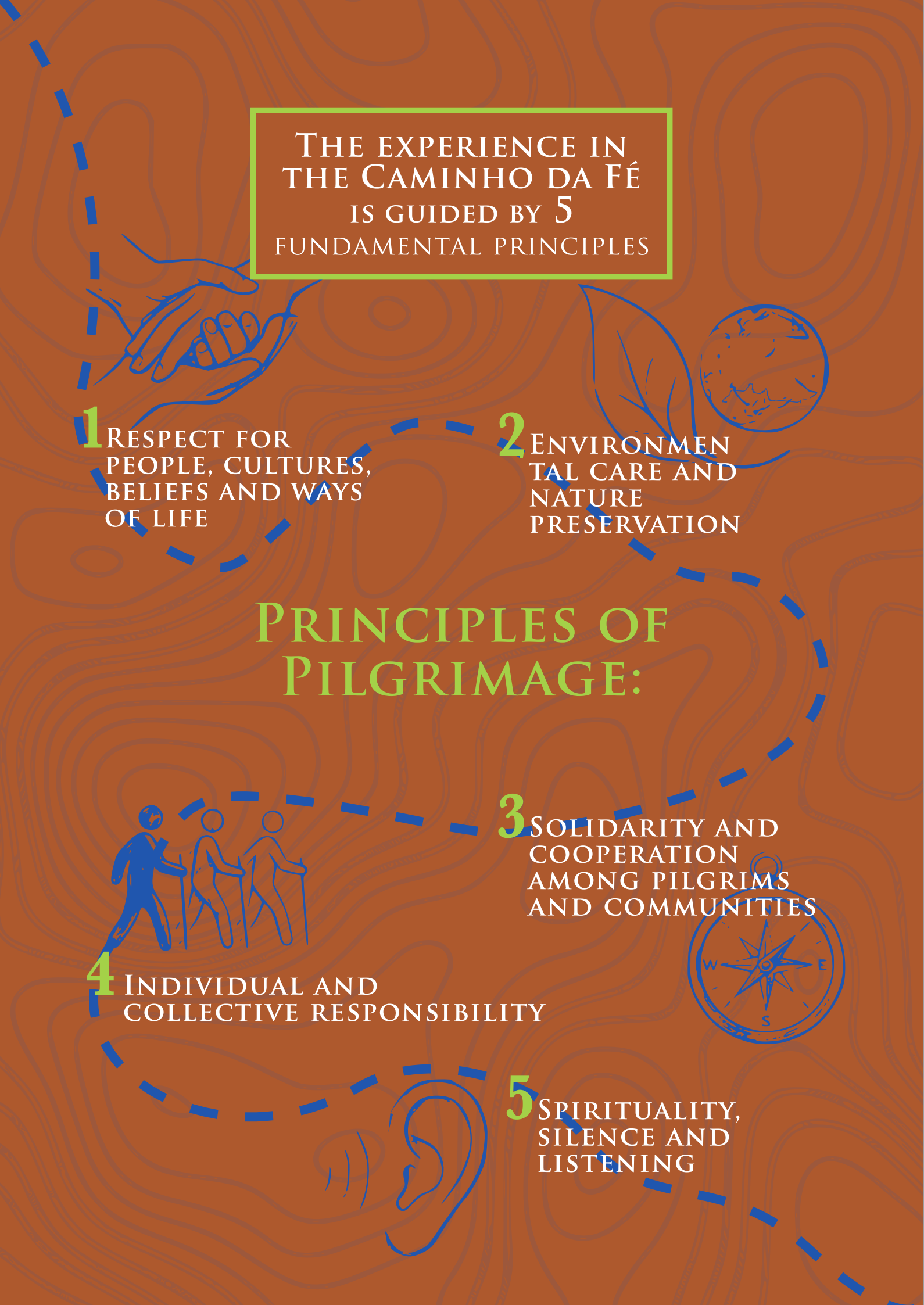
2 ENVIRONMEN-
TAL CARE AND
NATURE
PRESERVATION

PRINCIPLES OF
PILGRIMAGE:

4 INDIVIDUAL AND
COLLECTIVE RESPONSIBILITY

3 SOLIDARITY AND
COOPERATION
AMONG PILGRIMS
AND COMMUNITIES

5 SPIRITUALITY,
SILENCE AND
LISTENING



1. SUSTAINABLE ENVIRONMENTAL PRACTICES

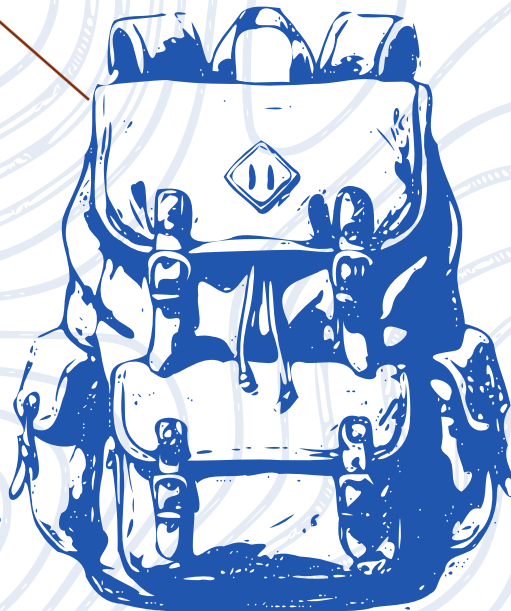
1.1 THE PILGRIMAGE BEGINS WITH PREPARATION

LIGHT LUGGAGE:

Review your gear and bring only what is strictly necessary

REUSABLE KIT:

Bring a bottle, cup, mug, and snack containers. Refuse Styrofoam and plastic packaging



BIODEGRADABLE HYGIENE PRODUCTS:

Choose products that are safe for your health and the planet

PHYSICAL SUN PROTECTION:

Prioritize hats and UV-protective shirts to reduce the use of chemical products on your skin

1. SUSTAINABLE ENVIRONMENTAL PRACTICES

1.2. WASTE MANAGEMENT

RETHINK

Do I really need to generate this garbage?

REDUCE

Avoid any kind of waste



RECYCLE

Dispose of your waste properly

REUSE

Choose durable, reusable products made from sustainable materials

AWATCH OUT FOR SMALL LITTER!

Carry it with you:
Candy wrappers, pull tabs, bottle caps, energy gel packets, and other small pieces of litter.

GOLDEN RULE

Take all your waste to a proper disposal point

1. SUSTAINABLE ENVIRONMENTAL PRACTICES

1.3. TOILETING PRACTICES ON THE TRAIL

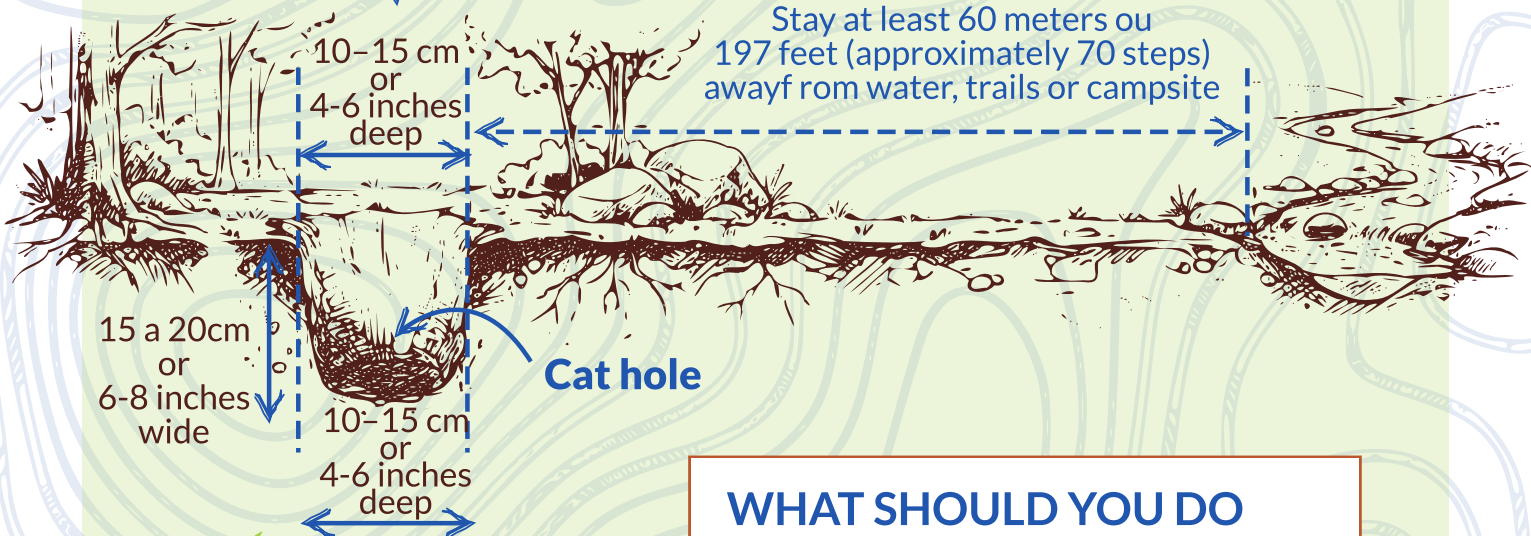
Whenever possible, use the bathrooms at Support Points

WHEN NEEDED, FOLLOW LOW-IMPACT PRACTICES

NUMBER
1 (PEE)

Find a private spot away from the trail, waterways and resting areas

NUMBER
2 (POOP)



✓ COVERING:

- Cover with the original soil
- Disguise the spot with leaves and twigs

WHAT SHOULD YOU DO WITH TOILET PAPER?

IN BOTH CASES:

- Take used toilet paper with you in a tightly sealed bag.
- If this is not possible, bury it together with the human waste

GOLDEN RULE

Avoid wet wipes!
They can take around 100 years to decompose

1. SUSTAINABLE ENVIRONMENTAL PRACTICES

1.4. RESPECT TO FLORA, FAUNA AND THE CAMINHO

WHEREVER YOU GO,
LEAVE ONLY
A POSITIVE IMPACT



FLORA



Keep the vegetation intact

DO NOT PICK
FLOWERS,
LEAVES, FRUIT, OR
ANY OTHER
PLANTS

FAUNA



Protect wildlife

DO NOT
DISTURB ANY
ANIMALS YOU
ENCOUNTER
ALONG THE WAY

SIGN AND STICKERS



If signs need to be installed, obtain the property owner's permission and take responsibility for removing them

DO NOT
ATTACH SIGNS TO
TREES. DO NOT
PLACE STICKERS
ON OFFICIAL
SIGNAGE

DOGS ALONG THE WAY



Many of them have owners
and may not be able to find
their way home

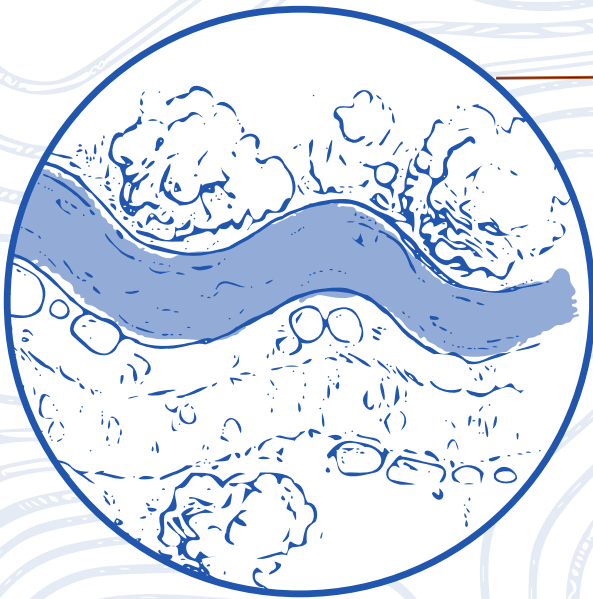
DO NOT
ENCOURAGE
DOGS TO
FOLLOW YOU
ALONG THE
WAY

IF YOU SEE AN ANIMAL IN NEED OF
ASSISTANCE, CONTACT THE NGO:

ONG Lucky Caminho
Telma Corulli +55 (19) 98132-3549 or via Instagram @amigos_do_lucky_caminho

1. SUSTAINABLE ENVIRONMENTAL PRACTICES

1.5. NATURAL RESOURCES



WATER

- Use water responsibly
- Avoid waste
- Preserve springs, rivers and other water sources

FIRE

- Do not light fires unless specifically permitted, and only in designated areas.
- Never discard cigarette butts or any material that could cause a fire



2. SAFETY, WELL-BEING AND CONSERVATION

2.1. PERSONAL CARE 2.2. MAINTENANCE OF THE CAMINHO

FIRST AID

Carry a basic first-aid kit with medications and personal items that you know how to use



COMMUNICATION

Stay in touch with the places where you are staying and let family or friends know your itinerary and expected arrival time. Keep a means of communication available throughout your pilgrimage



PLANNING

Bring only what you need, avoiding excess weight and unnecessary items



RESPECT THE SIGNAGE

Stay on the official route, do not take shortcuts, and do not place stickers on or damage signs

PREVENT FIRES

Do not light candles or use fire in inappropriate places.

Never leave any source of fire unattended or discard materials that could cause fires



KEEP THE CAMINHO CLEAN

Take your waste to a proper disposal point and, whenever possible, pick up small pieces of litter found along the way

3. CONDUCT DURING THE PILGRIMAGE

3.1. RESPECT FOR LOCAL CULTURE



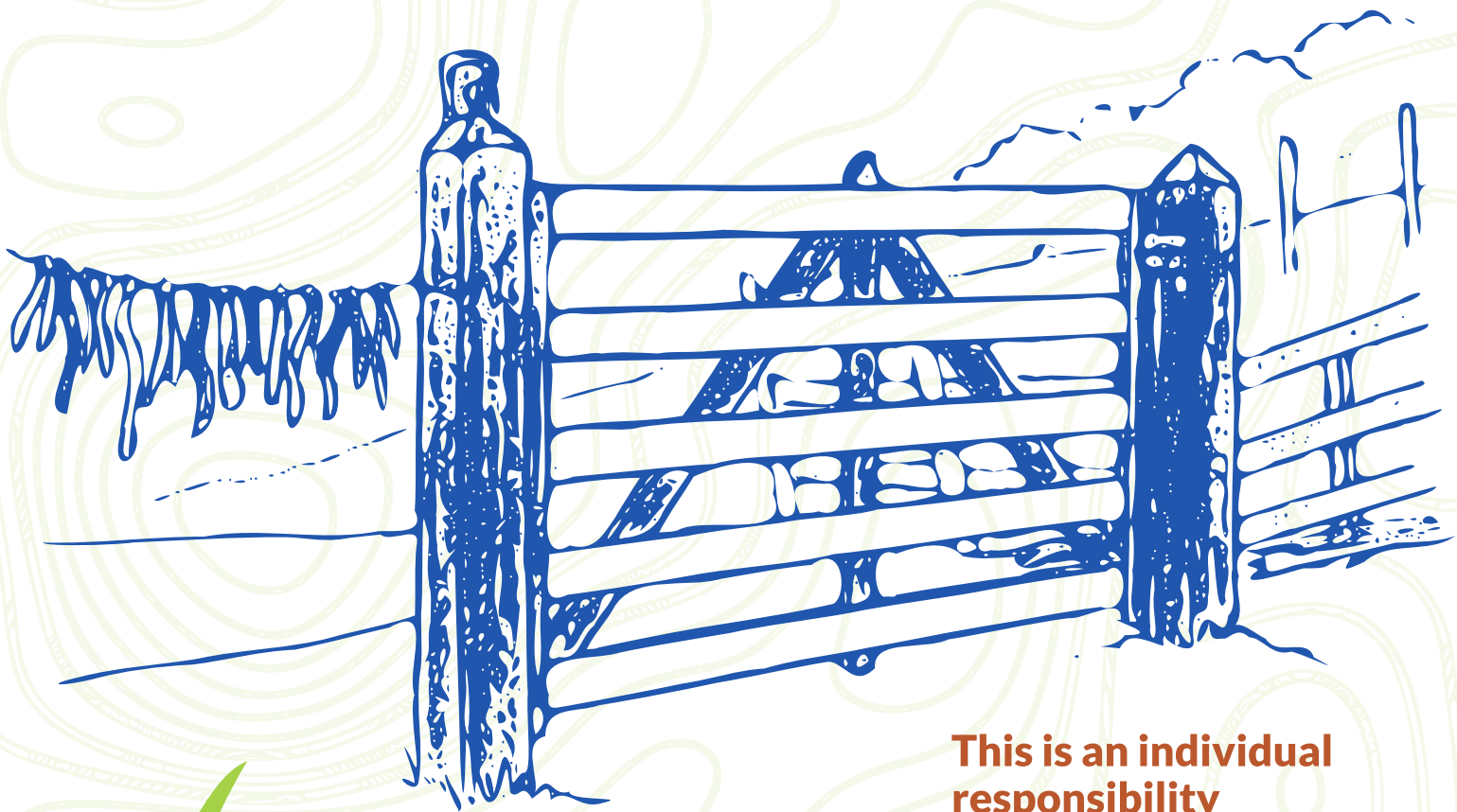
INTERACT RESPECTFULLY:

Treat residents and workers
with courtesy and respect



GET TO KNOW THE COMMUNITIES:

Value local customs and
traditions



RESPECT PRIVATE PROPERTY:

In some sections, the Caminho da Fé
crosses private property. When passing
through a gate, leave it exactly as you
found it:

open or closed

**This is an individual
responsibility**



3. CONDUCT DURING THE PILGRIMAGE

3.2. CONDUCT DURING GROUP PILGRIMAGES

ATTENTION!
Stay on the right side of the road and keep the group together, always on the same side of the road

RESPECT DIFFERENT PACES AND PERSPECTIVES

Walk without pressuring or comparing other pilgrims. Respect physical limitations, breaks, moments of silence, and the different motivations of each pilgrim, without imposing

beliefs or convictions

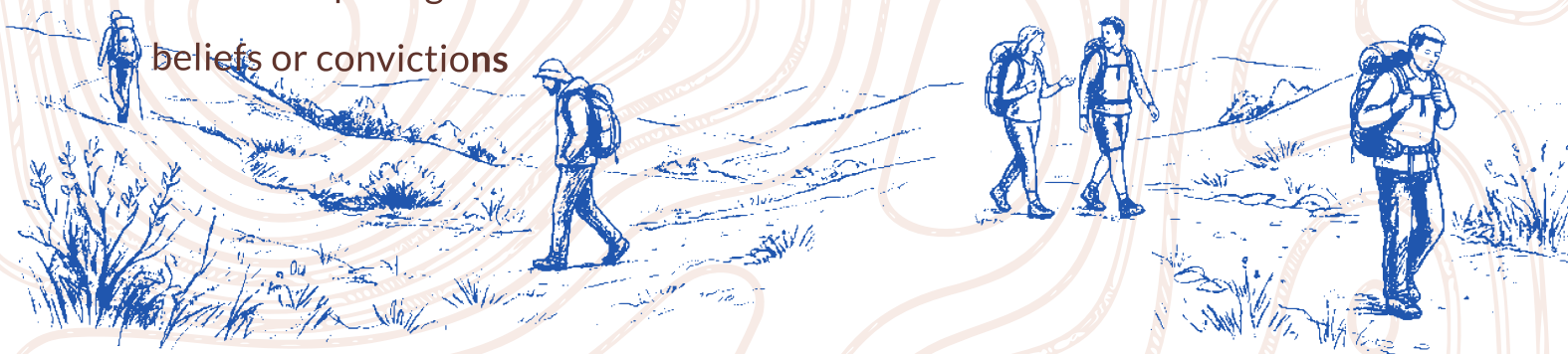
PRACTICE RESPECT AND COOPERATION

Foster active listening, kindness, and respectful dialogue.

Avoid arguments that may lead to conflicts, and remember that the group is a space for support, solidarity, and community

TAKE CARE OF YOURSELF AND THE GROUP

Stay hydrated, eat properly, respect your physical limits, and communicate any discomfort. In organized groups, always follow the guidance of those responsible



ATTENTION!
THE USE OF
HEADPHONES AND
SPEAKERS SHOULD BE
MODERATE

Stay aware of your surroundings and vehicle traffic to ensure your safety and that of other pilgrims

3. CONDUCT DURING THE PILGRIMAGE

3.3.CONDUCT IN SACRED PLACES

WHEN VISITING A
CHAPEL OR OTHER
SACRED SPACE

1

MAINTAIN
SILENCE AND
SHOW RESPECT

2

DEDICATE A FEW
MINUTES OF YOUR TIME
TO SWEEPING,
CLEANING, AND
ORGANIZING THE
SPACE, AS THOSE WHO
CAME BEFORE YOU MAY
NOT HAVE DONE SO

Adopt this spirit of service for the
benefit of the next pilgrim and as
an expression of respect for the
Caminho



3. CONDUCT DURING THE PILGRIMAGE

CHOOSE LOCAL PRODUCTS AND SERVICES

Choose regional products and use local services. This way, you::

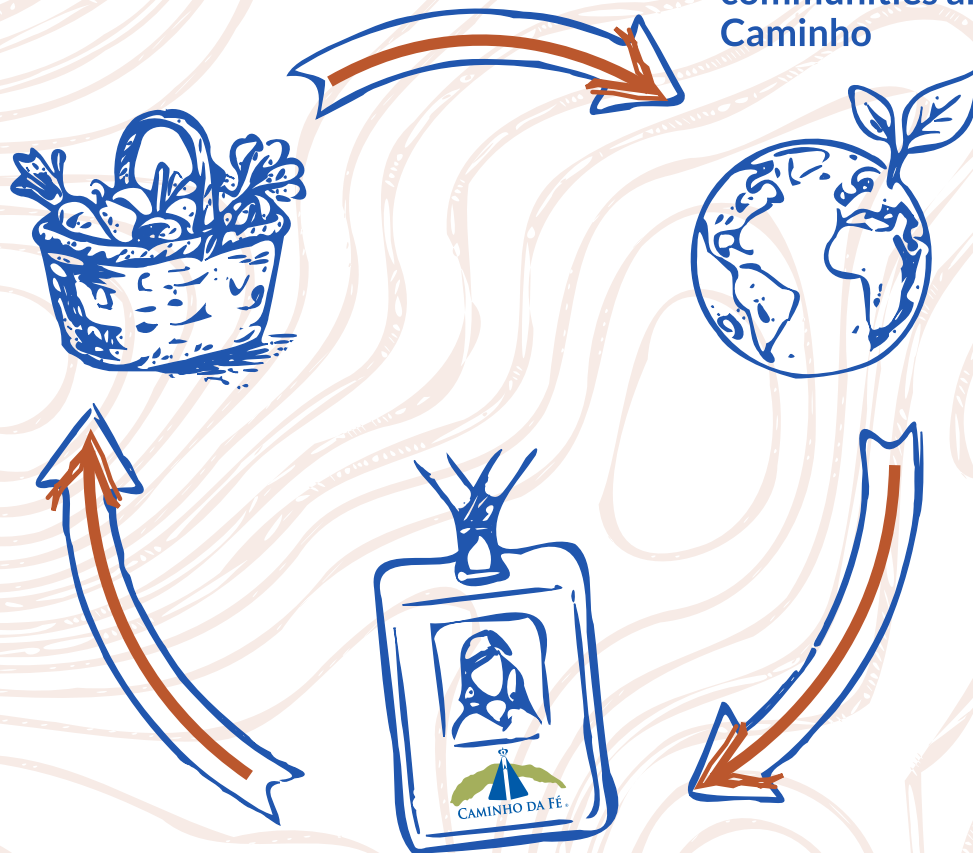
- **Strengthen the local economy**
- **Support the families who welcome pilgrims**
- **Reduce environmental impacts associated with transporting goods**

VALUE LOCAL CULTURE

Preserve the authenticity of this incredible experience.

Respect:..

- **Traditions**
- **Customs**
- **The practices of local communities along the Caminho**

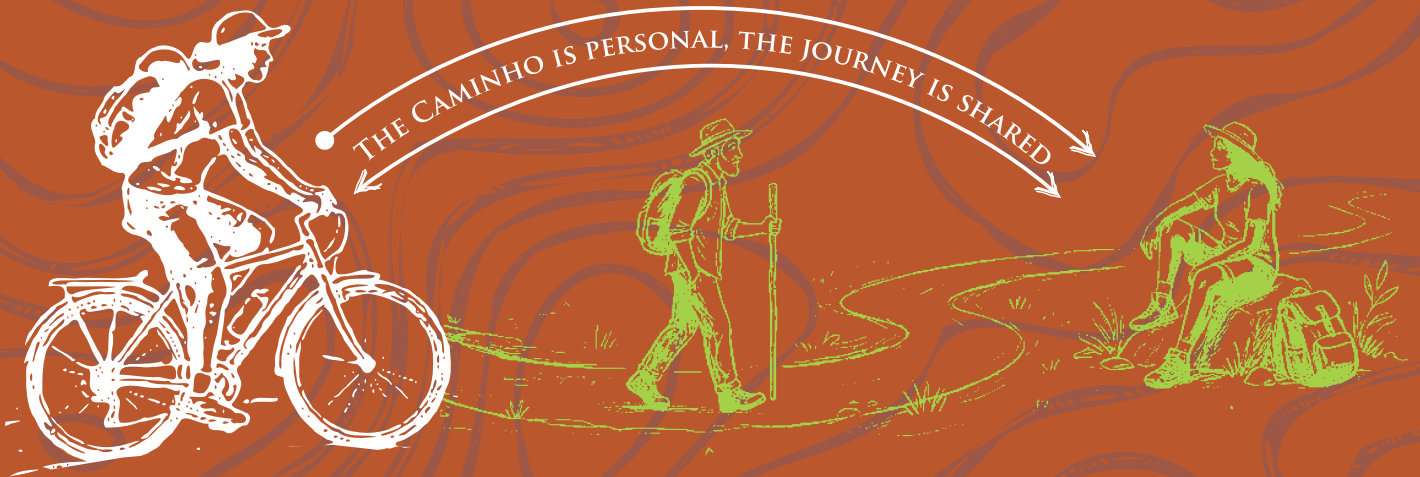


CHOOSE ACCREDITED OPERATORS

For guided pilgrimages, choose operators accredited by the Associação dos Amigos do Caminho da Fé. They know the region and its history and operate in full compliance with the principles of the Associação dos Amigos do Caminho da Fé

3. CONDUCT DURING THE PILGRIMAGE

3.5. GOOD PRACTICES FOR CYCLISTS



1. SHARE THE CAMINHO WITH RESPECT

The Caminho da Fé belongs to everyone.

When approaching pilgrims on foot:

- slow down,
- courteously announce your presence and
- keep a safe distance

2. BE EXTRA CAREFUL ON DOWNHILL SECTIONSS

Control your speed to avoid accidents.

Remember that pilgrims, animals, or vehicles may appear suddenly, especially around curves

3. TAKE YOUR WASTE WITH YOU

Keep all packaging:

energy gels, energy bars, bottles, and other waste in your backpack or pockets until you find a suitable trash bin

4. PRIORITIZE SAFETY

Always wear a helmet and ride responsibly throughout the entire journey

5. PRESERVE THE ROUTE

Do not create shortcuts on the trails.

Respect gates, close them when necessary, and respect private property along your route

6. RIDE WITH EMPATHY

Remember that everyone experiences their journey at a different pace.

Your haste should never interfere with the faith of those who walk

THE END IS JUST
THE BEGINNING

More important than
reaching the destination
is how you walk the journey

WE COUNT ON YOUR HELP
TO PRESERVE THIS NATURAL,
CULTURAL, AND SPIRITUAL
HERITAGE. BY ADOPTING THESE
PRACTICES, YOU WILL HELP MAKE
YOUR EXPERIENCE MORE
MEANINGFUL AND KEEP THE
CAMINHO DA FÉ ALIVE

HAVE A GOOD JOURNEY!



CAMINHO DA FÉ®



THE CAMINHO DA FÉ IS A BRAZILIAN PILGRIMAGE ROUTE INSPIRED BY THE CAMINO DE SANTIAGO DE COMPOSTELA, CREATED TO PROVIDE STRUCTURE, SUPPORT, AND INFORMATION TO PILGRIMS TRAVELING TOWARD THE NATIONAL SHRINE OF APARECIDA.

WITH MORE THAN 2,000 KM, THE ROUTE INCLUDES ROADS, TRAILS, FORESTS, AND LANDSCAPES OF THE MANTIQUEIRA MOUNTAINS. IN ADDITION TO OFFERING AN EXPERIENCE OF FAITH AND REFLECTION, IT PROMOTES A CONNECTION WITH NATURE AND CONTRIBUTES TO THE LOCAL ECONOMIES OF THE SMALL COMMUNITIES ALONG THE WAY.

THE YELLOW ARROWS, A SYMBOL OF THE CAMINHO, ACCOMPANY PILGRIMS THROUGHOUT THEIR JOURNEY, SHOWING THE WAY AND FORMING PART OF THE IDENTITY OF A ROUTE MARKED BY FAITH, PERSEVERANCE, AND ENCOUNTERS.

THE CAMINHO IS MANAGED BY THE ASSOCIAÇÃO DOS AMIGOS DO CAMINHO DA FÉ, WHICH IS RESPONSIBLE FOR ITS MANAGEMENT, CONSERVATION, PLANNING, AND PROTECTION OF THE BRAND.

