

Table S1a. Relative cover (%) of regenerated (2022) and native (2008) plant communities under trampling by 75 (150 passes) and 225 (450 passes) tourists in three study areas: Kopské saddleback (*Juncetum trifidi*). Predné Kopské saddleback (*Junco trifidi-Callunetum vulgaris*) and Vyšné Kopské saddleback (*Seslerietum tatrae*).

Year	Month	Kopské saddleback		Predné Kopské saddleback		Vyšné Kopské saddleback	
		150 passes	450 passes	150 passes	450 passes	150 passes	450 passes
2008	July	45.73	54.42	60.85	49.47	66.3	41.88
	August	22.71	30.83	51.52	29.31	51.56	20.53
	September	14.19	22.4	49.4	26.65	44.91	13.12
2022	July	65.25	47.29	70.76	58.99	62.59	76.04
	August	58.46	33.97	49.11	33.68	45.33	61.91
	September	29.63	18.57	44.23	24.73	38.63	47.27

Table S1b. Regression equations describing the change in relative cover (RC) as a function of the number of passes for each area in 2008 and 2022. The table includes the number of passes, adjusted R² values, and the mean monthly decrease in RC.

Area	Passes	2008			2022		
		Formula	adj R ²	Mean change ¹	Formula	adj R ²	Mean change ¹
Kopské saddleback	150	98.42-2.5x+0.02x ²	0.98	28.69	99.64-0.9x	0.94	22.95
Kopské saddleback	450	99.2-2.15x+0.01x ²	0.99	25.87	93.65-1.1x	0.92	26.83
Predné Kopské saddleback	150	98.22-1.88x+0.02x ²	0.92	16.79	95.13-0.68x	0.93	18.59
Predné Kopské saddleback	450	98.81-2.65x+0.02x ²	0.98	24.41	92.86-0.9x	0.92	25.09
Vyšné Kopské saddleback	150	98.78-1.82x+0.01x ²	0.97	18.36	97.61-1.9x+0.02x ²	0.92	20.23
Vyšné Kopské saddleback	450	97.39-3.08x+0.03x ²	0.95	28.98	95.26-0.65x	0.93	17.44

¹mean difference (decrease) of relative cover (RC) per month

Table S2a. Relative cover (%) of E0 and E1 layers in regenerated (2022) and native (2008) plant communities under trampling 75 (150 passes) and 225 (450 passes) tourists across three study areas: Kopské saddleback (*Juncetum trifidi*). Predné Kopské saddleback (*Junco trifidi-Callunetum vulgaris*) and Vyšné Kopské saddleback (*Seslerietum tatrae*).

Layer	Year	Month	Kopské saddleback		Predné Kopské saddleback		Vyšné Kopské saddleback	
			150 passes	450 passes	150 passes	450 passes	150 passes	450 passes
E0	2008	July	40.34	60.93	75.99	62.7	58.18	39.14
		August	20.12	35.64	61.47	30.29	44.78	13.32
		September	14.59	24.34	49.93	21.1	36.13	4.25
	2022	July	81.81	78.29	53.28	39.4	87.6	87.03
		August	62.38	46.42	45.52	13.84	67.74	62.85
		September	47.93	30.27	39.36	2.88	51.78	31.51
E1	2008	July	50.41	45.55	52.69	42.87	66.35	40.72
		August	24.95	24.14	45.36	29.57	51.2	22.67
		September	13.36	20.22	46.42	31.13	44.85	16.64
	2022	July	58.16	39.21	76.44	63.97	58.95	74.65
		August	55.25	30.5	50.28	38.66	42	62.01
		September	23.7	15.66	45.94	30.74	36.53	49.97

Table S2b. Regression equations describing the change in relative cover (RC) as a function of the number of passes for each area in 2008 (native) and 2022 (regenerated), for E0 and E1 veg. layer. The table includes the number of passes, adjusted R² values, and the mean monthly decrease in RC.

Area	Passes	Layer	2008			2022		
			Formula	adj R ²	Mean change ¹	Formula	adj R ²	Mean change ¹
Kopské saddleback	150	E0	$97.83-2.73x+0.02x^2$	0.96	28.47	$101.5-0.73x$	0.99	17.36
Kopské saddleback	450	E0	$99.77-1.95x+0.01x^2$	0.99	25.22	$102.73-1.01x$	0.96	23.24
Kopské saddleback	150	E1	$98.85-2.28x+0.02x^2$	0.99	29.05	$98.33-0.96x$	0.91	24.81
Kopské saddleback	450	E1	$98.52-2.44x+0.02x^2$	0.98	26.61	$91.19-1.13x$	0.87	27.7
Predné Kopské saddleback	150	E0	$99.81-1.28x+0.01x^2$	0.99	16.69	$97.89-1.83x+0.01x^2$	0.88	20.21
Predné Kopské saddleback	450	E0	$101.25-2.35x+0.02x^2$	0.98	26.3	$98.22-2.44x+0.02x^2$	0.96	32.37
Predné Kopské saddleback	150	E1	$97.43-2.21x+0.02x^2$	0.87	17.74	$97.28-0.68x$	0.96	18.02
Predné Kopské saddleback	450	E1	$97.52-2.79x+0.02x^2$	0.93	22.88	$94.14-0.83x$	0.94	23.09
Vyšné Kopské saddleback	150	E0	$97.79-2.12x+0.02x^2$	0.93	21.29	$100.15-0.64x$	0.99	16.07
Vyšné Kopské saddleback	450	E0	$97.78-3.31x+0.03x^2$	0.97	31.92	$102.86-0.89x$	0.95	22.83
Vyšné Kopské saddleback	150	E1	$98.86-1.84x+0.01x^2$	0.98	18.38	$97.32-2.09x+0.02x^2$	0.91	20.91
Vyšné Kopské saddleback	450	E1	$96.85-3.06x+0.03x^2$	0.92	27.82	$94.19-0.62x$	0.89	16.52

¹mean difference (decrease) of relative cover (RC) per month

Table S3a. Relative cover (%) of regenerated (2022) and native (2008) plant communities under trampling by 75 (150 passes) and 225 (450 passes) tourists across three study areas: Kopské saddleback (*Juncetum trifidi*). Predné Kopské saddleback (*Junco trifidi-Callunetum vulgaris*) and Vyšné Kopské saddleback (*Seslerietum tatrae*).

Area	Species	2008						2022					
		150 passes			450 passes			150 passes			450 passes		
		July	Aug.	Sep.	July	Aug.	Sep.	July	Aug.	Sep.	July	Aug.	Sep.
Kopské saddleback	<i>Alectoria ochroleuca</i>				22.51	4.51	1.25						
	<i>Bistorta officinalis</i>	27.86	17.82	16.25	17.73	11.59	6.31						
	<i>Campanula alpina</i>	79.3	62.01	47.39	46.26	28.13	9.21	62.61	46.34	14.85	54.13	42.91	17.62
	<i>Campanula tatrae</i>	57.83	30.13	15.65	46.47	21.51	15.98						
	<i>Cetraria islandica</i>	59.02	40.36	30.1	62.49	36.43	23.68	89.46	56.73	50.07	74.64	35.53	23.83
	<i>Cladonia rangiferina</i>							100	70.13	40.48	86.67	60.61	38.89
	<i>Hieracium alpinum</i>	31.93	30.77	19.39	34.08	25.81	13.1						
	<i>Juncus trifidus</i>	49.03	28.42	12.22	46.94	20.22	17.63	74.79	68.88	7.4	25.85	21.52	4.81
	<i>Polytrichastrum alpinum</i>	27.83	12.65	8.57	52.4	27.38	1.017	80.88	74.14	51.09	80.85	65.43	46.81
	<i>Thamnolia vermicularis</i>	20.83	9.8	11.9	62.5	36.76	35.71						
	<i>Vaccinium vitis-idaea</i>	45.87	19.8	12.89	42.73	24.34	22.36	48.51	46.78	21.72	10.74	6	5.45
Predné Kopské saddleback	<i>Alectoria ochroleuca</i>	66.67	8.16	0	33.33	0	0				33.98	2.26	0.97
	<i>Bistorta officinalis</i>	50	37.5	50	25	14.6	10						
	<i>Campanula alpina</i>							43.67	25.91	21.7	35.77	0.48	0.54
	<i>Campanula tatrae</i>	63.93	47.59	55.4	46.99	35.38	35.68						
	<i>Cetraria islandica</i>	78.89	67.64	58.36	66.92	46.18	35.73	77.86	63.85	50.23	38.07	20.72	2.29
	<i>Cladonia rangiferina</i>	94.23	86.15	61.76	68.42	54.04	47.68						
	<i>Hieracium alpinum</i>	57.14	47.62	33.33	49.12	24.56	14.4						
	<i>Juncus trifidus</i>	57.22	39.41	35.98	48.67	37.64	45.01						
	<i>Pleurozium schreberi</i>	83.1	50.83	9.81	59.26	9.2	1.17						
	<i>Polytrichastrum alpinum</i>	45.17	19.56	13.19	28.91	3.4	0						
	<i>Pulsatilla aplina subsp. alba</i>	67.49	54.28	57.62	46.06	16.17	22.77						
	<i>Thamnolia vermicularis</i>	86.75	70.33	45.28	68.85	56.51	21.56	29.83	25.99	23.43			
	<i>Vaccinium vitis-idaea</i>	60.2	47.66	38.14	64.74	47.72	37.65	74.21	59.75	44.91	71.29	66.37	49.16
	<i>Pleurozium schreberi</i>	56.73	43.55	36.67	38.94	13.26	4.5	88.57	68.62	52.57	89.8	66.04	33.7
Vyšné Kopské saddleback	<i>Thymus pulcherrimus</i>	19.05	3.47	1.32	0	0	0						

Table S3b. Regression equations describing the change in relative cover (RC) as a function of the number of passes for each area in 2008 (native) and 2022 (regenerated), for each species. The table includes the number of passes, adjusted R² values, and the mean monthly decrease in RC.

Area	Passes	Species	2008			2022		
			Formula	adj R ²	Mean change ¹	Formula	adj R ²	Mean change ¹
Kopské saddleback	450	<i>Alectoria ochroleuca</i>	$96.31 + -3.42x + 0.03x^2$	0.91	32.92			
Kopské saddleback	150	<i>Bistorta officinalis</i>	$95.78 + -3.06x + 0.03x^2$	0.85	27.92			
Kopské saddleback	450	<i>Bistorta officinalis</i>	$94.39 + -3.32x + 0.03x^2$	0.79	31.23			
Kopské saddleback	150	<i>Campanula alpina</i>	$96.5 + -0.64x$	0.96	17.54	$100.28 + -1.14x$	0.98	28.38
Kopské saddleback	450	<i>Campanula alpina</i>	$97.46 + -2.27x + 0.01x^2$	0.94	30.26	$96.47 + -1.1x$	0.96	27.46
Kopské saddleback	150	<i>Campanula tatrae</i>	$99.71 + -2.08x + 0.01x^2$	1	28.12			
Kopské saddleback	450	<i>Campanula tatrae</i>	$98.88 + -2.6x + 0.02x^2$	0.99	28.01			
Kopské saddleback	150	<i>Cetraria islandica</i>	$98.84 + -1.9x + 0.01x^2$	0.98	23.3	$103.4 + -0.76x$	0.87	16.64
Kopské saddleback	450	<i>Cetraria islandica</i>	$99.92 + -1.89x + 0.01x^2$	1	25.44	$101.99 + -1.12x$	0.95	25.39
Kopské saddleback	150	<i>Cladonia rangiferina</i>				$100.8 + 0.41x + -0.02x^2$	0.96	19.84
Kopské saddleback	450	<i>Cladonia rangiferina</i>				$104.94 + -0.86x$	0.92	20.37
Kopské saddleback	150	<i>Hieracium alpinum</i>	$94.58 + -2.57x + 0.02x^2$	0.71	26.87			
Kopské saddleback	450	<i>Hieracium alpinum</i>	$95.57 + -2.62x + 0.02x^2$	0.83	29			
Kopské saddleback	150	<i>Juncus trifidus</i>	$98.09 + -2.25x + 0.01x^2$	0.97	29.26	$107.77 + -1.16x$	0.74	30.99
Kopské saddleback	450	<i>Juncus trifidus</i>	$99.26 + -2.66x + 0.02x^2$	0.99	27.46	$98.22 + -2.72x + 0.02x^2$	0.91	31.73
Kopské saddleback	150	<i>Polytrichastrum alpinum</i>	$96.32 + -3.14x + 0.03x^2$	0.9	30.48	$101.35 + -0.64x$	0.93	16.3
Kopské saddleback	450	<i>Polytrichastrum alpinum</i>	$98.85 + -2.2x + 0.01x^2$	0.99	29.94	$101.6 + -0.73x$	0.99	17.73
Kopské saddleback	150	<i>Thamnolia vermicularis</i>	$95.53 + -3.41x + 0.03x^2$	0.86	29.37			
Kopské saddleback	450	<i>Thamnolia vermicularis</i>	$100.36 + -2.04x + 0.02x^2$	1	21.43			
Kopské saddleback	150	<i>Vaccinium vitis-idaea</i>	$99.04 + -2.65x + 0.02x^2$	0.99	29.04	$93.9 + -1.02x$	0.88	26.09
Kopské saddleback	450	<i>Vaccinium vitis-idaea</i>	$97.93 + -2.65x + 0.02x^2$	0.96	25.88	$98.57 + -3.67x + 0.03x^2$	0.95	31.52
Predné Kopské saddleback	150	<i>Alectoria ochroleuca</i>	$105.05 + -2.9x + 0.02x^2$	0.85	33.33			
Predné Kopské saddleback	450	<i>Alectoria ochroleuca</i>	$99.42 + -3.72x + 0.03x^2$	1	33.33	$99.18 + -2.9x + 0.02x^2$	0.99	33.01
Predné Kopské saddleback	150	<i>Bistorta officinalis</i>	$98.24 + -2.58x + 0.02x^2$	0.95	16.67			
Predné Kopské saddleback	450	<i>Bistorta officinalis</i>	$95.71 + -3.42x + 0.03x^2$	0.86	30			
Predné Kopské saddleback	150	<i>Campanula alpina</i>				$98.35 + -2.34x + 0.02x^2$	0.96	26.1
Predné Kopské saddleback	450	<i>Campanula alpina</i>				$99.65 + -2.89x + 0.02x^2$	1	33.15
Predné Kopské saddleback	150	<i>Campanula tatrae</i>	$99.67 + -2.05x + 0.02x^2$	1	14.87			

Predné Kopské saddleback	450	<i>Campanula tratrae</i>	$97.57+-2.55x+0.02x^2$	0.92	21.44			
Predné Kopské saddleback	150	<i>Cetraria islandica</i>	$99.66+-1.1x+0.01x^2$	1	13.88	$97.66+-0.57x$	0.97	16.59
Predné Kopské saddleback	450	<i>Cetraria islandica</i>	$99.99+-1.85x+0.01x^2$	1	21.42	$87.32+-1.09x$	0.84	32.57
Predné Kopské saddleback	150	<i>Cladonia rangiferina</i>	$102.74+-0.48x$	0.96	12.75			
Predné Kopské saddleback	450	<i>Cladonia rangiferina</i>	$99.37+-1.65x+0.01x^2$	0.99	17.44			
Predné Kopské saddleback	150	<i>Hieracium alpinum</i>	$97.66+-1.91x+0.01x^2$	0.91	22.22			
Predné Kopské saddleback	450	<i>Hieracium alpinum</i>	$99.16+-2.7x+0.02x^2$	0.99	28.65			
Predné Kopské saddleback	150	<i>Juncus trifidus</i>	$99.06+-2.25x+0.02x^2$	0.99	21.34			
Predné Kopské saddleback	450	<i>Juncus trifidus</i>	$97.81+-2.54x+0.02x^2$	0.92	18.33			
Predné Kopské saddleback	150	<i>Pleurozium schreberi</i>	$101.88+-1.15x$	0.98	30.06			
Predné Kopské saddleback	450	<i>Pleurozium schreberi</i>	$103.37+-2.99x+0.02x^2$	0.93	32.94			
Predné Kopské saddleback	150	<i>Polytrichastrum alpinum</i>	$99.11+-2.94x+0.02x^2$	0.99	28.94			
Predné Kopské saddleback	450	<i>Polytrichastrum alpinum</i>	$97.95+-3.65x+0.03x^2$	0.97	33.33			
Predné Kopské saddleback	150	<i>Pulsatilla aplina subsp. alba</i>	$99.4+-1.77x+0.02x^2$	0.99	14.13			
Predné Kopské saddleback	450	<i>Pulsatilla aplina subsp. alba</i>	$100.09+-3.16x+0.03x^2$	1	25.74			
Predné Kopské saddleback	150	<i>Thamnolia vermicularis</i>	$99.98+-0.68x$	1	18.24			
Predné Kopské saddleback	450	<i>Thamnolia vermicularis</i>	$94.95+-0.93x$	0.97	26.15	$96.74+-2.82x+0.02x^2$	0.84	25.52
Predné Kopské saddleback	150	<i>Vaccinium vitis-idaea</i>	$98.42+-1.92x+0.01x^2$	0.96	20.62	$96.86+-0.63x$	0.96	18.36
Predné Kopské saddleback	450	<i>Vaccinium vitis-idaea</i>	$99.34+-1.84x+0.01x^2$	0.99	20.78	$95.16+-0.55x$	0.84	16.95
Vyšné Kopské saddleback	150	<i>Pleurozium schreberi</i>	$97.69+-2.2x+0.02x^2$	0.93	21.11	$100.51+-0.63x$	1	15.81
Vyšné Kopské saddleback	450	<i>Pleurozium schreberi</i>	$97.75+-3.32x+0.03x^2$	0.97	31.83	$103.94+-0.86x$	0.93	22.1
Vyšné Kopské saddleback	150	<i>Thymus pulcherrimus</i>	$94.77+-3.98x+0.04x^2$	0.86	32.89			
Vyšné Kopské saddleback	450	<i>Thymus pulcherrimus</i>	$90.96+-4.39x+0.04x^2$	0.64	33.33			

¹mean difference (decrease) of relative cover (RC) per month