

# MANUAL OF GOOD PRACTICES FOR CYCLISTS



## Discover Val d'Aran by bike



### 1. Plan ahead

both with a route and with a GPS, making stages that are doable according to your physical fitness and preselecting local establishments where you can rest and recharge your bike.



### 2. Bring

a map or download the route from GuidAran or Wikiloc.



### 3. Avoid

riding on secondary paths which run alongside the recommended route, as well as creating shortcuts. Don't create unnecessary wear and tear on nature.



### 4. Try

not to ford watercourses or to only do so in places that are set up for this purpose.



### 5. Respect

the boundaries of farms and take care not to cross orchards or planted fields.



### 6. Moderate

your speed and be conscious of the fact that the footpaths are also used by other people.



### 7. Prepare

your picnic. Buy local and in-season produce. It is a good way to look after the planet, interact with local people and create a sustainable economy.



### 8. Keep

the environment clean, avoid leave rubbish in areas not designated for this purpose. Dispose of waste properly. Take your rubbish with you and never leave food wrappers or tissues in nature.

## And get to the least known corners of the valley



### 9. Respect

the rules of each area. The most valuable thing about nature is the flora and fauna that are so characteristic of every part of the planet.



### 10. Avoid

routes through delicate ecosystems.



### 11. Be considerate

of livestock. Don't chase them away or cause a nuisance.



### 12. Avoid

making excessive noise that may disturb both wildlife living in the vicinity and your own companions.



### 13. Control

your pets to protect them from unwanted damage.



### 14. Take

recommendations from locals, places to eat, to visit and nearby footpaths to discover.



### 15. Charge

your e-bike and lights with renewable energy.



### 16. Tune up

your bike in places that are equipped for this purpose. Use biodegradable soaps and lubricants.



### 17. Contact

local professionals to tune-up your bike.



### 18. Enjoy

a full experience, don't forget to hire the services of a local guide who will allow you to get to know every corner of the destination in a safe and unforgettable way.