

MANUAL OF GOOD PRACTICES

NATURAL SPACES



Advice and recommendations for visiting a natural space



1. Do your research

before your visit, go to the information centres or information points, where they will provide you with information and advise you on possible activities to do.



2. Plan ahead and download

the GPS route available on the destination's website and app.



3. Be responsible

be careful and, above all, if you are travelling on your own, make sure you carry a means of communication to call for help in the event of an accident, such as a mobile phone (remember that 112 is the emergency number).



4. Maintain

a respectful and responsible attitude, actively collaborating in the preservation of this natural space, which belongs to all of us.



5. Keep

the environment clean, avoid leave rubbish in areas not designated for this purpose.



6. Dispose

of waste properly. Take your rubbish with you and never leave food wrappers or tissues in nature.



7. Leave

what you find in the same or better condition.



8. Contact

the services of a local guide to show you the best corners of the valley.

In the Val d'Aran respectfully



9. Follow

the marked or signposted paths, respect the no trespassing signs.



10. Avoid

riding on secondary paths which run alongside the main path, as well as creating shortcuts.



11. Look after

the flora and fauna and respect the regulations of each area.



12. Respect

the silence of nature.



13. Control

your pets, so that wild animals, plants and trees are protected.



14. Use

appropriate footwear and clothing for the time of year.



15. Take

binoculars to get a better view of the wildlife, and even the landscape and vegetation.



16. It is worth

visiting the valley at different times of the year, as each season offers different landscapes and sensations.



17. Avoid

parking on roadsides or entrances to tracks and roads, which can be a serious problem in an emergency.