

MANUAL OF GOOD PRACTICES FOR TRAVELLERS

Enjoy Val d'Aran responsibly

1. Do your research

before coming to Val d'Aran and discover our customs and traditions, you will understand the local community better and the wonders which surround us.



2. Preserve and respect

our natural and cultural heritage during your visits.



3. Contract

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



4. Form relationships

with the local community and discover their customs through them.



5. Respect

the local population and treat all workers of the valley's companies respectfully.



6. Get around

sustainably. Use public transport, a bicycle or walk as much as possible to get around and choose accommodation that is respectful of the environment.



7. Sample

our cuisine. Try local and in-season produce.



8. Support

the local economy, consume native and artisanal products and services from the region.



So that "the only footprint you leave behind is that of your shoes"

9. Respect

your neighbours' rest. The only sound you should hear at night should be that of nature.



10. Stay

in sustainable accommodation with a clear commitment to clean energy and reducing their carbon footprint.



11. Consume

responsibly. Conserving natural resources is the job of all.



12. Make use

of the bins and recycling points to recycle your waste.



13. Discover

unknown places in the valley. Diversify, explore lesser-known places.



14. Visit

Val d'Aran at any time. The nature of the valley will surprise you in all four seasons.



15. Prioritise

products, services and experiences that incorporate new technologies and innovative methods which contribute to the sustainability of the valley.



16. Share

your trip, experience, learning and achievements as a responsible visitor. Share the benefits of responsible tourism for a healthier and more caring planet.

