

# GUIDE OF GOOD PRACTICES

## in the Oliba Trail



*El camí*  
**OLIBA**  
MONTSERRAT • PIRINEUS



## **BE RESPECTFUL OF THE NATURAL WORLD.**

Enjoy nature, and learn to observe and listen to it; that's the only way you'll learn to really experience it.



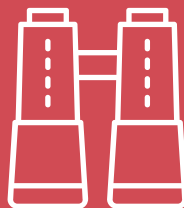
## **BE OBSERVANT.**

Walk at a slower pace, contemplate the landscape and enjoy it without rushing.



## **BE A GOOD INFORMATION PROVIDER.**

If you come across people along the way who show disrespect for the natural environment, call their attention to it.



## **BE OUR EYES.**

If you see any signage or access in bad condition along the route, please let us know via an e-mail message to [camioliba@gmail.com](mailto:camioliba@gmail.com)



## **BE SUSTAINABLE.**

Use recyclable packaging whenever possibility



## **BE COMMITTED TO THE LOCAL ECONOMY.**

Wherever possible, stay, eat and shop in the small local establishments along the way on the Camí Oliba. Hire guide and transport services from the region itself, and take advantage of the fact that these companies are well informed about their area.

# TIPS FOR ENJOYING THE ROUTE

## PLAN YOUR ROUTE

Check out the tracks and route guides that you'll find on the [Oliba trail](#) website.

1.



Check the weather forecast

2.

## TAKE THE MATERIAL YOU NEED WITH YOU.

It's important for you to carry a backpack with water, food (planned according to the duration of the outing), spare clothes, clothes that are warm and waterproof in the cooler months, a headband torch, sun cream, a cap and a basic first-aid kit. Wear good suitable footwear.



3.

## RESPECT THE NATURE.

Take your rubbish away with you in your backpack.

Avoid being too noisy. Remember you're sharing the area with other living beings.



Use the trail or path and try to avoid walking across fields to cut distances so as not to erode the countryside.

Respect the rules indicated in natural areas.

If you're walking with dogs, make sure they're on a lead so as not to disturb or scare livestock or wild animals.

4.

### **RESPECT THE PRIVATE PROPERTY.**

Be aware that many of the areas you'll be walking through are privately owned.

Stick to the path and avoid entering private areas (farmhouses, sheds, etc.)

Close gates once you've passed through them.



### **ACT SENSIBLY IN CASE OF A FIRE OR AN ACCIDENT.**

If you detect smoke or fire in the forest or on the mountain, call the emergency phone 112 and explain where you are and what you can see.

5.

6.

### **ACT SENSIBLY IN CASE OF A STORM.**

If you are caught out in a thunderstorm, keep away from ridges and open spaces and never take shelter under a tree.



7.

### **TAKE CARE OF YOUR HEALTH.**

Be aware of your physical limitations at all times.

When going up or down a steep slope, remember that zigzagging is always better to reduce the impact of the effort.

While walking, maintain a natural rhythm, without overdoing it.