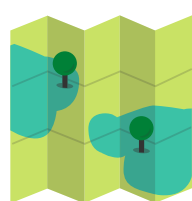


TREKKING ALONG LA RUTA DEL CISTER - GR 175

HIKING SAFETY TIPS

1 PLAN THE ROUTE



It is very important that you choose the route and adapt it to your abilities, making sure that it does not exceed your limits. Take into account the estimated time you will need, the distance and the gradients.

2 ACCOMPANIED BETTER THAN ALONE



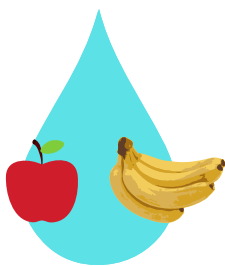
Avoid going alone, inform someone where you are going, the planned timetable... If you go in a group, always go together.

3 CHECK THE WEATHER BEFORE SETTING OFF



Check the weather forecast daily. If the weather forecast is bad, drop out the activity. In the event of fog or darkness, do not leave the marked trails.

4 EAT AND STAY HYDRATED



Take enough water for the whole route and check if there are fountains or places where you can get more along the route. Calculate in advance the meals you are going to eat throughout the day and it is recommended to take food that is easy to absorb and digest.

5 BE PROPERLY EQUIPPED



Wear appropriate footwear, take clothes in case of rain, wind or cold, a topographical map, compass, GPS, mobile phone with a fully charged battery, a headlamp, a whistle, a sun hat, sunscreen and download the My112 app, as it will help to locate you if anything happens.

6 PROTECT NATURE



In the mountains, ensure you take all your waste away with you and even the waste left behind by other uncivilized people.

7 BOOK ACCOMMODATION



Book your stay in specialised accommodation and use the services of a guide, luggage transport, taxis... If you have not reserved a place to sleep, get back before dark..

8 MTB RIDERS



The use of panniers is not recommended. Use the 4 variants foreseen for cyclists. Mountain biking requires a high level of fitness, as the route is challenging.

9 IN CASE OF ACCIDENT OR GETTING LOST



First of all, you must remain calm and call the 112 emergency service and indicate the registration number of the nearest post from where you are.