

DOCUMENT OF GOOD PRACTICES FOR EXCURSIONIST ACTIVITIES

IN THE MONTSENY NATURAL PARK

INTRODUCTION

This document of Good Practices for hiking activities has been drawn up in a participation process in which the hiking centers and the entities that organize hiking activities in the area of the Montseny Natural Park, the FEEC, and the managers of the park

The joint work, with different points of view, but with the positive will to collaborate and agree on those fundamental aspects to be able to carry out mountain walks and races, has made the definition of this document possible.

This work highlights the interest in the conservation of the natural environment and the desire that the hiking activities organized in the Montseny Natural Park and Biosphere Reserve serve to enhance the natural and cultural heritage del Montseny and contribute to the promotion of the socio-economic development of their municipalities.

These activities must be a driving force for the dissemination and promotion of those aspects of interest in the area, with references to the Park as a protected space.

Adequate information to the participants in this regard can help create awareness of the importance of protecting the environment and can contribute to sensitizing the participants and the population in general.

In an inhabited space like Montseny, it is also very important to make this reality known. Inform about aspects related to the private ownership of the land you pass through, the importance of the agricultural, livestock and forestry activities carried out by its inhabitants and give guidelines to avoid interference with the development of these and other activities that can be carried out in the same space.

It is advisable to provide the participants with information about the environment: available services, relevant aspects, noteworthy elements of natural and architectural heritage, so that the hiking activities that are organized, are at the same time a reason for pleasure for the participants and those accompanied, tool for greater knowledge and respect of the Park and engine for sustainable development and the improvement of the quality of life of the inhabitants of Montseny.

1 - Participants

Definition of the maximum number of participants:

-A maximum number of participants is defined for the different types of activity, with a bracket that will be applied depending on the specific conditions of the activity to be developed:

or timed activity or not.

or type of tracks used (paved track, dirt track, footpath, footpath).

or % of the route within the boundaries of the Park. type

or of area as defined in the Special Plan.

or fragility of the territory through which it runs and limiting aspects (flora, fauna, geological).

or time of year

or nocturnal activity

-The maximum number of participants per type of activity will be:

| DISTANCE IN KM | RATIO OF PARTICIPANTS/KM O MAXIMUM OF PARTICIPANTS |
|---|--|
| 10 - 20 | 28-40 |
| 21 - 40 | 22 - 30 |
| 41 - 60 | 20 - 26 |
| 61 - 100 | 10 - 22 |
| km vertical | Maximum 400 participants |
| Activity entirely by track | Maximum 3,000 participants |
| Activity mostly by track (more than 50% of the route) * | Maximum 1200 participants |

* They can only be popular walks (not timed), they cannot be nocturnal, nor in Natural Reserve areas.

2 - Activities

Choose the quality and adapt the number of activities:

- Propose an annual schedule of activities, setting a limit on the number of activities that can be carried out.
- Consider the possibility of concentrating events in one weekend, and thus create events for different types of public, and for different ages: mountain party.
- Depending on the type of activity and the area where it is carried out, it is advisable to limit the total number of activities carried out in the Park:
 - orAs for the mountain races**, they will take place, at the most:
 - 3 marathons (without overlapping routes).
 - 4 1/2 marathons.
 - 2 vertical runs.
 - 1 ultra-trail (more than 60 km).
 - 18 popular races (up to 20 km).
 - 3 duatlons.
 - 3 nights (these activities must have the maximum route per track and in no case may they pass through nature reserve areas.

* * all activities in which the time of the participants is timed, there is a classification by time (and/or winners are identified) and/or the participants are identified with a numbered bib or bib.

3 - Tour

Types of paths along which an organized activity can pass:

- The type of paths to be used for the activities organized in order of priority will be:
 - Tracks of the rolling network.
 - Signposted trails.
 - Network of trails in the Park, in accordance with what is established in the Special Plan.
 - Paths and footpaths that appear graphed in the latest cartography of Alpina publishing house.
 - Those listed in the road inventory, when it exists.
 - Exceptionally and on time by link, other existing trails.

Conditions for the start of the tour:

- The first part of the route (10% - 15%) will be on a wide track to facilitate the positioning of the participants and avoid crowds.
- Depending on the number of participants and the characteristics of the starting point, staggered departures will be appropriate.

Maintenance tasks for the paths and paths of the route:

- If maintenance work needs to be done on any part of the trail, you must have permission from the property to do so and follow the criteria established by the Park.

4- Reception of the participants and start and end points of the activity

Capacity to host participants and foreseeable audience:

- Whenever possible, the start should be made in an urban center.
- The starting point of the activity must have the necessary reception capacity.

Parking capacity:

- It is necessary to anticipate the parking needs for participants and companions. It should be noted that the activity must be compatible with other possible activities at this starting point, and in any case it must not affect other visitors and users.

Possibility of arriving by public transport and organizing collective transport:

- Prioritize starting points that can be reached by public transport.
- Organize or promote collective transport.

5 - Information and promotion of the activity

Diffusion of the activity:

- The dissemination before carrying out the activity must describe the type of activity, the public to whom it is addressed, etc.
- It is not possible to broadcast the specific route before having the corresponding authorizations.
- Avoid making specific references to the estates.
- Authorizations must be obtained before disseminating the itinerary and before opening registrations.
- Publicize the best practices document.

Rules of conduct for participants:

- It is advisable that this regulation exists, which includes general aspects, such as the document of good practices, and specific aspects of the specific activity.

Users can find out about changes to the route, cancellation of the activity, or other incidents by phone, web or other means:

- Any information that is interesting before the activity is carried out is important so that it can be disseminated in the most effective way, especially last-minute modifications.

In case of giving gifts or material to the participants, prioritize those that help to transmit the specific values of the hiking activity and the protected space, with criteria of sustainability and promotion of local economic activity.

6 - Security

Insurance for participants:

- Promote that the participants are federated, to have all the coverage that this entails.
- To cover civil liability, the entity must have the corresponding insurance (in accordance with current legislation).

Control of the arrival of participants:

- To ensure the arrival of all participants, it is necessary to use some control system: control of refreshments, cards, chips, etc.

Other security aspects:

- Provide the participants with a contact phone number of the organization in order to be able to communicate any type of incident during the performance of the activity. At points with a high presence of vehicles, take measures to minimize the risks.
- Recommend material and equipment necessary to be able to do the activity in conditions, depending on the degree of difficulty, the state of the route and the weather conditions.
- In case of bad weather, possibility of alternatives.
- Routes that pose a risk to the user's safety must be avoided.
- It is advisable to have an ambulance service (by regulation mandatory with more than 500 participants).

7 - Signage

Need for signage, typology and identification:

- The signage will be temporary, preferably with tape or recyclable elements. As a last resort with lime. Painting is not allowed.
- Signage for nighttime activities will be reflective.
- This temporary signage should have some distinguishing feature of the organization that facilitates identification by the participants.
- Possibility to include the Park badge in the signage.

Can be reused or recycled:

- The option of plates, laminated plates or other durable supports allows them to be reused.

Removal of temporary signage:

- The signage must be removed on the same day. Exceptionally, it can be withdrawn the next day.

8 - Authorizations

- All the necessary ones must be processed.
- Permission must be sought from the owners of the estates through which the activity takes place. You must follow an authorization request order:
or Owners-Park-Councils-Traffic
- It is necessary to determine the advance required for requests for authorizations.
- The different application models will be prepared.

9 - Selection of refreshments

Suitable location:

- Avoid places with a lot of traffic or that may pose some kind of risk

Criteria for reducing the volume of waste generated.

- Avoid generating waste: recyclable glasses (in races it is difficult), avoid wrapping.

Selective collection of generated waste:

- Put bags or containers to facilitate the selective collection of waste. Ensure
- selective collection, at least at the beginning, at the end and at the stopping points.

10 Recommendations for participants

Sticks:

- Do not bring walking sticks or if they are carried with a rubber tip.

Footwear:

- Use appropriate footwear, avoiding boots with rigid soles that cause greater erosion.