



WEATHER

Check it before you leave and remember that it can change fast



PATH

Learn about the difficulty of the path and secured to be able to face it



GARBAGE

Take them home with you

You are visiting an area that requires protection!



Read the Handbook complete on the site!



EQUIPMENT

Bring with you food and water, and properly dressed



ASSISTANCE

If you find yourself in danger call 118



SUSTAINABILITY

Respects the environment, animals and people