



CONSORCI PER A LA PROTECCIÓ I
LA GESTIÓ DE L'EIN DE L'ALTA GARROTXA





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Rules and recommendations at the Area of Natural Interest of Alta Garrotxa

English








We recommended you:

-  Not to make noise nor shout.
-  Not to bathe in the ponds when there is little water.
-  To respect animals and plants.
-  To respect private property.






On foot:




-  Follow the suggested itineraries.
-  Wear appropriate footwear; carry food and water.
-  Prepare your route in advance and take a map with you.
-  In order to make the most of your hikes, the paths are at their best in spring and autumn.
-  In the summer do not start hiking at midday, as temperatures are high.



By car:





-  Respect the 20km/h speed limit in the tracks.
-  Do not drive cross country or outside the tracks.
-  You can follow two very interesting routes:
 - The way from Oix to Beget.
 - the way from Sanctuary del Mont to the monastery of Sous.

i Remember:

-  Car access is restricted in the area of Sadernes some periods of the year.
-  Rock climbing is regulated throughout the area.
-  To do canyoning you have to contact the offices of the Consorci of Alta Garrotxa: tel. 972 28 78 82.



It is forbidden:

-  Lighting a fire.
-  Camping.
-  Dropping litter.
-  Bathing in Gomarell.

*Thank you
for your help!*

