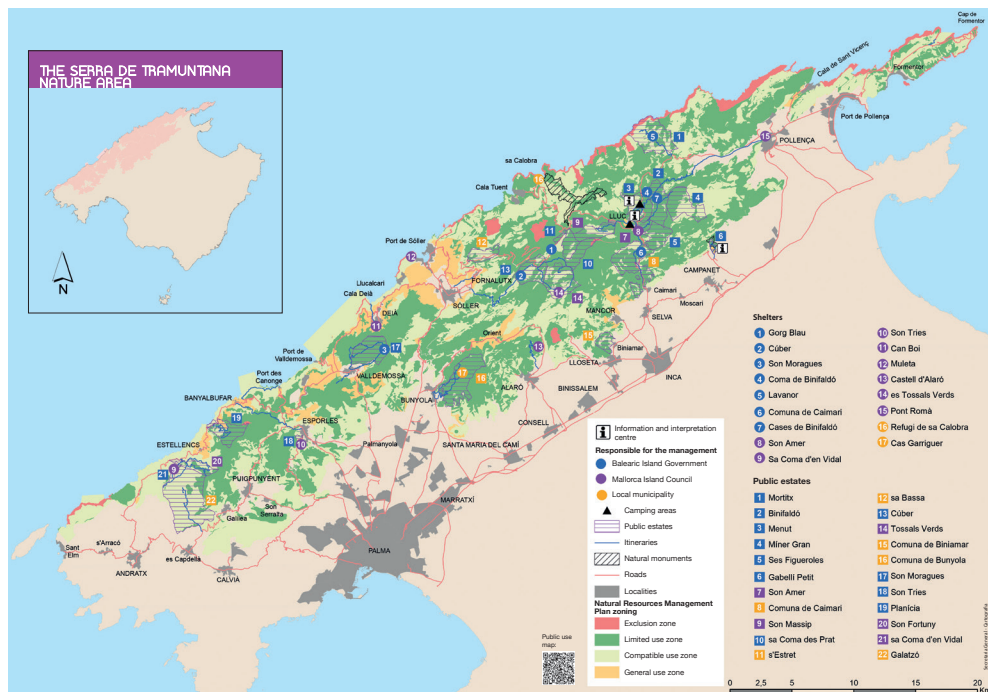


MAP OF USES



Public use map:



CONTACT INFORMATION:

To request authorisation for activities: autoritzacions@dgmambie.caib.es

Tel. Regional Ministry of Environment, Agriculture and Fisheries: **971 17 66 66**

Tel. Ca s'Amitger Interpretation Centre: **971 51 70 83 / 971 51 70 70**

Emergencies: **112**

- Learning ahead of time about the natural and cultural heritage that you will be seeing here is the best way to learn to respect and value it
 - Conservation is a team effort. Please notify autoritzacions@dgmambie.caib.es of any irregular incidents that you see or detect.
- Many thanks for your cooperation.

Good Practices for Mountain Races

Paratge Natural de la Serra de Tramuntana



G CONSELLERIA
O MEDI AMBIENT,
I AGRICULTURA
B I PESCA



Obra Social "la Caixa"

The Serra de Tramuntana Nature Area is the largest protected area of the Balearic Islands. Having received its protected status in 2007, this area is regulated by its own Natural Resources Management Plan (Decree 19/2007, of 16 March, which approved the NRMP), which has divided the space into different zones (exclusion, limited use, compatible use and general use) and determines the specific uses that are permitted, authorizable and prohibited in each one. This management plan promotes nature-friendly activities that do not generate noise or lead people off the established roads and trails.

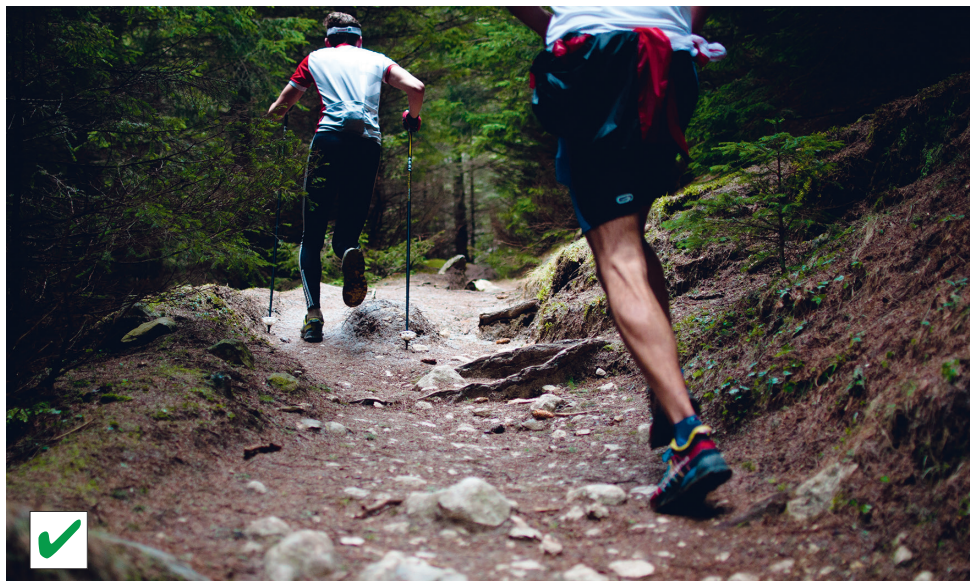
In keeping with the Serra de Tramuntana NRMP, **mountain races** and other high-risk activities require **prior authorisation** from the regional ministry that oversees the environment. Such permits allow the activity to be carried out anywhere in the Nature Area except for the exclusion zones (marked in red on the map), where they are strictly prohibited.

It is important to remember that most of the land surface of the Serra de Tramuntana Nature Area is privately owned. Any activity conceived to be carried out on private property must have the prior authorisation of the owners/holders of the rights to such property.

The agents of the Balearic Islands Government Ministry of Environment act on behalf of the government. They are the authority figures who work to ensure compliance with all rules, regulations and authorisations of the Nature Area.



Photo by Pixabay.



Please respect the nature and heritage of this Nature Area. If you plan to use trekking poles, be sure that they have soft tips.
Photo by Pixabay.



Please remain on the designated trails at all times. Do not take short-cuts.
Photo by Bartomeu Calvo Socias

In order to carry out an environmentally friendly mountain race that respects the values of the Serra de Tramuntana Nature Area, it is important to follow the rules below:

- Follow the marked path and remain on it at all times. Do not take shortcuts or shorten the marked itinerary. Do not go through the exclusion zones.
- The organisers will not provide cups or bottles. Instead, each participant must bring his/her own cup.
- Each participant must use a permanent marker to legibly mark his /her bib number on the covers of energy bars, gel packs, food bags, etc. Moreover, all the waste generated during the activity must be collected in the appropriate temporary containers and suitably managed outside of the protected area, ensuring that no

waste of any sort (including materials and liquid and solid products) is spilled or left in the environment. This also applies to organic waste.

- Do not make any unnecessary noise (shouting, etc.).
- Do not pull up plants or disturb the wildlife. Do not alter the geological and heritage elements, including the dry-stone walls (to prevent their destruction, do not jump or walk over them).
- All signposting elements and the other public property installed here must be cared for.

Rules for safety

- Always be sure that all the participants in the activity have the necessary know-how and experience, as well as the specific technical training to take part.