

VALLESPIR

Hiking guide of the
Community of communes of the Vallespir



VALLESPIR

THE NEW CATALAN SENSATION

FAMILY AND
SPORT
PRACTICE

HIKERS' RULES
AND
REGULATION

OFFICE DE TOURISME INTERCOMMUNAL DU VALLESPIR

4 Rue Arago, 66160 Le Boulou - 5 Rue Saint Ferréol, 66400 Céret

☎ 04 68 87 50 95 - 04 68 87 00 53 ✉ contact@vallespir-tourisme.com

www.vallespir-tourisme.fr



COMMUNAUTÉ DE
COMMUNES DU
VALLESPIR

PR WALKING AND HIKING				WRONG DIRECTION
GR LARGE COUNTRY EXCURSION				TURN RIGHT
GR LARGE EXCURSION				TURN LEFT
				GOOD DIRECTION

LEGEND

- Hiking trail
- Green route
- Departure
- Car park
- Bus stop
- Bus stop on request
- Picnic area
- Battlefield
- Historical heritage
- Ruins
- Religious heritage
- Point of interest
- Viewpoint
- Bathing area
- Danger zone

BEFORE LEAVING

SAFETY INSTRUCTIONS AND HIKERS' REGULATIONS

RESPECT FENCES AND PRIVATE PROPERTIES

1 I GET INFORMED



MÉTÉO.FR
TEL. 3250



CHARACTERISTICS AND DIFFICULTIES OF THE HIKE



RISKS OF FOREST FIRES

2 I PACK MY BAG



MAKE SURE TO WEAR SUITABLE SHOES AND CLOTHING

STAY ALERT



3 I AVOID GOING ALONE

INFORM SOMEONE OF MY ITINERARY

4 I THINK ABOUT CHILDREN I ADAPT



IN CASE OF ACCIDENT

- A I PROTECT THE VICTIM
- B I ALERT THE RESCUES : 112
- C I USE EMERGENCY SIGNALS :



It is essential to get daily information before moving in the forest :

www.prevention-incendie66.com



SHEPDOG «LE PATOU»

Watch out for the shepherd dogs "PATOU" because they are here to defend. Surround the flock.

D DAY

LEAVE EARLY ✓

I STAY ON THE ROAD ✓

I KEEP AN EYE ON :
THE EVOLUTION OF THE WEATHER
THE TIREDNESS OF THE GROUP ✓

I RESPECT THE NATURE ✓



I DON'T FEED THE ANIMALS ✓

I HYDRATE AND FEED MYSELF ✓

I BRING MY WASTE BACK ✓

À CHACUN SON EXPÉRIENCE

en Vallespir



WITH THIS QR CODE, YOU CAN FIND ALL THE HIKES ON OUR WEBSITE.