



TIPS FOR HIKERS

_The Camiño da Ribeira route is recognised as a short hiking trail by the Federación Galega de Montañismo (Galician Mountaineering Federation) and is called "PR-G 148". **Look at the signs** you'll find on posts, stones and tree trunks and on the route markers that will help you follow the path. There's a trick that you should know: heading out, the Ponteceso - Corme hike is always done with the river and the sea to the left; on the return, they will be on the right. This makes it impossible to get confused.



SINAIS DAS RUTAS DE PEQUENO PERCORRIDO DE GALICIA

-  Continuidade de sendeiro
-  Cambio de dirección
-  Dirección equivocada
-  Baliza



_The sea and the river give back everything that isn't theirs. **Do not throw rubbish** on the path, in the waterway or in the sea. Keep it in your backpack and then dispose of it in the appropriate container once you've reached the end of the trail.

_It is not advisable to go hiking alone. **Always hike with one or more buddies**, and leave behind information about when you are leaving and when you expect to return. Follow the path laid out, and take extra care in steep areas.

_It is advisable to **check the weather forecast** before heading out to hike the trail.

_Take a mobile with a charged battery along, so you can always be in contact. If your mobile is also a smartphone, you'll also be able to check information using the QR codes that you'll find along the trails.



_Wear appropriate clothing and shoes, especially if you're not in the habit of walking long distances over uneven ground. Before starting the hike, it is advisable to do a series of warm-ups and stretches, and this should be done once you've finished, as well.

_Take a bottle of water along to keep yourself hydrated during the hike.

_Use sunscreen – even on cloudy days – to prevent sunburn.

_Respect nature and the habitats of plants and animals; they could be endangered species. Do not pick the plants you find along the path.

_Do not introduce exotic species that may harm the environment.

_Take extreme caution in the event of fire. Do not make a fire outside the stated times and spaces provided for doing so.

_Respect the environment and the other hikers, so that we can all enjoy nature. Agricultural and livestock farms are private property and must not be damaged.

_Only some of the routes are in suitable condition for use by motor vehicles.

_Sport fishing is allowed only with the proper permits.

_Collecting shellfish is prohibited. It is a private economic activity.

_Camping is prohibited.

_Do not bring unleashed animals into protected habitats.