



### **Good Practice Guide for Runners and Companions**

In order to promote changes of attitude based on the Sustainability Policy established for Penyagolosa Trails, which advocates the rational use of resources, defends the principles of respect and care for the environment, human rights, we ask you to:

- Do not throw any residue on the floor.
- Collaborate in the separation at source of the different fractions of waste (recycling), making a correct use of the containerization elements.
- You protect and preserve the natural, social and cultural environment.
- Respect the flora and fauna, avoiding leaving the roads and trails, avoiding shouting or generating other noises, and considering that we are in spring, breeding season and growth.
- Promote ecological, efficient and shared mobility in your journeys in vehicles.
- And in general, respect each and every one of the considerations indicated in the rules of evidence.

For a common challenge: with the sum of small gestures, we achieve great achievements.

Thank you!

