

Recommendations when traveling with the bicycle

- Try to adapt your speed to the speed of the lane where you are driving.
- Circulate primarily on the right in two-way traffic.
- Warn before an advance (using the bell).
- Remember that the speed limit established in cycle lanes and the Greenway is 20 km / h maximum.
- If you advance pedestrians with a bicycle, it is necessary to adjust to the pedestrian speed to a maximum of 10 km / h, and always do so by the pedestrian's left in the direction of travel.
- Do not interrupt the passage to other users.
- Warn of maneuvers and avoids sudden turns. It makes it easier for other drivers to predict your trajectory.
- Respect the priorities of passage and the rules and signals of the route.
- In urban environments do not drive on sidewalks if you can avoid it and respect pedestrians.
- Become visible and signal with the arm before turning or stopping.
- Keep a safe distance with the vehicle (bike or car) in front of you and try not to drive behind buses, trucks or vans, because your visibility is reduced.

On the use of the bicycle

- Adapt the height of the seat to the length of the legs (when the pedal is at the lowest point, the leg should be stretched: so you can take full advantage of the power and avoid injuries).
- Change plate and pinion as necessary. With the small plate and the big pinion you pedal a lot and you advance a little (ascents), with the big plate and the small pinion you advance a lot (descents).
- Choose itineraries appropriate to your fitness and cycling habit. Start in an easy, progressive and safe way.
- Complicated points: if you do not feel safe at some point (roundabouts, complicated crossings, etc.) get off the bike and drive on the sidewalk like any other pedestrian. With practice you will acquire confidence to do all the maneuvers safely.

If you circulate within the Natural Park, remember:



The territory of the Natural Park is almost all privately owned. Try not to hinder the people who live in.



Camping is not allowed. In the area of the Natural Park there are numerous accommodations where you can spend the night.



For reasons of safety and conservation, it is strictly forbidden to light fires.



The maintenance service has to make a great effort to keep the most frequented places clean. Always use the bins or take away the garbage you generate.



Respect the areas of restricted access to only services and neighbors.



The information centers of the Natural Park give special authorizations so that people with problems of access on foot can approach by car to areas of restricted access.