

## BEST PRACTICES

Creation of the *Code of best practice in organizing and holding races and mountaineering*

### Institutional information

Aigüestortes and Estany de Sant Maurici National Parc  
<http://parcsnaturals.gencat.cat/en/aiguestortes>

### Summary

The popularization of mountain races has grown so rapidly that it may imperil the conservation of some of the natural areas they run through. The tendency to carry out these activities in attractive landscapes has, on many occasions, led to the use of protected natural areas as the setting. The authorizations granted by the environmental administrations adapted to the different proposals submitted as no task of common reflection had been undertaken in the of Aigüestortes and Estany de Sant Maurici National Parc.

According to the data provided by the environmental administrations belonging to EUROPARCSpain, protected natural areas host over 1,100 mountain races and other organized collective activities in which the participants go on foot through a route decided by the organization (rambles, hikes, marathons, cross-country races, mountain triathlon/duathlon) and the number of participants in these events exceeds 246,000. There are certainly many more events in our natural spaces, and the number of participants is much greater, but a percentage of these are not recorded or counted by the environmental administrations.

The Code of Good Practice (CBP) is a reference document for planning and celebration of mountain races and marches in the natural environment of Catalonia. This Code aims to be an instrument of help and improvement in the organization and development of the event, including planning, holding, and performing tasks once finished, in order to guarantee compatibility with the conservation of the natural environment and with them activities of the people and the economic actors of the territory.

This CBP has to be one guarantee of a development appropriate and consistent of the races and marches or others recreational activities, which also serve to prevent possible conflicts at territory.

### Background information: How was the situation previous to your actions?

In others parcs or natural spaces nearby big cities, due to the concentration of population the government of Catalonia had to regulate activities in these protected areas. Since 2015, protected areas, natural parcs and the FEEC (Catalan Federation of Excursions entities) made regulations of sports and activities in nature.

Some previous documents of Good Practices:

- *Proposta de Bones Pràctiques per a activitats fisicoesportives al Parc Natural de la Serra de Collserola.* Parc Natural de Collserola, 2015-2016. [http://parcnaturalcollserola.cat/user/ed/FITXA\\_CAMINADA.pdf](http://parcnaturalcollserola.cat/user/ed/FITXA_CAMINADA.pdf).
- *Document de Bones Pràctiques per a activitats excursionistes al Parc Natural del Montseny.* Parc Natural del Montseny, 2014. <http://parcs.diba.cat/documents/155678/5243193/DocumentBonesPractiques.pdf>.
- *Guia de Bones Pràctiques per al desenvolupament de curses per muntanya en espais naturals protegits.* Europarc-España, 2016. <http://parcs.diba.cat/documents/10344/90157350/p00d118.pdf>.

These are some examples of Regulations of sport activities from the CBP:

- *Reglament de les competicions de curses per muntanya.* FEEC, 2016.
- *Reglament de la Copa Catalana de Curses d'Ultraresistència per Muntanya.* FEEC, 2017.
- *Reglament de la Lliga Catalana de Curses de Resistència per Muntanya.* FEEC, 2016.
- *Reglament de la Copa Catalana i del Campionat de Catalunya de Marxes Tècniques i de Regularitat.* FEEC, 2016.
- *Reglamento de competiciones de carreras por montaña.* Federación Española de Deportes de Montaña y Escalada (FEDME), 2015.

The Legislation from the government of Catalonia comes from the 1992:

- DECRET 148/1992, de 9 de juny, pel qual es regulen les activitats fotogràfiques, científiques i esportives que poden afectar les espècies de la fauna salvatge.
- LLEI 9/1995, de 27 de juliol, de regulació de l'accés motoritzat al medi natural.
- DECRET 56/2003, de 20 de febrer, per qual es regulen les activitats fisicoesportives en el medi natural.
- ORDRE PRE/361/2004, de 6 d'octubre, per la qual es modifica el catàleg d'activitats fisicoesportives en el medi natural.
- Acord GOV/112/2006, de 5 de setembre, pel qual es designen zones d'especial protecció per a les aus (ZEPA) i s'aprova la proposta de llocs d'importància comunitària (LIC).
- Directrius per al turisme i el lleure.
- DECRET 30/2015, de 3 de març, pel qual s'aprova el catàleg d'activitats i centres obligats a adoptar mesures d'autoprotecció i es fixa el contingut d'aquestes mesures.

## What were the needs you identified?

Possible environmental impacts of racing and mountaineering

The following are possible impacts on the environment and socioeconomic derived from holding the races and marches by mountain.

Keep in mind that some of these impacts can occur not only during the celebration of the event, but also before and after; for example, through the dissemination of the itinerary and the corresponding frequency or its use for training.

## What solution you found to cover those needs?

After the experiences of others protected natural spaces that already had regulated these sports activities. The creation of CBP of the National Parc took place. This guide helps organizing sportive events in an environmentally friendly way in the national parc territory.

## What actions did you take to reach the solution?

The second part of the CBP helps to organize step by step the step. Showing what do the organizations need to fill and take into account to organize and be authorized these types of events by the governmental authorities in order to minimize impacts in natural spaces. Follow Point 3 of this [guide](#).

### **What is the situation now, after your actions?**

The guide shows steps to follow from the idea to the last requirement to fulfil the application. Joining chronograms, statements and different authorities of the large territory of the National Parc.

### **Main lessons learned along the way?**

After these considerations environmental impact of mountaineering races has decreased. The practice of these activities is organized established with the minimum impact in nature.