

HIKER'S DECALOGUE

1.-**Wear appropriate clothing** (light, wide and comfortable clothes). In winter, don't forget the raincoat. The right shoes are hiking boots, lightweight, comfortable and strong with well protected ankles.

2.-**Bring the right equipment** (hat, sunglasses, sunscreen, flashlight, water bottle and mobile). Apart from these things, it is necessary to carry a kit of first aids (headbands, materials for dressings, needle and thread to treat blisters, paracetamol, anti-inflammatory eye drops).Don't carry purse or bag, only backpack and keep your hands free. The backpack should be small, and easy to carry.

3.-**Do not forget water**, avoid dehydration and to drink from the streams.

4.-**Respect the nature**: leave everything as you found it (take the trash, do not take anything, beware of cigarettes and fires, and do not make any noise that might disturb the animals)

5.- **Respect the marked trails**, shortcuts can damage the ground. Close doors, gates and fences once crossed.

6.- **Try not to go alone** (at least with two people more)and say where you go. Don't leave the group, and if it is necessary, tell someone where you go and take the mobile phone. The emergency number is 112.

7. - **Meals**. Eat food easily assimilated, rich in carbohydrates and some sugar before going out and during the excursion (energy bars, cookies, nuts ...).

8.- **Keep fit**. Do exercises before walking and stretch before and after. Ration the effort during walking. Carry something to eat and save strength for the return.

9 - . **To lower slopes**, look at the slope and stick the heels. Climb with short steps and zig-zag, you can use a cane.

10.- **Plan your trip with a map, see the weather forecast and make realistic estimates for hours**. Do not overestimate you; it is always better to stay below your forces. If you are not sure, ask someone who knows the area you're going to go before you start the excursion. The contact with the inhabitants of each area greatly enriches the experience of the traveler.



MEDITERRANEAN DIET

The diet should be adapted to the condition of life and exercise of each one.

Health, fitness and weight management depend on an adequate and balanced diet such as **THE MEDITERRANEAN DIET**.

The Mediterranean diet incorporates the basics of healthy eating — plus a splash of flavorful olive oil and perhaps even a glass of red wine — among other components characterizing the traditional cooking style of countries bordering the Mediterranean Sea.



The Mediterranean diet is characterized by :

- Abundant plant-based foods like bread, pasta, rice, vegetable, legumes, fruits, potatoes and nuts.
- Eating seasonal foods
- Olive oil can be used to dress salads and to cook.
- Eating a little of cheese or yogurt everyday
- Eating a moderate amount of fish, poultry (as such chicken or turkey) and eggs weekly.
- Red meat only sometimes per month
- Drinking a glass of red wine during meals
- Drinking a lot of water everyday
- Using herbs as a healthy alternative to salt
- Daily physical activity

