

CARES AND ADVICES

It is vital to have a good physical preparation, to those people who venture into remote locations and without resources.

The tracks are classified according to their levels of difficulty, and this must be taken into account by all the participants.

Lack of physical preparation leads not only to a physical warn out but also to an emotional unbalance. Both lead to the reduction of motor coordination and enables injuries and falls to happen more easily.

The success of a good physical preparation is going further distances step by step travelling to achieve without major difficulties, the entire programme.

One should gradually increase the daily distance traveled. The formula to be adopted is :

Day 1 - Browsing 10 % of the total expected distance (slight walk);

Day 2 - Trek 20 % of the total expected distance (Walk);

Day 3 - Scroll 30 % of the total expected distance (Walk + backpack);

Day 4 - Scroll 40 % of the scheduled distance of (Race);

Day 5 - Rest.

The trail, both by distances and by different paths, can be tough, so we need to plan and be physically well prepared.

Factors to consider before starting a track:

- Extension;
- Type of land;
- Drop;
- Signaling;
- Climatic conditions;
- Fitness and experience.



TO BE FIT





FITNESS

Before starting the walk it is advisable to do some stretching to prevent injuries. You should start smoothly, in a regular and ongoing basis, until the body is warm.

You must rest at least five minutes every walking hour.

-- Concentrate--

Look where you step - especially when facing rough soil with loose and uneven rocks.

A poorly given step may cause a fall or injury that forces you to abandon the trail.

FITNESS

You shouldn't be prevented of admiring the culture and natural beauty of the rails due to fatigue, lack of information or physical problems, the outcome of not being in good shape.

Preparation during the trail

- Walk straight.
- Breathing should be slow, continuous and profound, always longer expiration than inspiration.
- Do not move too fast to go all the way and watch what happens around you, not too slow because we lose enthusiasm and break the rhythm of walking.
- In hot days, we start the journey as soon as possible (5 or 6 am) avoiding the most torrid hours.
- The important thing is to prepare the mind, learn to listen to our body and respect its limits.

FITNESS

Stretching exercises

- Perform stretching exercises before, during and after walking.
- Exercises to stretch the trunk, arms and posterior and anterior leg muscles.
- Doing the stretches within our limit and without pain.
- Try to relax while we do gently stretches.
- Breathe naturally and maintain the stretch position for at least 20 seconds without making swings.

Benefits of stretching

- Reduces muscle tension.
- Prevents muscle and joint injuries.
- Improves blood circulation.
- Increases flexibility.
- Extends the joint mobility.
- It strengthens joints and tendons.