

CAMPING ACTIVITIES

#1

REQUIRING PRIOR NOTICE

- Bivouacking and overnight camping.
- Bivouacking is understood as spending the night under little or no shelter.
- Overnight camping is understood as spending the night in a tent that is only set up during the night.

REQUIRING AUTHORISATION

Groups larger than 3 tents or 15 people.



NOT PERMITTED

- Spending more than one night in the same place.
- Staying overnight in caravans within the protected area, outside of spaces specifically fitted out for this purpose.
- Free camping.
- Camping in reserve areas or on the "borreguiles" (areas of wet pastures)
- Camping less than 2 km away from urban centres, tourist accommodation or mountain shelters, unless the latter are full.

During the High Fire Hazard Period (1 June – 15 October):

Camping is only permitted in the upper mountains and not in forest areas.
The use of fire is strictly forbidden. Fire may only be used in spaces enabled for this purpose and outside of the High Fire Hazard Period.

The Natural Area of Sierra Nevada avails of a Controlled Camping Zone (Z.A.C.) in Abrucena (Almería). The Z.A.C is an area of the Natural Park especially equipped for setting up tents for short periods of time.

Requests for notice and authorisation can be obtained at the following email: psierra Nevada.usopublico.dtgr.cagpds@juntadeandalucia.es; Those availing of this service must bring a copy of their communication during the activity.

ACTIVITIES MOUNTAIN BIKES

#2

GENERAL RULES

- Cycle in a moderate way respecting other users.
- Avoid skidding and leaving paths and circuits as these actions accelerate erosion.
- Always wear a helmet and carry basic spare parts.
- Respect signposting. Broken or manipulated signs can cause disorientation and serious accidents.

ACTIVITIES THAT CAN BE CARRIED OUT FREELY

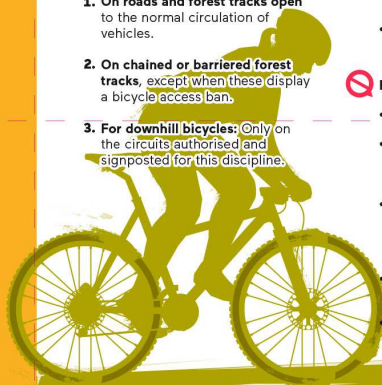
- On roads and forest tracks open to the normal circulation of vehicles.
- On chained or barriered forest tracks, except when these display a bicycle access ban.
- For downhill bicycles: Only on the circuits authorised and signposted for this discipline.

REQUIRING AUTHORISATION

- Competitions, sports events, walks and other public events.
- Activities offered by companies dealing in active tourism.

FORBIDDEN ACTIVITIES

- Cross-country and along firebreaks.
- Along public trails in the Natural Park that are exclusively pedestrian, and that are signposted to that effect.
- Along tracks or walkways in the National Park and along the old track that leads from the Alto del Chorrillo up to the Mulhacén peak.
- Competitions or events inside the National Park.
- Activities with downhill bicycles outside of authorised circuits.



MOUNTAIN SECURITY

#3

ANY TRANSIT IN MOUNTAIN AREAS IMPLIES A HIGH RISK OF ACCIDENTS



BEFORE SETTING OUT ON AN ACTIVITY

- Find out about the characteristics of the area.
- Plan your activity thoroughly.
- For mountain routes, study the itinerary's difficulty and duration beforehand.
- Check the weather forecast in advance.
- Take sufficient water and the equipment necessary for the type of activity to be undertaken.
- Avoid going out alone and take a mobile phone.

DURING THE ACTIVITY

- Start your activity early in the morning to avoid the hours of peak sun exposure or nightfall.
- Do not overestimate your physical fitness or that of your companions.
- In mountain areas the sun's radiation is particularly intense so always use sunscreen, a cap and polarised glasses with a 100% UV filter.
- The water in streams and lagoons is not drinking water.
- Do not take shortcuts or leave the paths as the terrain can be very rough in areas.
- Avoid crossing areas with snow or ice without suitable equipment.
- If you get lost or disorientated (fog, dizziness etc), stay calm and seek help.
- Do not travel at night time or along unknown terrain.



REMEMBER THAT: IT IS VERY DANGEROUS TO TRAVEL OFF PATHS AND TRACKS, TO CROSS AREAS WITH SNOW OR ICE, TO WALK NEAR PRECIPICES, AT NIGHT OR IN ADVERSE WEATHER CONDITIONS.

RESPONSIBLE BEHAVIOUR

#4

Any waste produced during activities must be collected and deposited in areas enabled for this purpose in the towns.

IT IS NOT PERMITTED

To leave any type of rubbish, including organic, in the countryside.

PERSONAL HYGIENE WASTE

The increase in visitors is provoking environmental and health problems in bivouac shelters, recreational areas, trails and other frequented places.

This situation alters the dynamic of the ecosystems and produces a negative feeling in the visitor.

Recommendations for satisfying your physiological needs in a way that is respectful to your surroundings and to other users.

- Move away from areas where people are concentrated such as shelters and other public amenities.
- Pick up wipes or toilet paper and dispose of them in your bin bag. Remember that upper mountain areas are very sensitive to the alteration of natural conditions.
- Try not to leave any trace of your stay in the park.

PROHIBITED ACTIVITIES

- Swimming in the lagoons.
- Washing belongings and household utensils in lagoons and streams.
- Building pens and stone walls. Such activities alter soil conditions and harm plants and animals.
- Picking up minerals, plants and animals.
- Feeding animals or altering their behaviour.
- Altering the natural conditions of peace and serenity in the surrounding environment.

GIVEN THAT THE "BORREGUILES" OF LAGOONS AND STREAMS ARE UNIQUE AND EXTREMELY FRAGILE PLANT FORMATIONS, WE ASK FOR YOUR COLLABORATION TO PROTECT THEM.

A CLEAN SIERRA NEVADA IS MUCH MORE ENJOYABLE

During your stay close gates and fences after you!

+ Info.:



CENTRO ADMINISTRATIVO DEL PARQUE NACIONAL Y EL PARQUE NATURAL DE SIERRA NEVADA / ADMINISTRATIVE CENTRE OF THE NATIONAL AND NATURAL PARKS OF SIERRA NEVADA

📍 Ctra. antigua de Sierra Nevada, km 7. 18191. Pinos Genil (Granada).

✉️ psierra Nevada.sgmaacc.cagpds@juntadeandalucia.es
psierra Nevada.usopublico.dtgr.cagpds@juntadeandalucia.es

☎️ Centralita: /Switchboard phone number: 958 980 238
Uso público: /Public use: 600 169 328

🕒 Atención al público: Lunes a Viernes de 9:00-14:00 h.
Customer service: Monday to Friday from 9am to 2pm

🌐 www.ventanadelvisitante.es • www.ecoturismosierra Nevada.com
www.miteco.gob.es/es/red-parques-nacionales/

📷 @espacionaturalsierra Nevada • @ENS Nevada

📞 En caso de accidente, incendio o emergencia llame al 112
In the event of an accident, fire or emergency, please call 112

Consejería de Agricultura, Ganadería, Pesca y Desarrollo Sostenible

Junta de Andalucía

ESPACIO NATURAL SIERRA NEVADA

SIERRA NEVADA NATURAL AREA



📄 Información básica para la visita
Basic information for visitors

¡PARTICIPA! EN SU CONSERVACIÓN

PLAY A PART IN ITS CONSERVATION!