SPORTS IN NATURE. IS IT FIT FOR PURPOSE?
Guide to Good Practices for Holding Mountain Races in Protected Natural Areas

Guia de boas practicas para a realização de corridas de montanha em áreas naturais protegidas

Carlota Martínez Alandi (EUROPARC-Spain)

6 - 10 September 2017
Guide to Good Practices for Holding
Mountain Races in Protected Natural
Areas

Guía de boas prácticas para la realización
de corridas de montaña en áreas naturales protegidas

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6 -10 september 2017
What is the trend in mountain racing?

- Choice of more spectacular, natural and remote places.
- Increased number of races, participants and diversity.
- Longer and harder races: they increase the capacity of penetration in the territory, the time of permanence and the possibility of generating impacts.
What’s the trend in mountain racing?

- **Private initiative** in the organization of races is growing (business possibility).
- Administrations and other entities, including FEDME, have begun to **regulate and evaluate the phenomenon**, with the elaboration of criteria, conditions, studies, actions, etc.
- The local authorities see mountain races as tools to **make their territories known**.
Guide to Good Practices for Holding Mountain Races in Protected Natural Areas

Mountain races

- Decrease the quality of hábitats
- Rubbish generation
- Soil erosion
- Noise pollution
- Biodiversity loss…
Mountain races

- Decrease the quality of hábitats
- Rubbish generation
- Soil erosion
- Noise pollution
- Biodiversity loss

Can we turn it over?
Mountain races

- Could be a tool to sensitize society?
- Could be a tool to show the value of protected areas?
- Could be an instrument of sustainable development in rural areas?
- Could involve organizers and runners in conservation actions...?
A working group of EUROPARC-Spain was created in June 2015

✔ To analyze the current dimensions of the mountain racing phenomenon in Spanish protected natural areas.

✔ Identify initiatives of good practices related to the regulation, monitoring and evaluation of the environmental and economic impacts generated by these races.

✔ Elaborate a manual to good environmental practices for the development of mountain races in protected areas.
WORKING GROUP: 32 MEMBERS

- 15 environmental administration
- FEDME (mountain federation)
- University
- Experts
- Runners

4 MEETINGS AND A LOT OF WORK BY INTERNET

With the collaboration

With the support
The guide goes beyond the Spanish Mountain Federation concept of "mountain racing"

Any type of collective and organized activity that takes place through protected area, in which the participants go on foot and through a track fixed by the organization, regardless of the distance or difficulty due to the slope of the route.
Some numbers (information provided by members of EUROPARC-Spain)

- More than 1,000 race in 2015. 90% within protected areas
- More than 300,000 runners
- Average of 358 participants per race in protected areas
- Great seasonality (spring and early summer: 47%)

Seasonally marked
Where were most races held?
Holding a mountain race is an opportunity for:

- **Sensitize** participants and viewers on the importance of conservation and **disseminate** the **values of the PA**
- Meeting a **demand from the population**
- Opportunity for **sustainable socio-economic development**
In the celebration of a mountain race must prevail:
• The **conservation** of natural and cultural values
• The **coexistence** between the participants and the inhabitants.
• The **compatibility** of the race with the activities of other users of the protected area.
What do they have to do in the race?

The race is just the event day? Or do they need to plan before it? And also after the event, what do they do?
1. PLANNING AND DESIGN OF THE EVENT

2. HOLDING THE EVENT

3. CONCLUSION OF THE EVENT AND FINAL ASSESSMENT

| ORGANIZER | ADMINISTRATION | PARTICIPANTS |}

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### Guide to Good Practices for Holding Mountain Races in Protected Natural Areas

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**Sign off on the final assessment report.**

**Refund bonds or guarantees**

**Undertake restoration actions**

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**Guidelines for holding the event**

**Draw up the event**

**Report on environmental incidents**

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**ORGANIZER**

**Regulations for competitors (signing)**

**Final assessment report**

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**ADMINISTRATION**

**Guidelines for holding the event**

**Sign off on the final assessment report. Refund bonds or guarantees**

**Undertake restoration actions**

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**PARTICIPANTS**

**Regulations for competitors (compliance)**

**Satisfaction questionnaire (complete)**
Regulations for competitors (Helly Hansen Ultratrail Collserola and Gran Trail de Peñalara)
Regulations for competitors.

1. ORGANIZACIÓN

1.1: La Real Sociedad Española de Alpinismo Peñalara (RSEA Peñalara) organiza el VIII Gran Trail de Peñalara (GTP), prueba de ultrarresistencia en montaña que se celebrará en la Sierra de Guadarrama, con salida y meta en la localidad de Navacerrada (Madrid), sobre una distancia aproximada de 114 km y 10,200 m de desnivel acumulado, con un tiempo máximo para completarla de 28 horas.

1.2: La prueba será Campeonato de Madrid de carreras por montaña Ultra y puntuable para el circuito Spain Ultra Cup según los términos establecidos en el Reglamento de las citadas competiciones.

1.3: Esta prueba tendrá carácter de semi-autosuficiencia, rigiéndose por el presente Reglamento.
The sportive events demand evolution in the Sierra de Guadarrama and especially in the National Park, has grown significantly in the last years. That is why the Management Administrations have considered necessary to agree a regulations framework previous to the one which will be established at the Usage and Management Master Plan (PRUG).

In order to encourage sports in a way compatible with the National Park conservation and visit quality, and in accordance with the current legislation, the Natural Parks Law, the National Parks Master Plan and the Natural Resources Ordination Plans, the following considerations are made:

1. **Commitment with the Visitors**

   The Sierra de Guadarrama National Park aim is the visitor enjoyment based on the Park values, in a compatible way with its preservation. According with that premise, the hiking and contemplation activities will be encouraged and a priority, offering areas to appreciate solitude and the natural environment integrity. In that sense, cultural, artistic, educational and scientific values will be especially attended, giving them priority versus the purely touristic or recreational.

2. **Commitment with preservation**

   The space usage intensity will be adapted to its reception capacity. If necessary, other additional services out of the National Park will be established.

   Any activity not specifically regulated in the Master Plan or in any of the applicable legislations, and requiring a written authorization of the Administration to be made, will be considered extraordinary.

   Any extraordinary activity could not be authorized, if it contradicts the Park regulations, detracts from its values or aims, presents a high-risk of generating personal injuries or damages to the property, and adversely affects the normal behavior of the Park and the resources protection and its usage by the visitors.

   In all the cases, a payment fee might be demandable by the Park Management to celebrate the activity, being the Administration able to fix the tariffs which will cover at least the generated expenses related to the authorization granting and the authorized activities monitoring.

   To obtain an authorization for any extraordinary activity it will be mandatory to present a guarantee bond or an insurance contract subscription by the activity promoter.

3. **Sportive Events Regulations**
Map of Paths for Organized Activities (MACAO) at the Parc del Foix

Parcs de Catalunya
Xarxa de Parcs Naturals

El Parque
¿Qué hacer?
Conocer más
Equipamientos

Trámites

Solicitud para la organización de diversas actividades

Las actividades deportivas, turísticas, educativas y de ocio que se realicen en espacios naturales protegidos, así como las actividades recreativas y de ocio realizadas en entornos naturales, están sujetas a la regulación por parte de la administración pública responsable de la gestión de los espacios naturales protegidos. En el caso de actividades que se desarrollen en espacios naturales protegidos, la solicitud de la autorización para la realización de estas actividades debe ser presentada ante la administración competente.

Nota importante

Es necesario realizar el formulario de solicitud y adaptar los recorridos a los caminos autorizados grabados en el mapa. Ninguna actividad se autoriza si no se adjunta al mapa de caminos que se pueden descargar en formato pdf y shape.

Formulario de solicitud

Mapa de caminos para actividades organizadas (PDF)
Mapa de caminos para actividades organizadas (shape)

Normativa del uso de caminos del Parque del Foix para la realización de actividades organizadas

Recomendación

Se recomienda que aquellas actividades que se realicen dentro del ámbito del parque no requieran de informe, se comuniquen a la oficina del parque por teléfonos o correo electrónico, para poder comunicar o advertir de cualquier incidencia o riesgo que pudiera afectar al desarrollo de la actividad.
Design of the course for a race with multiple routes. Helly Hansen Ultratrail Collserola
Design of the course for a race with multiple routes. Helly Hansen Ultratrail Collserola
Mountain races as a display case for its natural and cultural values

Guerrero de Gredos (Candeleda, Ávila)
Parque Regional Sierra de Gredos
Mountain races as a display case for its natural and cultural values

• The design of the route is born from the knowledge of third generation shepherds.
• They love their landscapes and use the race as a window to show it.
• Social networks are used to send posts about the most important cultural topics.
• The different groups of the zone take part in the development of the race as volunteers.
• Typical products from the town are used as awards for the runners, promoting them.
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Mountain races as a display case for its natural and cultural values

La trashumancia

Reconstrucción de antiguas majadas

Santuarios
Guide to Good Practices for Holding Mountain Races in Protected Natural Areas

THANKS
OBRIGADO
MUCHAS GRACIAS