

# The Hiker's Guide

The Bassa Reggiana area may not feature any notable altitude, and yet it offers plenty of kilometers of flat trails and cycle paths to enjoy. For those looking to train with elevation gain and loss, the floodplain areas are the place to go - where the river and nature freely carve out their own routes.

Before setting off, equip yourself with a few, simple useful tips:

- > Follow marked routes
- > Check river and ground conditions
- > Respect bathing prohibitions
- > Avoid traveling during the hottest hours of the day
- > Bring a water bottle
- > Dress in layers
- > Wear footwear suitable for walking and outdoor activities
- > Don't forget insect repellent
- > Respect wildlife and the land

To get more info, contact the desk at

**IAT Bassa Reggiana**

