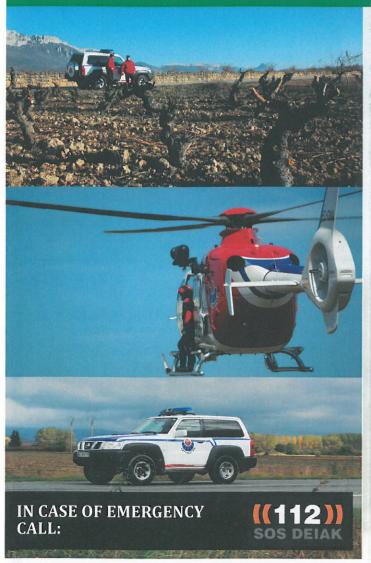
The Basque Country is one of the safest countries in Europe

Along the way, the **ERTZAINTZA** ensures your safety and security



# ERTZAINTZA BASQUE POLICE How to contact the ERTZAINTZA



#### **POLICE STATIONS**

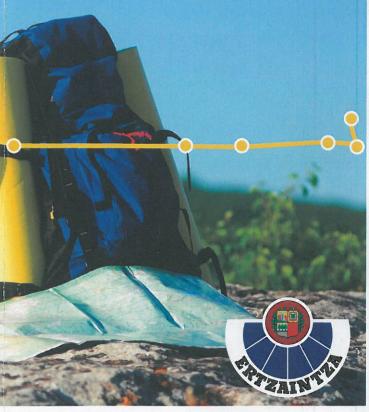
- 1. AZKOITIA: C/Nemesio Otaño. Barrio San Martín. 943 083 780
- 2. ZUMÁRRAGA: Calle de la Estación. 943 534 760
- 3. VITORIA-GASTEIZ: Portal de Foronda, 201. 945 064 219
- 4. LAGUARDIA: Ctra. Laguardia-Logroño, s/n. 945 600 955



### IGNATIAN WAY



### PRACTICAL SAFETY TIPS



## PERSONAL PROTECTION

### As a general rule...

- 1. KEEP YOUR BELONGINGS IN SIGHT.
- 2. KEEP YOUR BAGS AND BACKPACKS **CLOSED** AND CLOSE TO YOU.
- 3. CARRY THE **NECESSARY** MONEY IN A WALLET INSIDE.
- 4. KEEP YOUR **PASSPORT OR ID CARD** IN A SAFE PLACE.

#### In case of theft...

- 1. WRITE DOWN ALL THE DETAILS OF THE INCIDENT.
- 2. DO NOT CONFRONT THE ATTACKER.
- 3. REPORT IT TO THE POLICE.

### ALONG THE WAY

- 1. RESPECT THE **SIGNS** AND DIRECTIONS YOU FIND IN THE AREA.
- 2. IF YOU HAVE A **GEOLOCATION SYSTEM** (Alpify, Whatsapp, etc.) **TURN IT ON.**
- 3. IF POSSIBLE, **AVOID** LONELY AND POORLY-LIT AREAS.
- **4. DO NOT TRUST STRANGERS** WHO APPROACH YOU UNEXPECTEDLY.
- 5. ALWAYS TAKE A **MOBILE PHONE** WITH A **CHARGED BATTERY** WITH YOU.
- 6. IN CASE OF EMERGENCY PHONE 112 📞







- IF YOU ARE WALKING ALONG A ROAD IN A GROUP, WALK IN SINGLE FILE.
- AT NIGHT OR WITH POOR VISIBILITY USE LIGHTS OR REFLECTIVE ELEMENTS.



- USE AN APPROVED HELMET.
- CYCLE ON THE RIGHT SIDE OF THE ROAD AND USE THE SHOULDER; IF YOU ARE IN A GROUP, DON'T RIDE MORE THAN TWO ABREAST AND ALWAYS CLOSE TO THE SHOULDER.



- YOU MUST USE CATTLE TRAILS.
- IT IS ADVISABLE TO GET HORSE LIABILITY INSURANCE.
- AT NIGHT, YOU MUST CARRY LIGHTS IN SUFFICIENT NUMBER TO INDICATE YOUR LOCATION AND DIMENSIONS.
- USE AN APPROVED HELMET.