



### 1) Nature of the activity & inherent risks

I understand that outdoor activities in mountains and natural terrain involve inherent risks, including but not limited to: slips, trips and falls; uneven or unstable ground; steep slopes and exposed sections; rockfall; adverse or rapidly changing weather; low or high temperatures; wind; rain/snow/ice where applicable; reduced visibility; fatigue; dehydration; hypothermia/heat illness; impacts and injuries; and potential delays in accessing medical assistance due to remote location.

I participate voluntarily and accept these inherent risks as part of the activity.

### 2) Health & fitness

I confirm that I am in suitable physical condition to participate and that I have no medical condition that would make participation unsafe. I agree to inform the guide before the start of any relevant limitation, injury, or medication that may affect my safety.

### 3) Safety rules, required equipment & conduct

I agree to:

- Follow the guide's instructions at all times and respect the group pace and rules.
- Bring and use the required equipment communicated for the activity (appropriate footwear and clothing, layers, waterproof protection if needed, backpack, water, food, and any specific safety gear where applicable).
- Notify the guide immediately of any discomfort, injury, or incident.
- Not participate under the influence of alcohol or drugs.

I understand the guide may deny or stop my participation if I do not meet minimum safety requirements or if my behaviour creates a risk for myself or the group.

### 4) Changes for safety (route, schedule, objective)

I understand and accept that the itinerary, timing, route type, and/or objective may be modified or cancelled for safety reasons (weather, terrain conditions, hazards, closures, crowding, participant safety, etc.). The final decision rests with the certified mountain guide.

### 5) Organisation, responsibilities & insurance

I understand that AMUNT organises the activity logistics and group coordination, and that technical leadership and safety decisions during the activity are the responsibility of the certified mountain guide.

The activity includes accident and third-party liability insurance provided by the guide, subject to the guide's policy terms and conditions.

Nothing in this waiver limits any rights I may have under applicable law, nor does it exclude liability in cases of wilful misconduct or gross negligence where such limitation is not permitted.

### 6) Image & video consent (editorial use)

I understand that photos and/or videos may be taken during the Microtrip. I give AMUNT permission to use this content for editorial recap on AMUNT's own channels (website, Instagram, newsletter).

### 7) Acceptance

By registering for the activity, I confirm that I have read, understood, and accept this waiver and the participation terms.

### Meeting Point

Barcelona

### Route Start

Collada Fonda

### Destination

Costabona

### Activity

Guided Hike to Costabona (2,465 m)

### Area

Eastern Pyrenees (between Catalonia and France)

### Route (indicative)

Distance: 14.5 km

Elevation: +900 m

Difficulty: Moderate

Duration: Approx. 7 hours (incl. stops)

Route type: Circular

### Equipment

Mountain weather can change quickly. Bring appropriate clothing, water, food, sun protection and a waterproof layer.

Hiking shoes or mountain footwear with good grip are mandatory. Trail running shoes, sneakers and casual footwear are not allowed.

### Includes

- Certified mountain guide
- Accident & third-party liability insurance (provided by the guide)
- Route planning and group management
- Basic instruction and terrain interpretation

### Conditions

The activity is subject to weather conditions. The guide may modify or adapt the itinerary at any time to ensure group safety.