

## What are Vies Braves?

### **Vies Braves, a pioneering initiative worldwide!**

Vies Braves is a **public network of marine and open water routes** designed for sporting, leisure and educational activities.

The routes **are marked with signs and buoys**, providing a **safe** way of enjoying **open water**. **They turn the coastal landscape into a tourist destination** where people can do open water swimming and snorkelling.

Vies Braves allow you to **combine activities such as swimming and snorkelling** with trekking or running, as most of the routes **run parallel to existing “camino de ronda” footpaths all along the shore**, allowing people to discover the landscape from different perspectives.

In all towns with Vies Braves, **we organise free promotional swimming and snorkelling sessions for everyone**. Our aim is to promote meetups to swim in a group, get people started with open water swimming and try snorkelling. All sessions are **run by qualified, trained instructors**.

This initiative, unique in the world, is a sustainable, quality product designed to foster the landscape as a tourist destination. This type of sustainable tourism boosts the area’s economy and mobility, as well as making it less dependent on seasonal factors.

Sign up for free at: [www.viesbraves.com](http://www.viesbraves.com)

## Vies Braves have something for everybody

- **Nature-lovers:** snorkel and explore the seabed with the immense natural wealth of the Vies Braves.
- **Sport-lovers:** swim enjoying the privileged natural environment of the Vies Braves.
- **Triathletes and swimmers:** Vies Braves are the perfect place for open water training.
- **Free divers and scuba divers:** Vies Braves offer a unique space for training and enjoying your favourite sport.

## The Vies Braves philosophy

- **To bring people closer to the sea** and open water swimming, allowing them to discover beautiful natural environments and underwater landscapes.
- **To promote open water swimming and snorkelling**, promoting healthy physical activities in a safe and beneficial way.
- **To encourage respect** for the environment and help protect the seabed.
- **To boost the area** with responsible and sustainable tourism.