

Madeira – Levada walk – Safety Precautions

A Levada walk is one of the highlights of an outdoor experience when visiting Madeira – there are over 100 extending for some 2000 kms! Some can be very steep and narrow with drops of several hundred meters. It is important therefore that you take the following safety precautions; thus having a safe visit. Remember the weather can change suddenly so it is best to be prepared.

- When taking a Levada walk for the first time it is recommended do that in company of a qualified guide;
- Prepare yourself and collect all the updated information about the route you are planning to follow;
- If you are scared of heights then make sure to do your research before taking a levada walk.
- Calculate the total time you will be spending on that route (so that you will finish the walk before dark);
- Inform the hotel you are staying in or any other reliable person about the route that you plan to do and the expected time of arrival;
- Do not change the course of your planned route;
- Always take something to eat and drink (such as canned fruit juices, chocolate, dried fruits etc.);
- Take extra plastic bags to put in leftovers or rubbish when you do a stop to eat/drink;
- Important that you always carry an electric torch with spare batteries, some levadas include tunnels;
- Take your own mobile phone, even if your operating network doesn't exist in here. You can always call the emergency number 112 and it will search for an alternative net;
- In case of an interruption during a walk (falling rocks, heavy rain or strong winds) go back to the starting point, using the same trail;
- Do not take risks and ensure you are sufficiently fit for the route you take;
- Take a whistle with you and wear suitable clothes and walking boots/shoes with good grip;
- In case of any accident immediately call 112 and if you cannot get through, walk on the same course and keep trying again until you get a connection;
- Should an accident happen stay calm, call for assistance, stating the nature of the incident, the number of people involved and the status of the victims;
- The more information you transmit, the better and more efficient help will be provided.



Take the above advice and have a safe trip In case of emergency Call 112