

Drugs and alcohol.-

In Spain it is forbidden to drive under the influence of drugs or other similar substances.

The maximum alcohol levels permitted are:

Legal alcohol limits	TYPE OF DRIVER	BLOOD ALCOHOL	BREATH ALCOHOL
	Drivers in general	0,5 gr/litre	0,25 mg/litre
Probationary drivers and professionals	0,3 gr/litre	0,15 mg/litre	

Furthermore, in case of showing a breath alcohol level of above 0,60 milligrams per litre or a blood alcohol level over 1,2 grams per litre, it could be considered a crime against public safety as described in the code of justice



QR Alcohol



Speed limits.-

The maximum speed allowed will be that indicated by the speed limit signs in each road.

If there are no signs, the speed limit allowed for motorcycles is as follows:

MOTORCYCLES and CARS			
	BUILT-UP AREAS		
	SINGLE CARRIAGEWAYS		
	DUAL CARRIAGEWAYS MOTORWAYS		

Additionally, if these speeds are exceeded, by 60km/h. per hour in urban roads or by 80 km/h. in interurban roads, it could be considered a crime against public safety as described in the code of justice



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Speed

Brittany Ferries



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GUIDE TO DRIVING A MOTORCYCLE SAFELY

More and more British tourists decide to enjoy the landscape of Cantabria while riding a motorcycle.



Nonetheless, you must always keep in mind that the consequences of a road accident while riding a motorcycle can be much more severe than with other types of vehicles.

This guide includes a series of basic recommendations so that your motorcycle trip while in Cantabria is done in a safe way.

Driving licence.-

The British driving licence is valid in Spain under the following conditions:

- It must not be expired
- The licence holder must be of legal age for driving in Spain
- A period of more than six months has not passed since the holder became resident in Spain

QR Driving
Licence



Protective gear



Helmets are mandatory

It is also recommended to use the following gear:



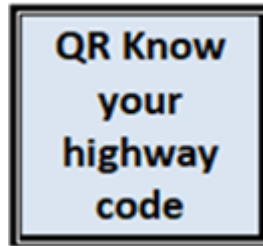
Gloves to protect fingers and wrists



Boots to protect feet, ankles and shin bone




Protective jackets and trousers, preferably of high visibility. Airbag vest



Important advise:

- Respect the rules of the road
- Enter roundabouts by the right and give way to the vehicles already circulating on the roundabout
- When driving in a group, it's not allowed to drive side by side and you must keep a safety distance
- Very often, accidents occur by distraction while contemplating the views. Stop at viewing points and parking areas off the road to park your motorcycle and then enjoy the scenery
- It is compulsory to use your short beam lights 24 hours a day
- Be careful in mountain roads, there may be shady and have wet spots, loose animals or other elements that make driving difficult
- Make sure luggage is secured and it's weight is balanced correctly. In the case that you have luggage out of bags, make sure it's well fixed so it doesn't move or fall and it doesn't get in the way of your driving
- Avoid sleepiness and tiredness. It is recommended to make a stop every two hours of driving

IN CASE OF A ROAD ACCIDENT

PROTECT	ADVISE	HELP
Firstly protect yourself before helping and protecting others. Park in a safe place.	Report the accident to the emergency services.  062 112	Help people who may be in danger and apply first aid to them as necessary
Have the answers to the following questions ready: - What happened? - When did it happen? - Where did it happen? (location as exact as possible) - What is the state of health of the persons involved? - What means of communication or liaison do we have if further information is required?		

