BOOKLET · 04 — BEST PRACTICES & THE ENVIRONMENT

The trail welcomes you. Please respect it.

6 simple rules. A thriving garden.
A shared responsibility.

LEAVE NO TRACE · 3 COUNTRIES · +20,000 HIKERS / YEAR

✦ THE RULES

The 6 rules of the Tour.

Every summer, the Mont Blanc massif welcomes tens of thousands of hikers. If everyone follows these six simple steps, the trail will remain just as you'd like it to be: **wild, clean, and full of life.**

01

Pick up all your trash.

All of it, without exception. Tissues, banana peels, cigarette butts, energy bar wrappers. An orange peel takes two years to decompose at high altitudes. A wet wipe can take up to five years.

02

Stay on the marked trail.

Cutting a corner may seem harmless. But when multiplied by 70,000 pairs of shoes, it creates a parallel trail, kills vegetation, and erodes the soil.

03

Do not feed wildlife.

A marmot that eats bread loses its instincts. A ibex that gets used to humans becomes vulnerable. Observe from a distance; never reach out your hand.

04

No fires.

Dead wood nourishes the soil and provides a habitat for microfauna. Above 2,000 m, fires are prohibited and dangerous: the low-lying vegetation burns like straw.

05

Be respectful of herds and sheepdogs.

You will be passing through inhabited mountain pastures. Keep your distance from herds, speak calmly to sheepdogs, never run, and do not act aggressively.

06

Camp only at authorized sites.

Camping is permitted between 7:00 p.m. and 7:00 a.m., except in protected areas. In France, Italy, and Switzerland, each country has its own rules.
Find out more here : *montourdumonblanc.com*

✦

A clean mountain isn't a matter of luck. It's a decision made by those who traverse it.

COHABITATION

Walking is also about living together.

The Tour is never deserted. You'll come across **herds of animals, crowded mountain huts, fellow hikers from all over the world**, chamois as you round a mountain pass, and sometimes a shepherd in a pickup truck on his work route. Everyone has their place, and so do you, as long as you take it in stride.

At the mountain hut

Generally, arrival times are between 4:00 p.m. and 7:00 p.m. (each hut has its own rules), and shoes are left at the entrance. Dinner is served at the large communal table around 6:30 p.m.: a precious moment when languages mingle and advice is exchanged. Lights out around 10:00 p.m. Wake up early: plan to leave around 8:00 a.m., and pack your bag the night before to avoid disturbing the sleeping dormitory the next morning.

Wildlife

Marmots, chamois, ibex, bearded vultures: this mountain range is one of the most biodiverse in Europe. Observe and photograph them from a distance; never approach them. In the spring and fall, during calving and mating seasons, extra caution is required, please leave the animals undisturbed.

With other mountain users

On the trail, hikers heading uphill have the right of way. A greeting, a smile, a piece of advice, or a helping hand are all part of the TMB spirit. In the mountains, **solidarity is an essential value: everyone looks out for one another and contributes to everyone's safety.**

Also, remember to be respectful of local residents and mountain professionals. You may occasionally encounter vehicles, herds, or guard dogs. The trails are also their workplace and part of their daily commute.

A MATTER OF WATER

High-altitude springs are precious but fragile. Never wash there with soap, even if it's biodegradable. Stay at least 50 meters away from any water source when relieving yourself, and bury your organic waste.

✦ THE ESSENTIALS

Key Takeaways.

01 · LEAVE AS IS

Respect

Do not feed the animals, do not pick the flowers.

Leave the trail just as you found it.

02 · LIVING TOGETHER

Share

Herds, shepherds, wildlife, rangers, other hikers.

A mountain is a shared living experience.

03 · PRESERVE

Protect

Water, soil, silence.

Three fragile treasures that make up the beauty of the Tour.

✦ A FEW FINAL WORDS

Now you're ready.

In four booklets, we've covered everything that matters before setting out: understanding the Tour, preparing your body and mind, choosing your gear, and respecting the mountain range.

As for the rest : **the light at the Col du Bonhomme at 6 a.m., the silence of the Val Ferret, sharing a cup of coffee in Courmayeur, the blissful exhaustion in the evening at the mountain hut,** no one can prepare you for that. It's the adventure you're about to experience that matters.

Enjoy your trek along the trails of the massif.
The Tour du Mont-Blanc Team

SEE YOU SOON ON THE TRAIL

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