

My hike in the Pays du Mont-Blanc,  
I prepare it beforehand,  
I live it intensely during,  
I remain rich afterwards!  
And during my stay,  
I practice...  
Good Practices !!!

For my accommodation,

- ✓ I have booked in advance
- ✓ I have informed my host of any special dietary requirements
- ✓ I inform my host as soon as possible if I am unable to attend or if I am late

For my hike,

- ✓ I respect the silence of the place,
- ✓ If I miss the music, I put on my personal headphones
- ✓ On the way, I understand that people going up have priority

For my picnic,

- ✓ I have brought a reusable bag to carry it
- ✓ When I leave the refuge, I only take what I will eat
- ✓ On the mountain or in the refuge, I keep my rubbish and dispose of it in an appropriate place
- ✓ At the end of the stage, I look for a composting point, recycling bins and a bin for my other waste.

For my wet clothes,

- ✓ I drain them outside before returning
- ✓ I look for a place to dry them
- ✓ I do not wear my hiking boots in the building

For my well-being,

- ✓ I listen to my host's recommendations and respect the schedule
- ✓ I leave my backpack on the floor and do not put it on my bed

For my night,

- ✓ I have brought my sheet, for my own comfort and for the hygiene of the place and of everyone
- ✓ I also took my indispensable "earplugs", of course !

For my survival and that of the planet,

- ✓ I save water
- ✓ I use it in moderation to wash my clothes and dishes in the places provided for that purpose
- ✓ I take my shower with reason and respect for others

For my connection to the world,

- ✓ I share my day and my adventure in all discretion
- ✓ I charge my phone if possible, but I am able to survive without batteries and without internet...

But I also and above all,

- ✓ Give a little help if needed
- ✓ Check that I have paid my bill before leaving
- ✓ Respect these places that welcome me
- ✓ Respect their cleanliness
- ✓ Respect my neighbours and fellow hikers
- ✓ Respect my hosts who work hard and have long days,

because even the passion of all does not prevent fatigue!

Have a great hike in the Pays du Mont-Blanc !

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