

# PREPARE YOUR HIKE PROPERLY IN

# 10

# STEPS



## 1 Do the test

"Which hikes are made for you?"

<https://www.savoie-mont-blanc.com/randonnee/>

## 2 Being accompanied

by mountain professionals

Choose an outing with **mountain professionals**: in Sallanches, our **guides and leaders** offer a wide range of guided tours, providing comprehensive expertise on the alpine environment and nature. Inquire at the tourist office to register.

## 3 Hiking maps

If you want to be independent, **prepare your route** with **hiking maps or guidebooks** available at our tourist office or specialized stores; also, plan your round-trip walking time.

## 4 Recommended websites

Cirkwi, Camp to camp, IGN rando, Visorando...

## 5 Le "Prism" website

Use the "Prism" site, which consolidates information on a single quality website: <https://tiny.cc/GoPRISM>

## 6 The weather

For any hike, check the weather before you go: **météoblue** or **météo France**.

## 7 The herds

Also, inform yourself about the location of protection dogs with "MapPatou": <https://www.pastokezako.fr/ou-sont-les-chiens-de-protection/>

## 8 Recommended equipment

Wear appropriate clothing for your outing **based on the season and the weather forecast**, and plan for **multiple layers and changes** of clothes (rain gear, warm clothing, windbreaker). Sturdy shoes with good soles, **walking sticks**, water, snacks (cereal bars, dried fruits), sunglasses, sunscreen, cap or hat, a fully charged mobile phone + external battery (solar recommended), a small **first aid kit**, an **IGN map** of the area.

## 9 Safety

Start early for cooler temperatures and parking availability. If you're hiking alone, inform your loved ones and **share your itinerary**. Leave a note on your car windows with date and time of departure and location of the hike.

For emergency services: call **112**, and if the network is poor, use 114 (send an SMS).

## 10 Marked routes

Always **follow marked routes**. Even if a path seems passable but is not indicated on the map and unmarked, it could be dangerous and used by wild animals.

## 11 Hunting

The hunting period generally lasts from September to the end of January. Wear a yellow vest during this time to be easily spotted. You can also use the following site: <https://www.chasseco.fr/>



**Sallanches tourisme**  
LA VILLE AU PAYS DU MONT-BLANC



summer/autumn