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# BE A MOUNTAIN HERO!

*THE MOUNTAIN ENVIRONMENTS WE  
LOVE ARE IN DANGER. LEARN WHAT  
TO DO AGAINST CLIMATE CHANGE,  
BIODIVERSITY LOSS AND POLLUTION.*

10

SIMPLE STEPS  
YOU CAN TAKE  
TO PROTECT OUR  
MOUNTAINS



# INTRODUCTION

Mountains are special places. They provide clean air, unique nature, fascinating local cultures, amazing views and the chance to take part in exhilarating sports. But all around the world the mountain environments we love are in trouble. The climate crisis is shrinking glaciers and reducing snow fall, while loss of wildlife, erosion and pollution are affecting mountains everywhere. Yet we all have the power to act.

Whether you visit the mountains for hiking, mountain biking, skiing, boarding, skating, ice climbing or just to enjoy the scenery, follow these ten simple steps to help protect these unique places for the future.



# BEFORE YOU GO



## CHOOSE A GREENER RESORT

Snowsports can have a big impact on the environment, but some resorts are taking steps to be more eco-friendly. Before you book, ask your travel agent which resorts and accommodation options have strong environmental and sustainability policies, or do some research online. Look for resorts using renewable energy, promoting public transport and reducing other environmental impacts, such as those from artificial snow.



## CHOOSE BETTER CLOTHING AND SPORTS EQUIPMENT

Everything we buy uses precious resources and has an impact on the environment – our mountain kit is no exception. Whether it's your skis, snow board, jacket or gloves, try to choose good quality and long-lasting clothing and equipment from companies with strong sustainability policies. Keep using your kit for as long as possible and repair it when you can. Whenever you have to replace it, look for clothing and equipment made from sustainable and recycled materials. Dispose of your old kit responsibly.

# GETTING THERE



## MAKE IT REUSABLE

Plastic pollution is affecting streams, rivers, landscapes and oceans across the world – bad news for both wildlife and people. Cut down on plastic waste by bringing a reusable water bottle and cutlery on your next mountain trip. Pack your food in reusable containers or wraps and take all your rubbish home. Want to do more? Challenge yourself to make your whole trip plastic-free!



## SHRINK YOUR TRAVEL FOOTPRINT

More and more people are choosing 'conscious travel'. That can mean spending more time in one place, really getting to know a location rather than visiting lots of tourist hotspots. Or it can mean choosing not to fly or drive, and taking a different route to your destination, enjoying the journey and savouring experiences and landscapes along the way. Good for you and better for the planet too!

# IN THE MOUNTAINS



## STAY ON THE RIGHT TRACK

Mountains may look tough, but their plants, soils and habitats can be very fragile. By sticking to marked routes, you're helping to protect the wilderness of the mountains, leaving more space for wildlife. Make sure there is enough snow cover before you ski.

Be extra careful at night and when it's dark, as you're more likely to disturb nearby animals. Never enter protected areas – you may disturb animals during hibernation.



## TAKE NOTHING BUT PHOTOS

Make sure the only things you take home are photos, videos and good memories. Always leave plants and rocks where they are. You'll be protecting the unique mountain ecosystems, so they are there to enjoy on your next visit. Nature looks better in the mountains than in your living room!



## LEAVE NO TRACE BEHIND

Litter doesn't just look horrible. It harms wildlife and pollutes streams and rivers. Even the smallest bits of waste have an impact – like the chemicals in cigarette butts, which pollute the soil and groundwater.

Whether you're skiing, boarding or biking, always take your food and rubbish with you. Feeling really responsible? If you come across litter, pick it up and put it in a bin. Be careful when disposing of potentially toxic products like batteries and aerosols. If you can't find a suitable recycling bin, take this rubbish back home for safe disposal.

If you reach the pristine high mountain environments where the snow never melts, you must take even more care.



## KEEP THE WATER CLEAN

Spending the night in a campsite or mountain cabin? Make sure you're a good guest.

Mountains are water towers and flow to our cities and towns. Reduce the use of soap, only apply biodegradable liquids to prevent pollution, don't throw anything in the water and package all food.

Only set up camp in established campsites and be extra careful when lighting campfires.



## BUY BETTER, BUY LOCAL

Eating out or buying supplies? Visiting small local shops and markets will give a boost to the local economy. Don't forget your reusable shopping bag!

Support local farming communities and help the environment by opting for locally grown and prepared food.

Want to buy a souvenir? Look for something that is handcrafted locally or made from local sustainable materials. Never buy products made from wild animals and endangered species.



## SPEAK UP FOR MOUNTAINS

Use your voice to encourage positive change. Whenever you travel or shop, ask businesses for their sustainability policy. Don't be afraid to make suggestions. Share your tips on how to be a mountain hero with your friends and family, or join an environmental organization. If you see someone breaking the rules, ask them politely to stop and explain why it matters.

Together we can protect mountains for ourselves and for future generations to enjoy.



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