

10 practical tips for mountain hiking



1. Don't start your mountain hike without a careful tour planning. Find out about the hiking route and the weather conditions.
2. Take the right equipment for your hiking tour and leave unnecessary equipment in your room.
3. The first hikes of your hiking holiday should help you to get used to the alpine environment. Your body needs a few days to acclimatise at altitude.
4. Do not forget to take regular breaks during the hike.
5. Drink plenty of water during the mountain hike, even if you don't feel very thirsty, and eat enough.
6. Adapt your walking speed to the alpine terrain. Walk much slower uphill than on plain ground. Take smaller steps when walking uphill.
7. If you can still have a relaxed conversation while walking, then you have found the right walking speed for a long and continuous performance.
8. If you take medicines regularly (e.g. asthma medicine), do not forget to take them with you when hiking in the mountains.
9. In case of emergency, keep calm and call the mountain rescue service. Emergency call 144; Alpine distress signal (LIGHT SIGN); European emergency call 112; Mountain rescue 140.
10. Do not forget to appreciate the beautiful surroundings with all your senses.

