

### Path classification

- T**= easy route on clear track or path, suitable for beginners
- E**= path across typical mountainous terrain, often rocky and with considerable ups and downs
- EE**= difficult route with some exposure and prolonged ascent/descent; experience recommended
- EEA**= climbing route with fixed aids; appropriate gear and experience essential

### Ascent/descent and distance. How important are they?

**Ascent/descent:** this is the height gain and loss covered in a route; check on the map and calculate the difference between the altitude you aim to reach and the altitude where you'll start walking; this will give you the metres you'll need to ascend; don't forget to take into account gradient, intermediate ups and downs, and the same amount in descent afterwards.

**Distance:** path length in kilometres; walking maps are usually 1:25000 scale, which means that 1 cm corresponds to 250 metres, thus 4 cm are 1 km.

### Responsible walking

- Take your rubbish back with you.
- Don't light fires in the woods.
- Don't make unnecessary noise.
- Remember that graffiti on trees and rocks are pollution.
- In refuges and bivouac huts behave as you would at home.

[www.montagnamicaesicura.it](http://www.montagnamicaesicura.it)

This project was made possible by:



CLUB ALPINO ITALIANO



## project MontagnAmica e Sicura



### MontagnAmica e Sicura (Mountains - Friendly and Safe)

an ambitious project of the Italian Alpine Club, Mountain Rescue and Alpine Guides together with all the groups working for accident prevention and training.

### 75% of summertime accidents are caused by slipping on a slope.

KEEP THIS LEAFLET if you plan on spending time in the mountains this summer: it lists essential hints for safe excursions.



**MONTAGNAMICA e SICURA**  
PROGETTO PREVENZIONE E SICUREZZA  
CAI - SOCCORSO ALPINO - GUIDE

## Do you want to go on an easy hike?

### Note:

1



Read the **weather bulletins** for the area you intend to visit at least 3/4 days before your trip. If you are not sure how to interpret them, ask an expert to help you. Pay particular attention to storm warnings.

2

**Prepare the hike by consulting books or websites** to identify the actual technical difficulties as listed below. For more information contact local sector operators such as guides, emergency rescue operators and mountain hut personnel.



3



**Even if the trip is simple** (for example, looking for mushrooms), always wear suitable footwear with moulded non-slip soles. Always take additional clothing in case the weather changes.

4

**Take a topographical walking map** of the area and a compass. Remember that when orienting the map, the part at the top must point northwards as indicated by the compass.



5



**Always set out early**, consider that in the summer storms are more frequent in the afternoon. Bear in mind that changes in the weather and crowding on some itineraries may increase the time taken.

6

**Pay attention to the path you have chosen and stay on it at all times.** CAI paths are usually numbered and marked as shown alongside. Do not take shortcuts as this damages the terrain.



7



**Always take your rubbish back down with you;** learn about the environment in which we are merely guests and do your best to preserve it and improve it for future generations.

8

**If an accident occurs, telephone 118 immediately** and answer all the operator's questions calmly. Make the accident victim as comfortable as possible and avoid leaving him or her alone, protect from the cold. Do not attempt procedures you are not familiar with.



## Do you want to go on a demanding hike?

### Note:

1



**Start reading the weather bulletins** for the area you intend to visit at least 3/4 days before your trip. If you are not sure how to interpret them, ask an expert to help you. Take particular care if storms are forecast. Consider possible alternatives depending on the time available and expected.

2

**Prepare the hike** by consulting books or websites to identify the technical difficulties. Always assess the elevation difference and length of the route and your chosen companions. For more information, contact local mountain guides, rescue operators or mountain hut personnel.



3



**Prepare your backpack appropriately.** Always take sunglasses, hat, gloves, a fleece jacket and a waterproof jacket. Remember that air temperature drops by about 6°C every 1000 m of altitude. Remember to take a first aid kit and change of clothes. Always wear suitable footwear with moulded non-slip sole.

4

**Always take a topographic map of the area and a compass.** Remember that when orienting the map, the part at the top must point northwards as indicated by the compass. Do not forget a description of the route.



5

**Always stay on the paths.** CAI paths are usually numbered and marked as shown alongside. Do not take shortcuts as this damages the terrain.



6



**Always assess the difficulty of the hike and your fitness,** consider that a fit walker with average equipment takes about one hour to cover an elevation gain of 300 m.

7



**Always set out early.** Consider that in the summer storms are more frequent in the afternoon. Bear in mind that your fitness, the difficulty of the route, changes in the weather and crowding on some itineraries may increase the time taken.

8



**Eat a good breakfast before setting out,** avoid carrying unnecessary weight in your backpack, dried fruit and nuts and high energy sugar rich foods are best. Soups or pasta are best eaten in the evening.

9



**Take your rubbish back down with you.** Learn about the environment in which we are merely guests and do your best to preserve it and improve it for future generations.

10



**If an accident occurs,** telephone 118 immediately and answer all the operator's questions calmly. Make the accident victim as comfortable as possible and avoid leaving him or her alone, protect from the cold. Do not attempt procedures you are not familiar with.



## Do you want to follow a via ferrata?

### Note:

1



**Start reading the weather bulletins for the area** at least 3/4 days before your trip. Remember that during storms, the iron fixtures attract lightning; if storms are forecast, it is preferable to cancel your trip.

2



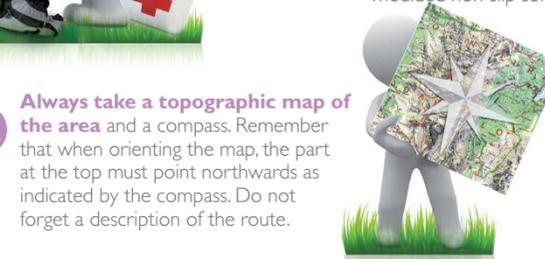
**Prepare the trip by consulting books or websites** and consulting local experts. Always consider the elevation difference, length of the route and your companions. The physical and psychological fitness of everyone is important as a number of via ferrate are genuine mountaineering routes.

3



**Prepare your backpack appropriately!** Always take hat, gloves suitable for a via ferrata, fleece jacket, waterproof jacket and sunglasses. Remember that air temperature drops by about 6°C every 1000 m of altitude. Remember to take a first aid kit and change of clothes. Always wear suitable footwear with moulded non-slip sole.

4



**Always take a topographic map of the area and a compass.** Remember that when orienting the map, the part at the top must point northwards as indicated by the compass. Do not forget a description of the route.



5



**Always stay on the paths.** CAI paths are usually appropriately numbered and marked in red-white-red. Often the indications continue along the via ferrate, usually with clearly visible orientation marks.

6

For your safety, while on the path, **always wear a harness, helmet and approved "Y" kit for vie ferrate.** Always anchor yourself to the metal fixtures using the two snap shackles. Avoid a number of people anchoring together in the same section between rungs.



7



**Avoid walking or climbing on your own.** If you do so, always let someone know where you are going by informing personnel at the mountain huts you will pass through and filling in the book in the hut and/or bivouac; consider that a fit hiker with average equipment takes about one hour to cover an elevation gain of 300 m.

8

**Descent** The most delicate moment of your trip may prove to be the descent which deserves as much concentration as the ascent as relaxation caused by tiredness may lead you to make dangerous mistakes.



9



**If an accident occurs, telephone 118 immediately** and answer all the operator's questions calmly. Make the accident victim comfortable as far as possible and avoid leaving him or her alone, protect from the cold. Do not attempt procedures you are not familiar with.

10

**N.B.: you can obtain adequate training to follow these routes safely by attending a course organised by the CAI or contacting the mountain guides.**

