

## **SAFETY REGULATIONS TO CLIMB CHRISTOFFEL MOUNTAIN**

You are about to climb the Christoffel mountain. Read our safety instructions carefully, sign it and hand it back in at the cash register before climbing the mountain. Signing is mandatory!

### **1. Preparation for mountaineering**

The Christoffelberg is a tough climb and you need a good condition for this. You shouldn't underestimate this. The mountain can be climbed from 6 a.m. to 10 a.m. We do this consciously because of the heat. We also recommend:

- At least 2 liters of water per person. If you do not have enough water with you, you can buy water at the cash register.
- Good (mountain) shoes
- A cap or hat against the sun and sunscreen
- A charged phone
- Eat enough on the go so that you can maintain your concentration and fitness and take plenty of breaks. It takes an average of an hour to climb the mountain to the top and also an hour down. Preferably go during the week. On weekends it is often busier.

### **2. Mountaineering is healthy and fit**

Mountaineering can only be done if you are healthy and fit. If you are on vacation, make sure to acclimatize sufficiently before making the climb. Did you go out last night and drink a little too much and sleep too little? Then choose another day to climb just to be sure.

### **3. Self-knowledge**

Don't push your limits. That keeps you safe. Stay on the designated route and do not deviate from this. On the mountain there are several sections of high difficulty, if these pieces are too difficult for you, stop climbing and do not go beyond your own limits. Don't just go mountain climbing. Better safe than sorry!

### **4. Take each other into account**

The trip is of course only a success if everyone enjoys it. So always keep a close eye on everyone and do not do dangerous things. It is sometimes busy on the mountain, take each other into account. Give each other the space to climb safely and, if necessary, let others pass in a safe way.

### **5. Routes to the top**

There are near the top two routes you can take. At the route on the right around the mountain you will be guided along an abyss. If you suffer from a fear of heights, this may not be the best route for you. At the route that goes left around the mountain, you will not pass here.

### **6. Weather and rain**

In case of rainfall, we close the mountain and / or the park for safety reasons. But sometimes it can also happen that you are already on the mountain when it starts to rain. This creates the chance to slip. So keep this in mind.

Did you take a nice picture during your climb or at the top of the mountain? Tag us @christoffelnationalpark and who knows, maybe your photo will be shared on our socials!

In case of emergency, please call this number: **+5999 8640363**. Save this number to your phone!

If you agree with the following, please fill out the form and sign it

- Yes, I have read the above information and follow the safety regulations to climb the mountain.
- Yes, I am in good shape and have no medical problems (not even recently)
- Yes, I have enough water with me and the right equipment to climb the mountain

Date:..... Time:..... Name:.....

Telephone number:..... Signature:.....