

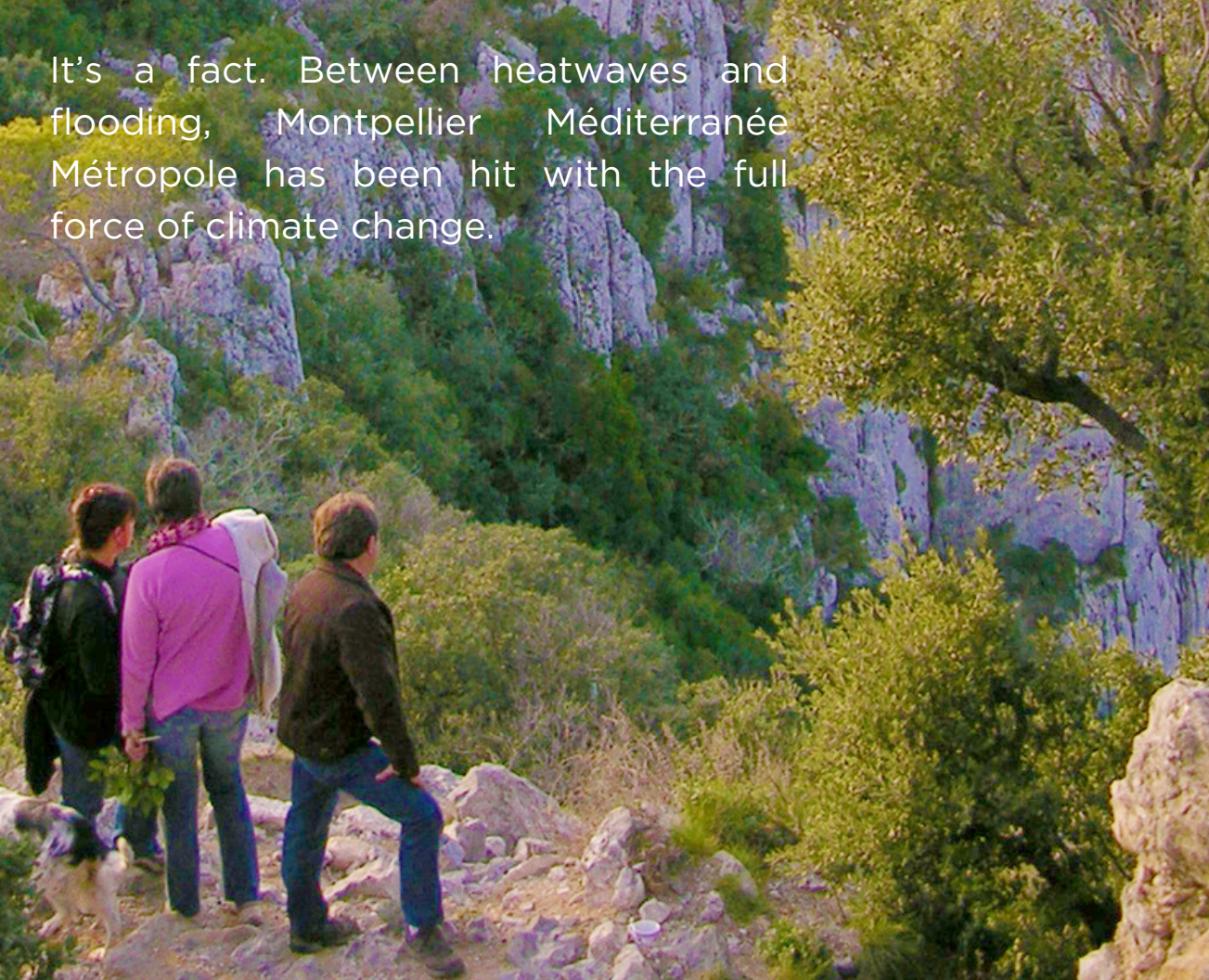
MONTPELLIER




montpellier
méditerranée
Tourism & Conventions

**Choose a
sustainable
stay**

**Sustainable visitor and
traveller charter**



It's a fact. Between heatwaves and flooding, Montpellier Méditerranée Métropole has been hit with the full force of climate change.

WELCOME!

To make the most of your experience here, please respect the land, fauna and flora you encounter, the people you meet, and the tourism professionals hosting you. Remain polite and courteous in all situations.

Locals in Montpellier and its metropolitan area are very welcoming. They are happy to provide help when needed and share with you the best of Montpellier Méditerranée Métropole!

Please respect the local residents and their living environment. Welcome to our region!

OUR TIPS FOR A SUSTAINABLE STAY WHILE HAVING A POSITIVE ENVIRONMENTAL AND SOCIAL IMPACT ON OUR REGION



“Leave only footprints and good memories.”



OUR REGION IS IDEAL FOR SLOW TOURISM!

Enjoy a slower pace of life during your holiday and take the time to truly experience everything.

Choose to boost your health by walking, head to the beach on a bike, and take a tram, taxi bike or other 'soft' modes of transport to get around.

If you can, give your car a rest during your stay. Try a new experience with new ways to get around.

ASSESS YOUR TRANSPORT IMPACT WHEN TRAVELLING

Travel by train to our area and when exploring the Occitania region. The St Roch central train station and Sud de France TGV station are connected to the TA network (Montpellier metropolitan tram and bus).

ACCOMMODATION

Which eco-friendly certifications should you look for? Clef Verte, EU Ecolabel are a few of the best. Follow the recommendations provided (19°C for heating and 26°C for air conditioning are reasonable settings). Remember to turn off lights and decline daily housekeeping if offered. If you are a cycling tourist, accommodation providers that hold **Accueil Vélo** certification are perfect for you. And if you are looking for accessible accommodation, **Tourisme & Handicap-certified** establishments offer you independence during your stay



DINING OUT

Opt for dishes made with fresh seasonal ingredients that are as local as possible. And why not try a vegetarian dish from time to time? Or choose white meat over red meat.

NEW CONSUMER HABITS

Ask yourself where the 'local' products really come from. Ask about the composition and origin of materials. Buy useful, quality souvenirs made with interesting manufacturing processes (local handicrafts, durable materials, recycled, etc.).



DO YOU KNOW ABOUT OUR LOCAL CURRENCY?

Using the Graine means **maintaining the wealth produced in our region** (Graines are only intended to circulate between local economic players). As well as **promoting short supply chains**, each graine in circulation has its equivalent in euros in an **ethical bank, which finances virtuous local projects**. Finally, it means **benefiting from a network of professionals committed** to developing their practices in line with ecological and social values.

HOW DO I USE IT?

1-I register using [the application](#) or at an [exchange counter](#).

2-I exchange my Euros for grains (1 graine= 1 Euro)

3-I buy goods or services from [retailers and businesses in the network](#).

MY CHECKLIST FOR A ZERO WASTE PICNIC

- 1- Take your own water bottle! If not, remember to bring one or more water bottles for drinks.
Wine lovers? Choose or ask for a returnable glass bottle of wine.
- 2- Use reusable or stainless steel cups
- 3- Cook homemade meals or buy meals that are easy to take away and eat (sandwiches, salads, fruit, cakes)
- 4- Use reusable cutlery and lunch boxes (preferably glass), you can cover your salad bowls with fabric or beeswax-based cling film.
- 5- Use cloth napkins to limit and reduce waste. You can also use them to wrap your sandwiches!
- 6-Transport everything in a reusable cool bag, shopping bag, basket or totebag !

Don't have any of these? Come and visit us in our responsible shop!

PUTTING THE MONETARY SYSTEM BACK AT THE SERVICE OF THE GENERAL INTEREST

Complementary local currencies are a local alternative to the Euro. They are not used to speculate on the financial markets, nor do they allow tax evasion or the financing of activities that are often ecocidal and unethical throughout the world.





HELP CARE FOR THE ENVIRONMENT

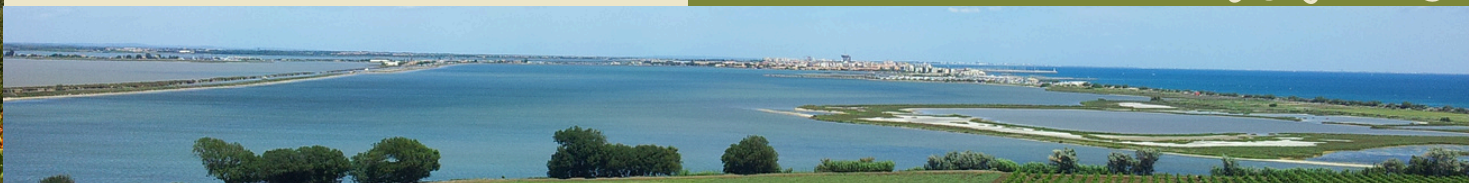
Choose eco-friendly, sustainable activities, park only in suitable parking spaces, check that camping or bivouacking is allowed, and collect all your waste and sort it according to local rules for recycling and waste disposal.

HELP PREVENT POLLUTION

Choose ride sharing when travelling anywhere not serviced by a sustainable mode of transport or public transport.

HELP PREVENT FIRES

Do not light any fires, smoke, or drop cigarette butts or matches.



TO AVOID WATER SHORTAGES

Here, our regions are subject to extreme heat and periods of drought. The risk of a shortage of drinking water is very high in the Hérault, particularly in summer, due to the drying up of groundwater. In 2050, Montpellier Méditerranée Métropole's climate will be like that of Seville in Spain. Consume differently, don't waste water, turn off the taps, take a shower rather than a bath....

MEET PEOPLE AND EMBRACE AUTHENTICITY

Support local distribution networks. Visit local vineyards and markets to meet local producers in person.





HELP PROTECT ECOSYSTEMS

Help protect the marine fauna and flora by using eco-friendly sunscreen (25% of cream dissolves in the water!). You can also use less sunscreen by swimming in a t-shirt

BEACH SOUVENIRS

Did you know that pebbles protect flora and fauna from swell and erosion? Collecting sand, shells or pebbles can weaken beaches and local fauna. Conversely, collecting driftwood or frosted glass is seen as a way of cleaning up beaches. Make sure you respect nature and local rules

HELP MINIMISE CROWDS AND REDUCE THE IMPACT OF TOURISM

Choose to visit sites during less busy times and seasons. Keep to marked trails and do not walk through undergrowth along rivers



Do not pick protected plants, or take any sand, shells or pebbles as souvenirs.

Cyclists, please respect nature and other users.

HELP PROTECT SPECIES

Do not disturb any bird nests, especially in spring during the reproduction season. Use binoculars to observe them rather than getting too close. Go bird watching in the morning, when the birds are more active and the temperature is cooler. Keep pets on a lead, especially during the nesting season (April to July).





REDUCE PLASTIC

Take a reusable drink bottle that you can refill, ask for eco-cups, carry a tote bag made from a natural material (linen is less polluting than cotton), and use a recyclable shopping bag for your groceries and market purchases

MANAGE AND RECYCLE YOUR WASTE

Whether you are a holidaymaker or a local, **dispose of your litter properly and recycle - wherever you are, all year round!** Métropole de Montpellier provides everything you need so it's easy to care for the planet.

► [Recycling in our region](#)



WHERE CAN I FILL MY WATER BOTTLE FOR FREE?

Hoali offers an [interactive map](#) to help you find water points, fountains and establishments where you can fill your water bottle for free. By offering water points, Montpellier is fighting against single-use plastic waste.

THE SEA STARTS HERE

Take a pocket ashtray. Do not drop your cigarette butts on the ground or into drains, as they will end up in the sea.





BE AWARE

Of the daily fire risk level by checking the region's fire prevention map.

Do not light any fires or barbecues in or around wooded areas.

HIGH FIRE RISK DAYS

Never perform any work that creates sparks in forest fire risk areas or within 200 metres of them.

DURING THE FOREST FIRE RISK PERIOD



If you see a fire:

- Notify the fire service by calling 112 or 18 and follow their instructions.
- Keep access roads clear.
- Shut off gas and electricity supply to your house.
- Stay away from the flames.



HOLIDAY HOMES

If you are a homeowner legally required to clear dead wood, make sure you are up to date with that obligation in order to minimise fires starting and spreading. Have firefighting means available in case a fire starts (water supply, equipment, etc.).





CARING FOR HERITAGE

Leave any site that you visit as tidy as when you arrived. Heritage sites are protected and some are listed. Do not drop cigarette butts the courtyards of private mansions or anywhere else. Pack a pocket ashtray before you go.

BETTER SAFE THAN SORRY

Here, we take weather warnings very seriously, as do the emergency services. In the event of an orange rain warning, we will cancel your guided tours, even if the weather appears to be mild. Thank you for understanding.

IN THE EVENT OF HEAVY RAIN

Close all doors, windows and shutters on seaside homes. Protect any items likely to be flooded or carried away. Have food supplies and emergency equipment ready. Keep an eye on the water level and be ready to go upstairs or on the roof. Stay home. Cancel any travel plans. Do not take any risks.





IN THE EVENT OF A HEATWAVE

Stay in a cool place during the hottest hours (11 am to 9 pm) and avoid physical effort.

Open shutters at night; leave them closed during the day.

Stay up to date on the changing situation by visiting www.montpellier.fr, www.herault.gouv.fr, and www.meteofrance.com or by listening to the France Bleu Hérault radio station.

SEEK OUT COOL SPOTS

The City publishes a map on montpellier.fr/canicule showing water supply points, cool places and air conditioned public facilities that are exceptionally open or have extended opening hours.

There are also many fountains provided in parks and gardens.

WELLBEING

We strive to schedule our guided tours at cooler times of the day. In the event of a heatwave, they may be cancelled. Thank you for understanding.



**WORKING TOGETHER FOR MORE
SUSTAINABLE TOURISM !**