

# ATHLETE PROGRESS REPORT 2025





# KILIAN JORNET ATHLETE PROGRESS REPORT 2025

## AN ATHLETE'S JOURNEY TOWARDS SUSTAINABLE MOUNTAIN SPORTS

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# INTRODUCTION

## FOREWORD BY KILIAN

I'm an athlete, but first, I'm someone who loves mountains. Being connected with those natural spaces is what I value most, and I'm grateful to be able to do that almost every day. As a father, I'm worried my children may not have the same opportunities.

And I'm part of the problem. My lifestyle as an athlete is not sustainable. I'm trying to do better, but I'm far from perfect.

Still, I believe that we all have to start somewhere. The challenges we are facing are big and complex: preserving natural resources and ecosystems will require massive changes across society. Not only for us to keep skiing, running, or climbing, but for a healthy life on this planet in the long term.

Being an athlete is one of the best jobs I can imagine, but it comes with an impact. This year I traveled twice to the United States, almost doubling my carbon footprint compared to previous years. I could have stayed there between the two trips, but that would have meant much longer away from my family, so I chose to compromise.



Most of my income comes from brands, and part of my role is promoting products. Overconsumption is a key problem for the health of our planet. When we founded **NNormal** three years ago, we asked ourselves if it was ok to bring another brand into the world. I think it only makes sense if we can create a different model, focused on durability and repairability. It's not perfect, but it is a step.

Social media is another contradiction: I believe that inspiring people to go outside is key for physical and mental health, but it can also put more pressure on the places I visit.

Finally, being an athlete gives me a platform. Doing a project like **STATES OF ELEVATION** and appearing in mainstream media gives me an opportunity to talk about these issues to a bigger audience. The **KILIAN JORNET FOUNDATION** is another proof for me that, with a team, we can go further than we imagined: restoring trails on three continents, working with schools, and supporting science.

Alone, we can move fast, but not too far. In this challenge, we need to collaborate, and start acting together.

— **KILIAN JORNET**





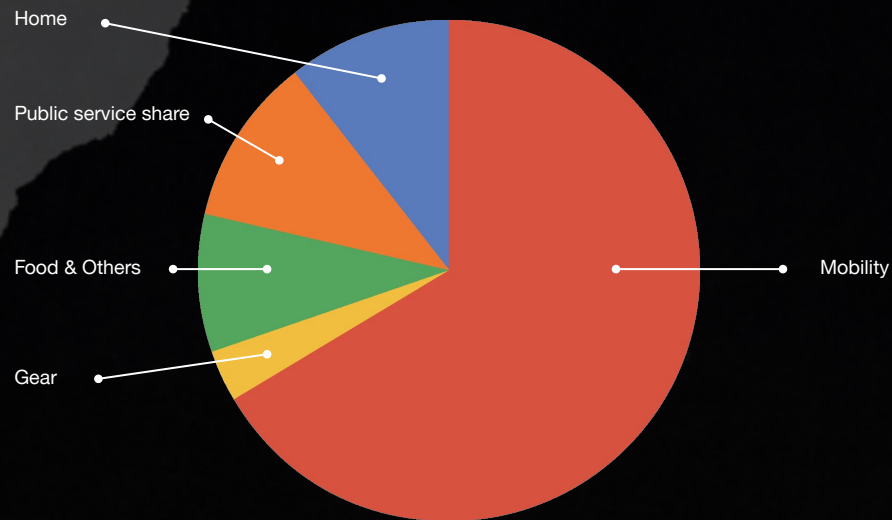
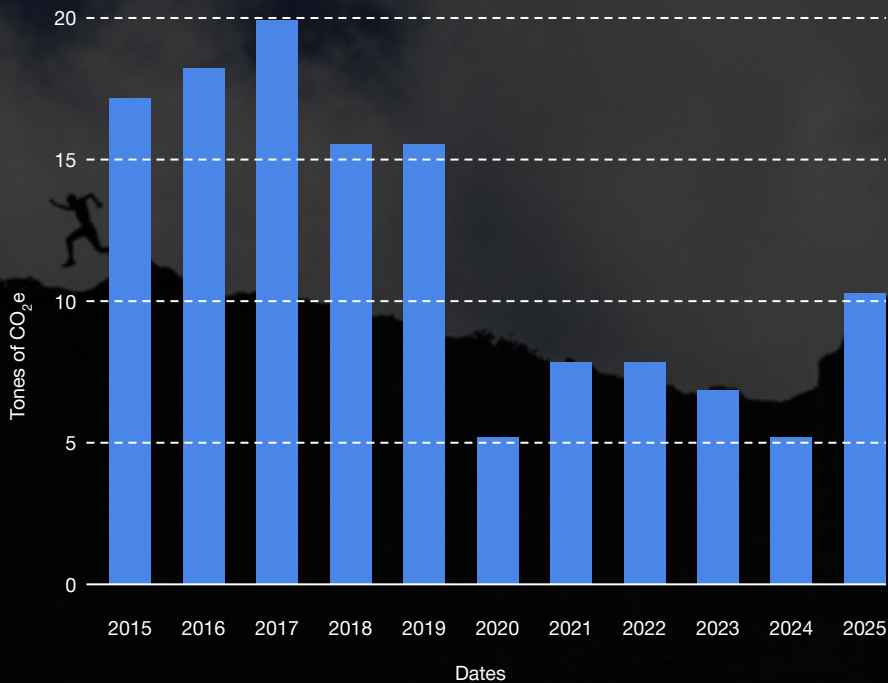
# MY YEAR AT A GLANCE





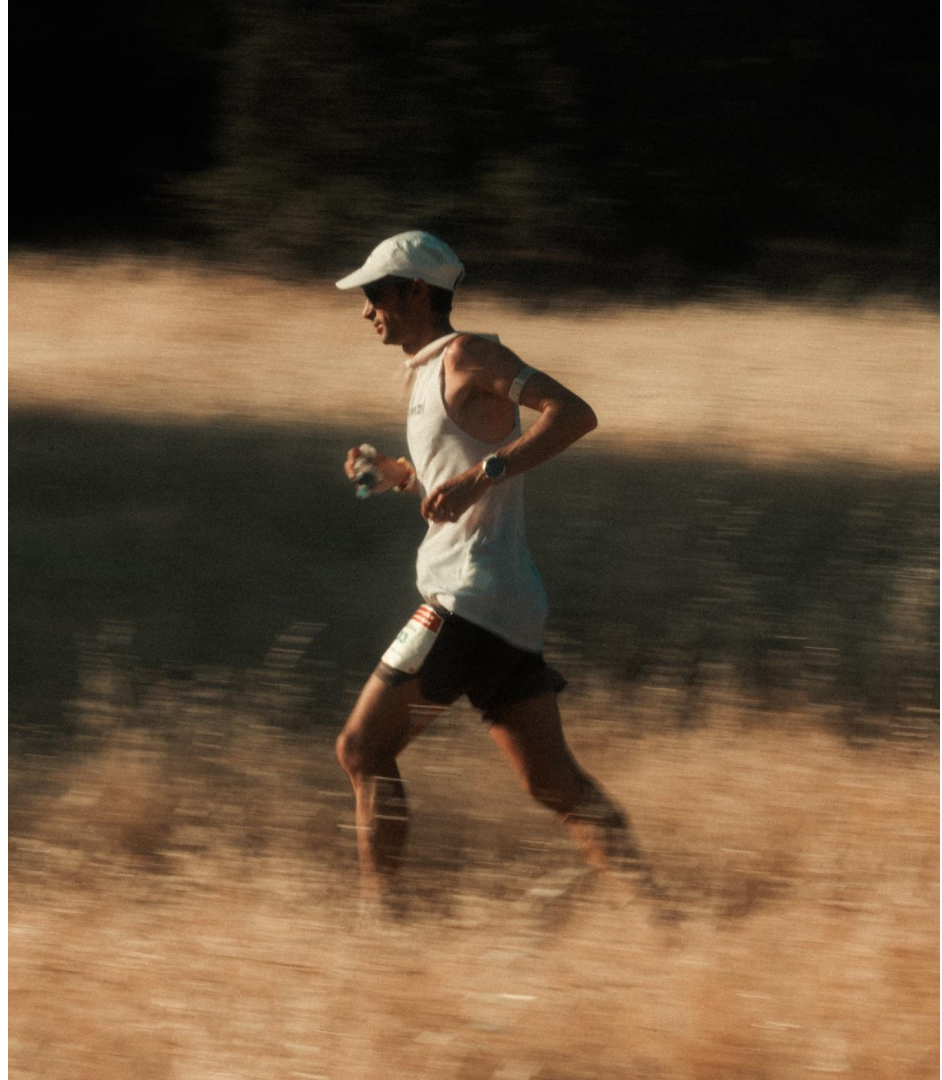
# CARBON FOOTPRINT

## EVOLUTION OF KILIAN'S CARBON FOOTPRINT



# CARBON FOOTPRINT TRAVELS

The biggest part is flights and long-distance trips. You can see it in the evolution: some years were high, then it dropped significantly, and this year it went back up. In 2025, I traveled twice to the United States, for **WESTERN STATES** and **STATES OF ELEVATION**, and it almost doubled my footprint compared to the previous year.





WESTERN STATES



# CARBON FOOTPRINT

## DAILY LIFE: FOOD, TRANSPORT, CONSUMPTION, BANKING

Beyond travel, I try to be consistent in daily life. I've been vegetarian for over a decade. We drive a second-hand electric car and buy most of our clothes and household items second-hand, through local markets and community groups. We also sell, give away, or pass on what we don't need.

Banking and investments matter too: I choose providers that use my money responsibly, avoiding harmful sectors or supporting climate and social solutions.





# CARBON FOOTPRINT

## HOW I DECIDE TO TRAVEL (AND WHAT I SAY NO TO)

In the past, I had the mindset that if I had an opportunity (a race, a project, a conference, a prize ceremony), I should take it. I also felt pressure from society to accept, to be present, to show up.

In the last few years, I've changed that. Now I travel only for what really matters to me: usually two or three races or projects per year, maximum.

I know these opportunities are easier to pass on as an established athlete than they were when I was starting out. But each trip is a compromise, and I want to choose the compromises I can defend.

# CARBON FOOTPRINT RACES AND PROJECTS AS A PLATFORM

At the same time, sport gives me a platform, and I don't want to waste it. Some races and projects have relevance beyond sport.

With **STATES OF ELEVATION**, for example, we connected the journey with **KILIAN JORNET FOUNDATION** initiatives to talk about protection, restoration, and responsibility in concrete ways. And events like Western States bring environmental topics into mainstream media where these conversations don't usually happen.

So my goal is not to do more, but rather to do less, better. I choose the few moments where the impact of the trip is worth it because it allows me to push the message further and support real action.





STATES OF ELEVATION



# CONTRIBUTION

Through the **KILIAN JORNET FOUNDATION**, I support research and conservation efforts including **PERMAPYRENEES**, a multi-year project studying permafrost in the Pyrenees to understand climate impacts on mountain ecosystems, and environmental management of protected natural areas in the Catalan Pyrenees, where we've restored over 2.5 km of trails and monitored endangered species habitats. Our Restore the Trails program has engaged over 170 volunteers across six countries in hands-on trail restoration work, while **RUNNING MINDS** has reached more than 840 participants worldwide, combining community runs with environmental education. The foundation's educational initiatives have delivered talks and programs to over 6,400 students across Europe, and we've developed the **GREEN TRAIL CONCEPT**, a sustainability certification scheme for trail running races launching in 2026.

At **NNormal**, we've implemented concrete initiatives including product take-back and recycling programs, comprehensive repair and resole services, and a lifetime guarantee on our products—challenging the industry's typical consumption cycle.

My partner **MOONLIGHT** developed Noctia, a fully modular headlamp where components can be replaced, and brought part of the production to Norway to reduce supply chain impact and support local manufacturing.





# PEOPLE

I want to sincerely thank everyone who makes this possible, and who makes it meaningful.

The team at **LYMBUS**, for the press work, the communication and social media, and for helping carry the message.

**NNormal**, for the gear development, the team behind the scenes, and the marketing work that we try to do in a responsible way.

My **SPONSORS**, for the trust and the support, and for being open to these conversations.

The physiologists and physios, for the daily work, the patience, and the details that keep me healthy enough to do what I do.

And above all **MY FAMILY** (including the grandparents, especially when races and travels take me away) for holding everything together.

I know none of this is individual, and I'm deeply grateful!

# WHAT IS NEXT

This year, I want to focus more on races, and less on long projects. Projects are meaningful, but they require longer preparation and recovery, and usually more time away from home. Right now, I want to spend more time with my family.

With the **KILIAN JORNET FOUNDATION**, the goal is to keep expanding our reach: grow our education programs, restore more trails, and continue pushing to make mountain sports more responsible, by implementing the **GREEN TRAIL CONCEPT** at events and working with organizers to reduce impact.

I'll be more careful with social media, avoiding sharing routes or photos from areas that could become fragile if overcrowded. And for every race or project I do, I'll link it to at least one environmental action: something real, not symbolic.

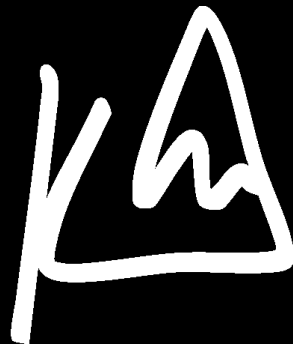
— **KILIAN JORNET**





**PRESERVING NATURAL RESOURCES  
AND ECOSYSTEMS WILL REQUIRE  
MASSIVE CHANGES ACROSS SOCIETY.**





Lymbus

**PRESS CONTACT**

Laura Font Sentís  
laura.font@lymbus.com  
+34 655 715 919