



## ■ Ride on open trails only!

Never leave the trails, you would harm nature! Please respect trail and road closures! They are fundamental to forestry, stock farming and environmental protection. Closures are also justified in recreation areas. The way you ride will influence trail management decisions and policies. Avoid trespassing on private land!

## ■ Leave no trace!

Don't brake until the wheels lock up! (emergency is an exception) Sudden braking favors soil erosion and causes damage to the trails. Adapt your riding to different types of soils and trail construction. Not every trail bears all braking maneuvers and ways of riding.

## ■ Control your mountain bike!

Inattention for even a second can cause an accident. Adapt your speed to the current situation. In blind spots, hikers, obstacles and other bikers may appear at any moment. Be prepared to stop if necessary! For your own safety and that of others.

## ■ Respect other trail users!

Let your fellow trail users know you're coming. Don't startle them! Show your respect when passing by slowing to a walking pace or even stopping. Consider that other trail users might see you too late.

## ■ Never scare animals!

Animals require special consideration! Close the gates behind you after passing them. Leave the woods before dusk not to disturb animals looking for food.

## ■ Plan ahead!

Know your equipment, your ability, and the area in which you are riding – and prepare accordingly. Bad weather or a breakdown can extend your bike tour considerably. Be prepared for unpredictable situations: take along tools, food and a first-aid-box. Always wear a helmet and appropriate safety gear. **It is your duty to give first aid!**