

Always follow The Forest Cycle Code



Don't rely on others:

- can you get home safely?
- carry the right equipment and know how to use it

For your own safety:

- always wear the right safety clothing, at least a cycle helmet and gloves
- only cycle within your abilities
- only tackle jumps and other challenges if you are sure you can do them, have a look first!
- train properly **especially** for difficult and technical routes



On and off road:

- expect the unexpected - watch out for other visitors
- for your own and others' safety always follow warning signs and any advice you are given
- if a vehicle is loading timber **stop** and wait for the driver to let you pass safely



**Cycle carefully
and please come back soon!**