



Follow the Forest Cycle Code

1. Don't rely on others

- » Can you get home safely?
- » Carry the right equipment and know how to use it.

2. For your own safety

- » Always wear the right safety clothing; at least a cycle helmet and gloves.
- » 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.

3. 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.

4. Cycle carefully and come back soon!



Forestry Commission
England



Follow the Horse Riding Code

- 1. Only ride on forest roads, bridleways and waymarked riding trails**
- 2. Don't build jumps and hurdles or attempt to jump stacked timber**
- 3. Do not pass any vehicle loading timber**
- 4. Give way to walkers – be friendly towards other forest users**
- 5. Remember vehicles use forest roads as well as you**
- 6. Follow all warning signs**
- 7. Close all gates**
- 8. Watch out for walkers, cyclists and dogs and always be friendly**
- 9. Ride with care and you can come back again!**

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