

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.
- » 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



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!