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#### **INTERACTIVE QUIZ**

Test your knowledge how good a rider are you?

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A Brief Guide to Responsible **Mountain Biking in Scotland** 



## DO THE RIDE THING

In Scotland, mountain bikers have great access to the outdoors: from fantastic paths and trails close to home, to trail centres and into the wider countryside and wilderness. **Do The Ride Thing** aims to help you understand the essentials of responsible mountain biking.

#### ARE YOU A GOOD RIDER?



#### THE ESSENTIALS

#### PREPARE



**Plan your ride/day** – think about where you're going, what you might come across and do you have a plan B?

Have you packed what you need? E.g. food & water, spare inner-tube, toolkit, first aid kit, extra clothing?

Is your bike in good working order? Can you carry out basic repairs?

Have you let your friends or family **know where you're going** & **what time** to expect you back?

#### SHARE

Be ready to give way to walkers & horse riders.

Let others know you're coming as early as possible.

**Share a friendly greeting** with those you meet along the way.

Think about land management: we share the outdoors with those who live and work there.

Safety signs and trail diversions are there to keep you safe, please respect them.

#### CARE

Think about the trail conditions – will there be damage if you ride it during wet weather?

Enjoy the trails and leave them as you find them.

How are your first aid and navigation skills?

**Ride within your limits** – others may need to pick up the pieces.

Take care of others in your group.



#### WHAT TO DO IN AN EMERGENCY?



STAY CALM nd make sure no-one else is in dange (including yourself).

