

## Mountainbike Fair play rules, to ensure that everyone has a great time

1. **Please stay on the marked and signposted nock/bike tracks**
2. Use of the nock/bike tracks is only permitted within the contractually specified periods of **1st May – 31st August, 9:00 am – 7:00 pm, and 1st September – 31st October, 9:00 am – 5:00 pm**, at your own risk
3. No cycling at dusk or dawn, to protect the wildlife
4. Please pay attention to nock/bike maps and route descriptions
5. **Hikers have priority over mountain bikers – “Shared Trail”**
6. Forest roads are operational areas and workplaces, so be alert to machines, wood or potholes, livestock and motor traffic on the road
7. Please pay particular attention to motor vehicles and traffic regulations
8. When cycling in reduced visibility, control your speed. Upon sudden appearance of an unexpected obstacle, dismount from your bike and push it past the obstruction
9. It is prohibited to camp, linger after darkness, make a fire, disturb the wildlife or enter cultures with less than 3m tree height in the forest
10. **Always close cattle guards and gates, and approach forestry work and livestock with caution**
11. Please help us maintain a clean environment and acceptable noise levels
12. A first aid kit and emergency numbers must be carried with you at all times, and first aid must be given should an accident occur
13. Sports equipment must be regularly checked by professionals, and safety equipment such as helmet and gloves must be worn.
14. Get riding technique tips for increased safety and fun from the professionals at the nock/bike competence centre
15. Make others aware of the fair play rules