

**Trail Etiquette:**

1) On shared use paths, use the path in a way that is considerate to the comfort and safety of others. If there is a dividing line segregating cyclists from pedestrians, keep to the appropriate side; this is normally indicated on blue and white road signs and by logos on the road surface. When it's dark, or in dull conditions, make sure you are visible to others. Be particularly careful at junctions, bends, entrances onto the path, or any other ‘blind spots’ where people could appear in front of you without warning.

2) Listen and obey all commands from the ride leader. The following shouts will require immediate action and must be shared down the group so repeat loudly what you hear :
a) “Walker/Dog/Jogger/bike up” move to a single file on the trail and be prepared to slow down and give way.
b) “Hole” or “Post/Bollard” (usually with a direction of left/right) Be aware of a large hole in the trail ahead or bollard and move accordingly. This not only warns riders of hazards, but also that you may move off your line. DO NOT take your hands off to point at holes. We’re off road, trails are rough and you could come off.
c) “Horse Up”. Horses often get jittery around bikes. Be prepared to slow down and take single file. The ride leader will call out to the horse rider that bikes are passing on the left or right of the horse, and you should follow accordingly.
d) “Slowing/Stopping” Self explanatory call for when a rider in front is slowing or stopping in front of you.

3) 600 lumen minimum lights (800 plus on B2B) are necessary for night rides. Ideally for all rides you will have a light in excess of 1000 lumen. It will be best for the conditions you may face. Ride Event posts on Strava/Facebook will state when lights are required.

4) Ensure your bike is in good working order and appropriate for the conditions. A mountain bike is the perfect winter bike for MMMMM and B2B, as is a CX or Gravel bike fitted with mud tyres, though come summer/drier conditions any off road or mixed surface tyre will suffice. A road bike or hybrid with slick tyres is not appropriate.

5) Do not block the trail or path while waiting for riders or working on your bike. Always ensure the trail is kept clear as other riders may be coming through at speed and won’t be aware you are blocking the trail.

6) Stick to the trail, do not “cut your own” course across corners or grass verges.

7) Be awesome! Smile, whoop, shout “Yeehaa!”, have fun. You’re away from vehicles, in the countryside surrounded by like minded dirt loving individuals. Let yourself go and have a fantastic time.