

MOUNTAIN BIKING

- T**RAVEL RESPONSIBLY
- R**ESPECT THE RIGHTS OF OTHERS
- E**DUCCATE YOURSELF
- A**VOID SENSITIVE AREAS
- D**O YOUR PART

By practicing the Tread Lightly! principles you not only protect the outdoors but you protect access to recreation opportunities for years to come.

Tread Lightly!® is a national nonprofit organization with a mission to proactively protect recreation access and opportunities in the outdoors through ethics education and stewardship initiatives. Not only is Tread Lightly! the nation's signature ethics message for outdoor enthusiasts that use motorized vehicles while enjoying the outdoors, Tread Lightly! offers unique training and restoration programs strategically designed to instill an ethic of responsibility in a wide variety of outdoor enthusiasts and the industries that serve them.



To learn more contact Tread Lightly! at
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Or visit us on the web at www.treadlightly.org

Download *The Tread Lightly! Guide to Responsible Mountain Biking* for more useful information for riding in the great outdoors at www.treadlightly.org.

Thanks to our partners!



TREAD LIGHTLY!'S
RESPONSIBLE RECREATION TIPS

TRAVEL RESPONSIBLY

Travel responsibly on designated roads and trails or in permitted areas.

- ✓ Avoid trails that are obviously wet and muddy.
- ✓ Cross streams slowly, at a 90-degree angle to the stream.
- ✓ When climbing, use a gear that provides comfortable momentum and maintains traction.
- ✓ When descending, avoid locking your bike's wheels, which gauges the trail.
- ✓ Ride in the middle of the trails to minimize widening of the trails. Avoid sideslipping, which can lead to erosion.
- ✓ Maintain a reasonable distance between you and your fellow riders.
- ✓ Make your presence known when approaching others and going around blind corners.
- ✓ Comply with all signs and barriers.
- ✓ Buddy up with two or three riders as riding solo can leave you vulnerable if you have an accident or breakdown.

RESPECT THE RIGHTS OF OTHERS

Respect the rights of others including private property owners and all recreational trail users, campers and others to allow them to enjoy their recreational activities undisturbed.

- ✓ Be considerate of others on the road or trail.
- ✓ Leave gates as you find them.
- ✓ If crossing private property, be sure to ask permission from the landowner(s).
- ✓ Yield the right of way to those passing you or traveling uphill. Yield to hikers and horses.
- ✓ Keep the dust down.

EDUCATE YOURSELF

Educate yourself by obtaining travel maps and regulations from public agencies, planning for your trip, taking recreation skills classes, and knowing how to use and operate your equipment safely.

- ✓ Obtain a map of your destination and determine which areas are open to mountain bikes.
- ✓ Make a realistic plan, and stick to it. Always tell someone of your travel plans.
- ✓ Contact the land manager for area restrictions, closures, and permit requirements.
- ✓ Check the weather forecast.
- ✓ Be sure your mountain bike is properly maintained.
- ✓ Prepare for the unexpected by packing a small backpack full of emergency items.
- ✓ Wear a helmet, eye protection, and other safety gear.

AVOID SENSITIVE AREAS

Avoid sensitive areas such as meadows, lakeshores, wetlands and streams, unless on designated routes.

- ✓ Other sensitive habitats to avoid, unless on designated routes, include cryptobiotic soils of the desert, tundra, and seasonal nesting or breeding areas.
- ✓ Avoid disturbing historical, archeological, and paleontological sites.
- ✓ Avoid "spooking" livestock and wildlife you encounter and keep your distance.
- ✓ Motorized and mechanized vehicles are not allowed in areas designated as Wilderness.

DO YOUR PART

Do your part by leaving the area better than you found it, properly disposing of waste, minimizing the use of fire, avoiding the spread of invasive species, restoring degraded areas, and joining a local enthusiast organization.

- ✓ Carry a trash bag on your bike and pick up litter left by others.
- ✓ Pack out what you pack in.
- ✓ Practice minimum impact camping by using established sites and camping 200 feet from water resources and trails.
- ✓ Observe proper sanitary waste disposal or pack your waste out.
- ✓ Following a ride, wash your mountain bike and support vehicle to reduce the spread of invasive species.
- ✓ Don't mix riding with alcohol or drugs.



Ride slowly around blind corners!



Ride over obstacles not around!



Slow down around hikers and wait for them to move off trail before passing!



Don't cut switchbacks!