

## Trail user guide

### Be kind to each other!

Sometimes it would be nice to be alone in the world. Or at least alone on the trail. However, since we're all sharing the countryside, we all need to get along with each other. It's not that hard! Don't forget: a smile goes a long way. So:

#### When riding your bike ...

- ... ring your bell to warn others of your approach.
- ... give walkers right of way.
- ... pass at walking speed or dismount briefly.

#### When walking ...

- ... you have right of way.
- ... be courteous: move aside if there's room.
- ... leave space for cyclists where you can.

### Be responsible!

Some things everybody knows – there's no need to repeat them. Then again, it never does any harm and there's always that one person who needs to hear everything twice. In fact, those things everybody knows are exactly the things we need to be reminded of!

#### Whether you're on two wheels or on foot ...

- ... always close gates and fences behind you.
- ... take your litter with you.
- ... respect the rules for conserving our countryside.
- ... follow the trail signs.

#### When riding your bike ...

- ... don't use your brakes to jam the back wheel, as that destroys the trail.
- ... stay on the trail – don't try and short-cut the bends!

### Be prepared!

It's just started raining, and suddenly your tyre bursts – in the middle of the Alpine roses at some 2500 metres. It's nearly seven in the evening – and your phone is back in the hotel, of course. Your pal took the descent first and is in the valley by now. Have a nice evening!

#### Whether you're on two wheels or on foot ...

- ... be aware of local conditions & plan your tour carefully.
- ... make sure you have the right equipment.
- ... Always carry a basic emergency kit.