

THE COUNTRY & MOUNTAIN BIKE CODE OF CONDUCT

RIGHTS OF WAY

- Bridleways – open to cyclists but you must give way to walkers and horse riders.
- Byways – usually unsurfaced tracks open to cyclists. As well as walkers and horse riders, you may meet occasional vehicles which also have right of access.
- Public Footpaths – no right to cycle exists. *Look out for finger posts from the highway or way marking arrows (blue for bridleways, red for byways, yellow for footpaths).*

OTHER ACCESS

- Open land – on most upland, moorland and farmland cyclists normally have no right of access without express permission from the landowner.
- Towpaths - A British waterways cycling permit is required for cyclists wishing to use their canal towpaths.
- Pavements – cycling is not permitted on pavements.
- Designated cycle paths – look out for designated cycle paths or bicycle routes which may be found in urban areas, on Forestry Commission land, on disused railway lines and other open spaces.

GENERAL INFORMATION

- Cyclists must adhere to the highway code

FOLLOW THE COUNTRYCODE

- Enjoy the countryside and respect its life and work.
- Guard against the risk of fire.
- Fasten all gates.
- Keep to rights of way across farmland.
- Use gates and styles to cross fences, hedges and walls.
- Leave livestock, crops and machinery alone.
- Take our litter home.
- Help to keep all water clean.
- Protect wildlife, plants and trees.
- Take special care on country roads.
- Make no unnecessary noise.

SAFETY

- Helmets must always be worn whilst cycling.
- Ensure that your bike is safe to ride and be prepared for all emergencies.
- You are required by law to display working lights after dark.
- Always carry some form of identification.
- Ride under control downhill, since this is when serious accidents often occur.
- If you intend to ride fast off-road, you must wear a helmet at all times.
- Particular care should be taken on unstable or wet surfaces.
- Always give way to other cyclists coming downhill
- Always pass riders coming towards you on the left hand side (UK only)