

10 TIPS TO LIVE THE BEST BIKE EXPERIENCE



1 Plan your tour according to your skills and the weather.



2 Enjoy the ride, the landscape and the silence.



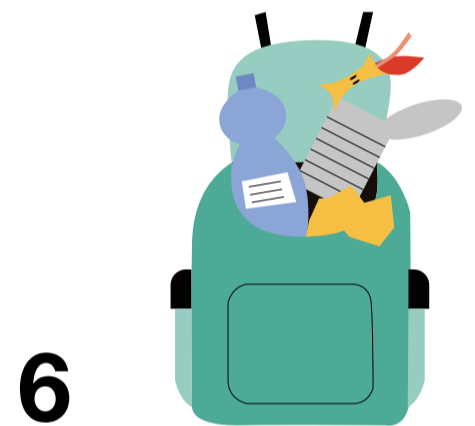
3 Adapt your riding to the characteristics and conditions of the ground.



4 Rely on bike guides.



5 Wear suitable clothes and equipment.



6 Respect the environment around you and its inhabitants. Bring back your rubbish.



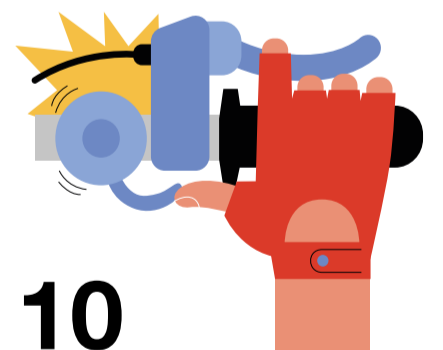
7 Respect the trail and avoid the forbidden ones.



8 Be cautious on cycle-pedestrian ways.



9 Help those in need.



10 If you meet pedestrians and hikers, warn them of your approach and reduce your speed.

MOST BIKERS ALREADY FOLLOW THESE TIPS!