

CYCLING TIPS for a safer ride

GEARS

- Wear a well-adjusted helmet, which fits snugly
- We strongly suggest not to use an headset to be more alert
- Wear bright clothing, sunglasses, gloves and zipped-up jersey
- Stop if bike has problems/noise and tell your guide
- Do not try clipless pedals on tour for the first time. If using new clipless pedals, tell your guide to make sure they are properly adjusted
- Ask your guide for help on shifting, use of Garmin gps or other device for navigation

RIDING SAFELY

- Keep your hands on the handlebars, all the time
- Be aware of vehicles and make eye contact with drivers when possible (especially in intersections and rotaries)
- Obey lights & ALL road signs such as Do Not Enter, STOP, & yield signs and others
- Rotaries can be tricky: be aware of drivers and make sure they understand where you are going
- Stay on right side of lane, especially on very steep and narrow roads
- Slow down if there is not enough visibility: fog or tight turn or hidden corner can be dangerous
- Ride in single file, especially when there is traffic

RIDING IN A GROUP

- As in a family let's take care of each other and be aware of other riders near you
- Point out or call out to warn others of obstacles, broken glass, potholes, grates, rail tracks, gravel/sand, oil/water, parked or approaching cars ("car up!" or "car back!")
- Point out or call out when turning and stopping (no sudden movements)
- Help other riders when approaching intersection (calling out for "clear" or "stopping") but remember you are responsible for your own safety
- No drafting is recommended, especially IF not done before. If you do it, it is at your own risk
- Keep a safe distance from other rider

RIDING DOWNHILL

- Descending has highest chance to get into an accident (not only) because faster
- Keep speed under control
- Look ahead and call out for obstacles, broken glass, potholes, grates, rail tracks, gravel/sand, oil/water, parked or approaching cars
- Look ahead in the distance to anticipate your next move
- Brake with both hands before entering the curve when bike is still vertical
- Lift inside foot on curve
- Hold your handlebars firmly (drops or straight handlebars)
- Be extra cautious if it's raining or road is wet