
Ride : Respect

Take Control

Check : Before you start, check your bike. Brakes, gears, tyres, handlebars. Make sure wheels are secure and nothing is loose.

Practice : Ensure you are at one with your bike. Get a feel for brakes, gears and control on the trail surface. It may be gritty, bumpy or slippery.

Awareness : Always know who is around you. Look behind before changing position or turning : cyclists may be silent.

Speed : The trail is not designed for speed. Ride the road if you are in a hurry.

Tunnels : Keep away from the edges, slow down and give your eyes a few seconds to adjust after entering. Watch out for other tunnellers, especially dogs (on leads or not) and children.

Learn : If you are not sure about any of the above, ask about Pedal Ready skill sessions.

0114 2412775 or start@pedalready.co.uk

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Think About Walkers and Horse Riders

Give Walkers Room : They are on the trail to relax, not watch out for you.

Tell Them You Are Here : Ring your bell, say hello, sing a song, but do it early and keep doing it until you see them notice - your speed is deceptive and they may not hear you.

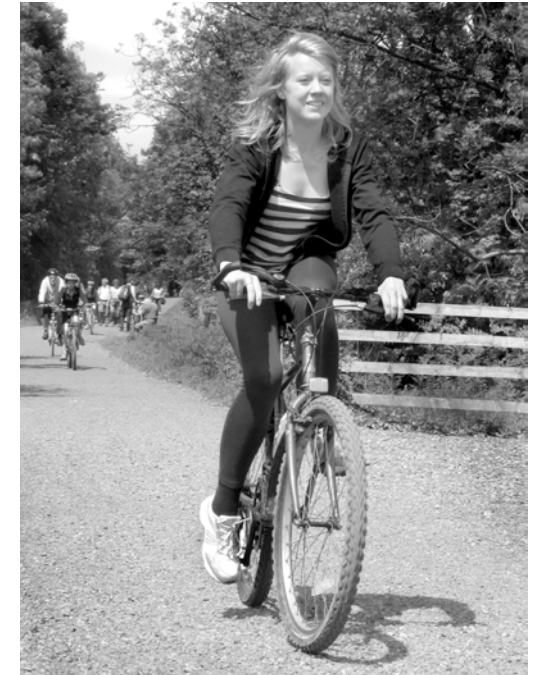
Assume You Are Invisible : They may be hard of hearing, talking, or listening to music. Don't assume they've heard you until they look round. Slow down and give them plenty of space.

Slow Down : The trail is for leisurely cycling. If you want to go fast, go on the road.

Horse Whispering : Talk to horse riders, don't suddenly ring your bell. Give them plenty of room, and ride past where the horse can see you.

Pedal Ready Peak District
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Trail Cycling Ride : Respect



pedalready **PEAK DISTRICT**
NATIONAL PARK AUTHORITY



Watch for more details of our Summer Cycling programme at:

www.pedalready.co.uk

Bikeability sessions, maintenance advice, fun and games and more. (New activities added regularly).

Our aim is to offer something for everyone: from adults or children who haven't learned to cycle yet to regular cyclists who want some traffic tips, we aim to increase everyone's cycling confidence.

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Start Here. Then.... Ride The Peak!

The Monsal Trail is the UK's most spectacular cycle trail - but why stop there?

The whole of the Peak District National Park is waiting to be explored.

If you are visiting, and enjoyed your ride today, why not ride at home too?

It's good for you, it could save you a fortune, and it's easier than you think.....

Myth 1: Cycling on Roads is **Dangerous!**

Answer - Quite the opposite. Work by the British Medical Association and others shows the life extending benefits of cycling outweigh the (very small) risks by 20:1, on roads or trails. You really are likely to live several years longer by cycling regularly.

If you're not convinced get yourself some National Standard / Bikeability training and reduce the risk even more (by three times, actually).

Myth 2 : Cycling is **Hard Work!**

Answer - Not necessarily. Trails are usually surfaced for easy going leisure, not smooth skimming speed, so you should expect a few bumps when trail riding.

Try getting your saddle high enough for a nearly-straight-leg down-stroke to make the most of your leg muscles, and use your gears a bit more. Cycle more often, and it will get easier in days, not weeks.

Myth 3 : Cycling is for **Lycra Lovers!**

Answer - You're allowed to wear what you like. Cycle comfortable or cycle chic, it's up to you.

And if you cycle often, you'll feel fitter and look better, reduce your stress levels, reduce your weight, become more alert, and maybe even start to feel just a little bit more Olympian --- even if you're still not sure about lycra shorts.