

## RIDER ETIQUETTE



When on shared trails give way to walkers and horse riders



If you want to overtake another rider call out to them "On Your Right" and pass on their Right Hand Side.

If you hear someone call to you try and move to the side of the trail, if safe to do so, to let them pass



Only ride on designated trails – Don't cut corners or cut in new trail



Do not alter features or build new features on the trails



Respect Trail Closures



Respect the bush

## RIDER SAFETY



Always wear a helmet! Gloves and eye protection are highly recommended



Check your bike is in good working order – especially the brakes if you need to make adjustments there are tools available at the trailheads



Obey all directional signage. Heed warning signs on the network



When riding a new trail, do a scouting or practice run first. You can go faster next time. Watch out for other riders



Be Cautious when riding in wet, windy or hot conditions



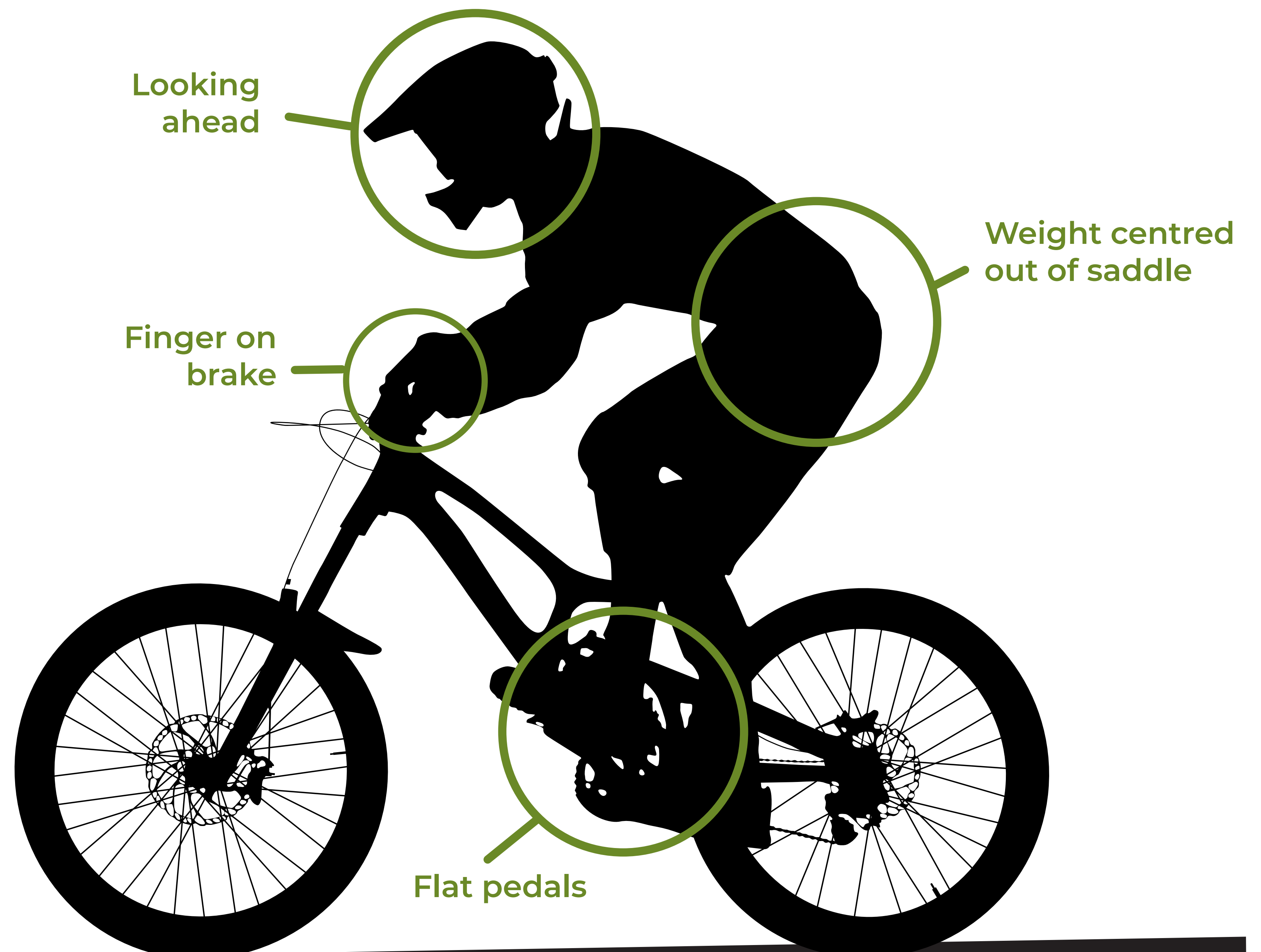
Take water and a mobile phone with you



Understand the grading system & check the difficulty of a trail before riding on it. If you are unsure about a feature or section there is no shame in walking your bike around it

# Welcome to Forrest.

## Please read the information below to have a fun and safe ride.



## BASIC RIDING TIPS

- Look ahead to where you want to go, not at what you want to avoid
- Change gears early, especially when coming up to a big hill
- Always have a finger on your brakes so you can respond quickly if needed
- Brake before corners and always be in control of your bike
- When approaching a feature rise up out of the saddle, keep your pedals flat and your weight centred
- Look for the part of the trail that other riders are using and try to copy their line. Be cautious when leaving the main line as there may be loose gravel or mud

## WHAT TRAIL GRADINGS MEAN

- Easy** (Green circle): Wide Trail with a gentle gradient and smooth surface. Some obstacles such as Rollovers. Suitable for beginner cyclists with basic skills and off-road bikes
- More difficult** (Blue square): Single Trail with moderate gradients including some steep sections. Trails will include obstacles such as roots, drop-offs and table top jumps that may be unavoidable. Suitable for competent mountain bikers on mountain bikes
- Very difficult** (Black diamond): Challenging single track including long steep climbs and steep descents. Includes technical features that are unavoidable. Suitable for Experienced Mountain Bikers

## SHARED TRAIL LIST



Forrest Loop  
Barlidjaru  
Lake Elizabeth Track  
Tiger Rail Trail



Yaughter Super Loop  
Tiger Rail Trail

No horses or walkers on any other trails

## OTHER INFORMATION

- Do you love the trails – consider joining the Forrest MTB Club (<https://forrestmtbclub.org>)
- Only bikes and E-bikes are allowed on the trails (no trailbikes, E-trailbikes, scooters etc.)
- Want to have the network on your phone – go to the Ride Forrest Website
- Otways | Discover and plan your next escape to The Otways Ride Forrest Mountain Biking - Otways ([visitotways.com](http://visitotways.com))



Make sure you share your photos with us on socials #rideforrest