



EXPEDITION

DofE Mountain Bike Code

Respect rights-of-way:

- Bridleways – open to cyclists, but you must give way to walkers and horse riders.
- Byways – usually un-surfaced 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.
- Please note that these rights-of-way do not apply in Scotland, please refer to The Scottish Outdoor Access Code.

Respect 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 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.
- Private land – get permission from private landowners before setting out.
- Do not block any access points, tracks or paths and leave gates as you find them.

Respect the track:

- Cyclists must adhere to the Highway Code and the Countryside Code.

- Keep to the track, don't cut corners or make new lanes as this creates new water channels and increases erosion.
- Ride with control and at a speed you can safely stop at to avoid skidding and damaging surfaces.
- Don't ride over lumps and bumps along the side of the track as these are often burial mounds or other historic sites.

Be safe:

- DofE policy is that participants must always wear helmets while cycling. Ensure they are comfortable (so they get used), secure, the right size and conform to safety standards.
- Ensure that the bike is safe to ride and be prepared for all emergencies.
- You are required by law to carry working lights after dark.
- Always carry some form of identification.
- Always tell someone where you are going.
- Learn how to apply the basic principles of first aid.
- Wear reflective materials on your clothes or bike, they can save a rider's life.
- For safety on mountains refer to the British Mountaineering Council's publication Safety on Mountains.
- Take care to ride under control downhill, this is when serious accidents can often occur.
- Particular care should be taken on unstable or wet surfaces.
- Participants should wear gloves which are both wind and waterproof with cushioning or padding.
- Carry a repair kit to be able to carry out running repairs to maintain your bike while on expedition.

Responsible cycling and code of behaviour

Cycling, particularly off-road cycling, can conflict with other countryside users and all DofE participants have a responsibility to maintain the good reputation of the DofE, always being courteous and considerate by:

- Approaching other users carefully and letting them know riders are approaching. Slow down and give audible warning while still some distance away. If necessary, stop and dismount.
- Riding slowly on crowded trails.

- Passing others with care and courtesy.
- Sharing the track with others; bikers should give way to walkers and horses.
- Changing the route if the trail is closed or heavily muddy.
- Staying on the route and trying not to create extra width.
- Never having a confrontation with other users or doing any stunts and tricks while cycling. All of these are strictly against DofE safety conditions.