

The Mountain Bike
Booklet for South Tyrol



Ride Fair



Tips & tricks for fair & safe biking

**Be safe and fair and contribute
to a good togetherness!**

**Become part of our community and
stand up for [#ridefair](#)**

Ride
★★★
FAIR

For fair bikers we
have attached a
cool sticker to this
brochure.





Nature experience!



We love mountain biking, nature, adventure and we love South Tyrol with its countless trails and forest roads. And South Tyrol loves us.

Because we know what is needed for a good togetherness: Good preparation, respect towards other road and path users, nature, agriculture and land-owners. And because we are aware of the responsibility we bear.

Ride Fair!



A successful mountain bike tour is preceded by good tour planning. Our tips for conscientious tour planning:

Be healthy on your bike

Mountain biking is an endurance sport. It is a sport that provides positive stimulation for the heart, muscles and circulation and requires you to be healthy and to realistically assess your own capabilities. Try not to rush and increase the intensity and length of your bike rides slowly.

Careful planning

Specialist literature, maps, the Internet and experts are valuable tools to help you choose a bike tour that suits your fitness and ability. Always adapt tours to the group, weather report and current conditions. Note for single mountain bikers: even small incidents can lead to serious emergencies!

Plan well, have more!



Ride Smart







Checklist bike & backpack



Ride Safe

Check your bike

Check your brakes, tyre pressure, the tightness of the wheels, suspension and gears before every trip. Annual maintenance of the bike by a specialist company will ensure its perfect technical condition. Ensure the seat is in a healthy position.

Make sure you have everything you need

Warm clothing, rain and wind protection, a repair kit and a first aid kit should be in your rucksack, as well as your mobile phone (Euro emergency number: 112), a torch and enough food and drink. Gloves and glasses protect your hands and eyes. Map and GPS provide valuable guidance.

Always wear a helmet

Uphill and down dale, always wear a helmet! In case of a fall or a collision, a helmet can protect you against head injuries or even save your life. Protectors can prevent injuries.

Respect local regulations

Do not cycle off road to avoid erosion damage. Use only approved roads and trails and respect local restrictions and regulations in order to avoid conflicts with landowners, those responsible for maintenance of trails and other users.

Pedestrians have right of way

Have consideration for pedestrians by announcing your presence at an early stage and slowing down. Stop if necessary. A friendly greeting promotes acceptance. Cycle in small bike groups and avoid trails that are heavily used by hikers.

Leave no traces

You can prevent soil erosion and damage to trails by braking gently so that the wheels don't lock. Take your rubbish with you and do not make a noise.

Think of the animals

Twilight is feeding time for wild animals so cycle in the daylight to avoid disturbing them. Approach animals at a walking pace and close cattle gates after you.

Control your speed

Match your speed to the situation! Ride carefully and be ready to brake, because unexpected obstacles can appear at any time. You can learn biking and brake techniques in mountain bike courses.



With respect on the move



Ride Fair



Biking technique 1x1

Basic position

Pedals in quarter to 9 position, up from the saddle, Look 3-4 m forward, loosely in arms and legs

Braking

Always front and rear with 1-2 fingers

eMTB

The eMTB supports you in your ascent. However, it needs getting used to due to its higher weight and drive.

In order to master the eMTB safely, familiarize yourself with handling and engine performance!

eMTB 1x1

On/Off:

The button is on the handlebar or on the frame.

Save battery:

Flat terrain = little support,

Steep terrain = more support

Charging:

Do not forget charging cable and battery key!

Nothing-goes-anymore-checklist:

Is the engine on?

Is the battery empty?

Is the battery in the right position?

Is the magnet aligned flush with the rear wheel?

Are the display contacts clean?

Tip:

Be prepared for minor defects with the eMTB!

Always listen to your guide or bike rental!



Biking technique
and eMTB 1x1



How to





The booklet is a joint initiative of:

Alpenverein Südtirol
BikeHotels Südtirol
Mountainbike Guides Südtirol
IDM Südtirol

This booklet for mountain bikers contains tips and tricks for tour planning and accident prevention as well as for a respectful and fair cooperation on shared paths and forest roads in South Tyrol.