



## Mountain Bike Riding

### Our Expectations:

Just keep it real with the wind in your face and battling the tracks, gravity and whatever nature throws at you. Or, just meander, it's your ride, take it as you like.

### Our Hard Rules:

- No weight or size limits as we have 8 bike sizes
- You must use one of our helmets. No ifs or buts.
- If you bring your own bike it must pass muster. Or no go. Literally.
- Be shoe smart. Wear closed toe shoes – runners, bike shoes etc.
- Take out with you, what you take in. More simply take your rubbish with you.
- Adults are NOT to ride on the dedicated children's track.
- **Understand this:** We all know riding mountain bikes is risky, that's partly why we do it. We are the leaders in safety, but Mother Nature and your behaviour are out of our control, so you need to take ownership for your own risk taking.

### Our Handy Hints:

- We recommend wearing gloves. We have entry level ones available for purchase if need be.
  - If you BYO bike make sure it passes our T&C's of entry. Rejection disappoints.
- Camera or Go Pro – to capture your daring moves. We have camera mounts on our helmets for your GoPro – or you can hire one of ours.
- If you are taking some form of communications, let us know the details when you register.
  - Look for the tick with the "Camp/Adventure" operator endorsement.



KinglakeForestAdventures



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