



# MIURA TRAIL RIDING RULES

The basic rules for mountain bikers  
riding on local trails

Miura Peninsula Mountainbike Project

Supported : Futagoyama nature conservation

**GORIDE**  
YOUR RIDELIFE DESIGN



## Things to bring

Like other outdoor sports, Mountain Biking has inherent risks. Check before riding that you have everything that is necessary for you and your companion's safety.

Recommended  
color is



Items you may need will differ according to the distance and difficulty of your planned ride. Be sure to bring tools, spare parts, first aid kit, snacks, water etc. in case of any mechanical trouble or injury to riders.



# Mental Attitude

## ▲ Basic thing



Keep in mind other people (local residents, hikers and trail runners) are also using the mountain path (bike trail) and keep the good relationship with them.

## ▲ About bicycles

A Mountain bike (bicycle) is a vehicle. Priority is given to pedestrians. Check the condition of your bicycle before riding and correct issues that may lead to loss of control or mechanical breakdown: brakes, loose parts, tire pressure, etc...

## ▲ In case of emergency

Don't forget to bring cellular phones or other devices to make contact with someone in case you get lost. Understand some areas may not have reception.

Please let someone know where you intend to ride. Get some type of insurance in case of an injury.





# Proposes

This guide proposes the basic rules for riding the trails of the Miura peninsula area.

**"Keep in mind that this guide does not allow you to ride trails freely"**

The Miura Peninsula Mountain Bike Project's purpose is to make a good environment to enjoy mountain biking for the future. Please check the website below for our activities.

**[miuramtb.wixsite.com/bicycle](http://miuramtb.wixsite.com/bicycle)**

Please contact the address below regarding any questions or any suggestions about this guide or about the Miura Peninsula Mountain Bike Project.

**[miura.mtb.project@gmail.com](mailto:miura.mtb.project@gmail.com)**

Copyright : Miura Peninsula Mountainbike Project

Design & illustration : GO RIDE

2nd Edition (version 1.1) November 2016

NOTE: This guide will be revised as necessary. Please refer to the latest version.



creativecommons.jp

## Say hello to each other

To keep a positive relationship with each other, say `Hello` to hikers, runners and other cyclists. Get off your bicycle and make room for others to pass.



## Enjoy your role as a trail steward

When you find garbage on the trail, bring it back home. Everyone can better enjoy the trail when it is clean with no garbage.



## Feel the nature

Trails are the place where you can appreciate nature. Enjoy them with the approximate speed at which you can appreciate nature.



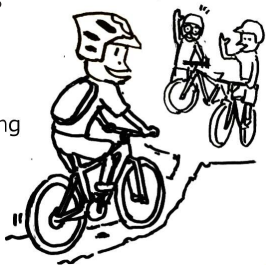


## Follow the traffic rules!

On your way to the trail, observe the basic traffic rules such as signals, keeping left, and making stops. (Behavior away from the trail can influence the attitude of others toward mountain biking as a sport)

## Riding with friends can enhance the experience!

Riding with friends will increase the joy of riding and make it safer if an accident occurs. Share information and tips about.



# ! CAUTION



**Do not enter places where they are off limits.**

There are some routes or places where you have to get off of your bicycle. Follow the signs at the entrance of the trail.

## **Do not hurt nature**

Do not damage the trail surface or surrounding areas. Take nothing Leave nothing!



## **Do not modify the trail or surrounding areas.**

Do not reform the trail or change the patterns of the land without permission. If you wish to help maintain the trail, please contact the Miura peninsula Mountain Bike Project.



## There will always be a better day.

Even if it is not currently raining, rain from previous days may affect some trails for extended periods. The trail may be muddy and prone to damage.

In order to protect the trail, do not force riding when the situation is bad, please wait for the next dry opportunity.



## Ride safely

Do not surprise other people using the trail.

Pay extra attention when going around the sharp blind curves as hikers and runners may be present.

