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# ... WHEN CYCLING IN THE COUNTRYSIDE

One of the best ways of getting around and be close to nature is travelling on two wheels. You'll get fresh air, use climate-friendly transport, and enjoy the peace and quiet, sounds and smells.

Here's a list of tips to help you take care of nature on a cycle trip:

- Observe the highway code – this also applies to the countryside.
- Remember to respect other users and keep to paths suited to an ordinary old-fashioned bike. Avoid bridle paths, animal tracks, footpaths, and the forest floor.
- Respect signage and guidelines – also if it means taking another route.
- Respect the breeding periods and foraging times of animals and birds. Avoid cycling in woodlands at twilight, when many animals come out to forage.
- Leave nature in peace at night.
- Keep to the forest roads and paths in private woodlands.
- Don't cycle on ancient monuments, burial mounds, dikes and sand dunes.
- Respect other users of the countryside – reduce speed and use your bell in plenty of time.
- Remember that you are a visitor to the countryside – do not disturb animals and birds.

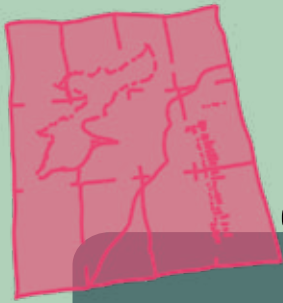
## Getting there

On the digital map [udinaturen.dk](http://udinaturen.dk) (in Danish) hosted by the Danish Nature Agency, you will discover both local and national cycle routes. The National Park app and the interactive map on the website [nationalparkmolsbjerg.dk](http://nationalparkmolsbjerg.dk) also list local daytrips in the national park.

The Danish Outdoor Council informs of outdoor life on a bike at [oplevelmere.nu](http://oplevelmere.nu) (in Danish).*nu*.







1

Plan your trip before you go – check whether you are on public or private land

2



Respect animals and plants – we're the ones visiting nature

3



Take your rubbish home – even if it isn't yours

4

Keep your dog on a leash – don't let it disturb wild animals and grazing animals or frighten other visitors



5



Greet those you meet on your way with a smile – they're also out to enjoy nature

1

# USEFUL SUGGESTIONS

## ABOUT HOW BEST TO EXPLORE THE COUNTRYSIDE

6

Take great care when using open fire – only light fires within marked campfire rings. Put out the fire before leaving



8



If you want to spend the night in nature, please use the designated campsites and shelters

10

Don't ignore signage and fencing – always follow the guidelines on signs and respect fences



7



Keep a safe distance to all animals in the countryside

9



Enjoy the sounds of nature – keep the noise down