

LEARN
MORE
ABOUT

... WHEN
RIDING
AN MTB



On a mountain bike, the countryside becomes a playground with obstacles, adrenalin-releasing challenges, and a high pulse. There is plenty of opportunities if you like challenging trails and wonderful experiences of nature.

Here's a list of tips to help you take care of nature while also experiencing nature:

- 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 animals and bird breeding seasons and foraging times. Avoid cycling in woodlands at twilight, when many animals come out to forage.
- Leave nature in peace at night.
- Keep to 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

Although a mountain bike is made to cope with any terrain, you must keep to roads and paths and, furthermore, to roads and paths suited to an ordinary old-fashioned bike. Fortunately, there are plenty of areas where you can ride a bike. Just in the forests managed by the Danish Nature Agency, there are more than 500 kilometres of mountain-bike tracks. On the website naturstyrelsen.dk, you can learn more about riding MTBs on state land and find codes and rules for your trip.

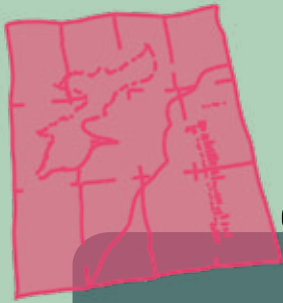
There are also many municipal and private MTB tracks. The websites udinaturen.dk/mountainbike and rideon.dk list mountain-bike tracks in Denmark.

In the guidelines published by the Danish Ministry of Environment on rules of access in the countryside, the definition of an MTB and an ordinary bicycle is very clear. The law says that you can only ride on a path, if it is suited to an ordinary bike. This excludes hiking trails in hilly terrain. Furthermore, owners have the right to ban MTBs if they are deemed to disturb privacy.

The website flinkafnatur.dk (in Danish) lists tips on safety and good advice about respecting other visitors to the countryside.

See also: mst.dk under friluftsliv.





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



10

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



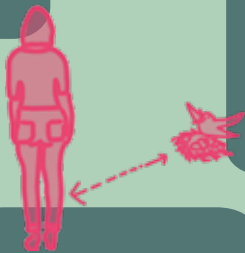
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Don't ignore signage and fencing – always follow the guidelines on signs and respect fences



7

Keep a safe distance to all animals in the countryside



9

Enjoy the sounds of nature – keep the noise down

