

RECOMMENDATIONS AND MARKINGS: THE CYCLIST'S CHARTER

- ❖ Respect nature, the environment and private property.
- ❖ Inquire about weather conditions before leaving.
- ❖ Find out in advance about the route's difficulties and distance and do not take any pointless risks.
- ❖ Bring a repair kit, a first-aid kit and a detailed map of the route.
- ❖ Always wear a helmet.
- ❖ Respect traffic laws, the forest code, local laws and traffic signs in all places and circumstances.
- ❖ Always ride on roads, trails and paths open to public traffic.
- ❖ Do not enter woods and plots that are in the process of being regenerated and/or replanted.
- ❖ Be discreet and courteous with other users.
- ❖ Control your speed in all circumstances.
- ❖ Be careful when crossing roads with heavy traffic.
- ❖ Exercise caution when passing hikers and horse-riders, who always have priority.

(Source: French Cycle-Touring Federation)