

What to do if you are a cyclist

Use common sense to avoid accidents:

Show care and consideration and make sure your speed doesn't alarm or scare others.



Let other path users know you're there:

A ring of your bell or a cheerful hello for walkers or horse riders is welcome and important in alerting horses that you are approaching from behind.



Be visible when riding on tracks or roads:

Wearing fluorescent clothing helps other trail users see you. Use effective lights when riding at night or in poor daylight conditions.



Be aware of how you look:

Full face helmets and goggles can make you look very intimidating. A cheerful wave can really help here.



Keep your eyes and ears open:

Hoof marks or fresh dung are good signs that there could be horses about.



Slow down if you meet other path users:

Fast, quiet bicycles can startle walkers and horse riders or their mounts. Be prepared to dismount if required.



Keep off soft ground:

Avoid riding on soft ground if this will churn it up and make it unpleasant for others.



If you meet a horse rider

Make yourself known:

Horses can't see behind themselves. A 'hello' or ring of your bell lets them know you're there. Hold back until the rider indicates it's alright to pass.



Pass horses wide and slow:

If a horse is startled by your presence, stop and let the horse move round you.



Keep dogs calm and under close control:

Horses can become frightened by dogs running around their feet or yapping and barking at them. Please keep your dog under close control.



Ask before you approach:

Many riders will be happy for you to pat their horse, but not all horses are happy for strangers to get too close.



What to do if you are a horse rider

Be prepared:

Make sure your horse is fit for the proposed ride and is well enough schooled to cope with all the situations you are likely to meet.



Wear fluorescent clothing:

Irrespective of time of day or weather conditions. This helps other trail users see you.



Keep your eyes and ears open:

Tyre tracks are a good sign that there could be cyclists about.



Slow down if you meet other path users:

Riders might be used to the size of their horses and ponies, but that doesn't mean everyone else is. Be prepared to dismount if required.



Mind your dung!:

Try to move your horse off the path before it dungs. Otherwise, if it is safe to do so, dismount and kick the dung off the path.



Keep off soft ground:

Avoid riding on soft ground if this will churn it up and make it unpleasant for others.



If you meet a cyclist

Give cyclists room:

If possible, move to the side of the track to allow cyclists past without dismounting. If they are hanging back, let them know it's safe to pass by waving them through. If you meet cyclists on a corner, try to stand on the inside point to allow the cyclist the easier, wider outside track.



Stay off marked cycle-only routes:

On specialised or promoted cross-country or down-hill routes such as in Glentress Forest cyclists can be moving at great speed. It's a lot safer to find another way.



Keep dogs calm and under close control:

It's hard for a cyclist to dodge a dog running back and forth across a path. Please keep your dog under close control.





Further Information Enjoy Scotland's outdoors responsibly

Everyone has the right to be on most land and inland water for recreation, education and for going from place to place providing they act responsibly. These access rights and responsibilities are explained in the Scottish Outdoor Access Code. The key things are:

When you're in the outdoors:

- take personal responsibility for your own actions and act safely
- respect people's privacy and peace of mind
- help land managers and others to work safely and effectively
- care for your environment and take your litter home
- keep your dog under proper control
- take extra care if you're organising an event or running a business

Visit outdooraccess-scotland.com
or contact your local
Scottish Natural Heritage office

For more information on routes in your area speak to your Local Access Officer or Ranger Service. They can be contacted through the local council or national park authority. Details in the phone book or visit: www.outdooraccess-scotland.com



Scotland
www.bhs.org.uk

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www.snh.org.uk

Cycling Scotland
www.cyclingscotland.org



Scottish Natural Heritage
Dualchas Nàdair na h-Alba
All of nature for all of Scotland
Nàdar air fad airson Alba air fad



Scotland

Cycling Scotland

Getting the best from Shared-use paths: A guide for cyclists and horse riders



Horse riders and cyclists are amongst those who use Scotland's shared-use path networks to access their local area and countryside and enjoy the outdoors. This leaflet is designed to encourage good communication and interaction between cyclists and horse riders and increase awareness of their different needs.