

Mountain bike rules of conduct: PHOENIX

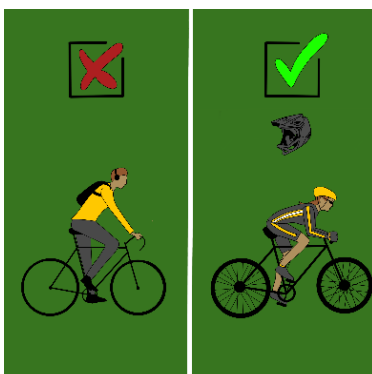
RIDE



- When you take to a track for the first time, familiarise yourself with it at a moderate speed. Don't hesitate to stop and study the more technical sections. Some trails have a 'selective' entry module, so if you can't get past it, don't venture any further.
- Look out for information signs such as 'works', 'presence of livestock', etc.
- Adapt your speed to your ability and the difficulty of the track
- **LEAVE NO TRACE:** Respect the environment in which you ride. Stay on the trails reserved for mountain biking and do not create new ones. Don't cut between bends. And don't leave any rubbish beside the tracks.



- When you take to a track for the first time, familiarise yourself with it at a moderate speed. Don't hesitate to stop and study the more technical sections.
- It must be possible to stop within sight at any time. Stop only at the side of the track and clear it immediately after a fall.
- If you need help, call the emergency services on [144](tel:144) or Télé Anzère SA on [+41 \(0\)27 398 14 14](tel:+410273981414) and tell them the name of the piste and the letter of the section of piste you are on.



- It's important to have your equipment in good condition and to equip yourself according to the type of trail you plan to ride. We recommend that you wear a full-face helmet with a mountain bike mask and protective gear. Only use a mountain bike suitable for freeride trails.

Télé Anzère SA

Place de la Télécabine 1

1972 Anzère

Tel : 027 398 14 14



CONTROLEZ VOTRE VITESSE
CHECK YOUR SPEED

- Always keep your speed at a level that will allow you to slow down or stop in the event of unforeseen circumstances.
- Pay attention to other riders. If they're ahead of you and riding more slowly, politely ask them to move over. And if someone catches up with you, let them pass as soon as you can.