

Care for the environment

Cycling on hard surfaces, such as wide paths and tracks, causes few problems. If going off-trail, especially in winter, avoid wet, boggy or soft ground and don't churn up the surface

Take care not to disturb wildlife or damage natural vegetation; observe information or signs advising you of sensitive sites

Take your litter away with you

A group will have greater impact on the environment, so take extra care and set a good example if you are a Leader

Help protect trails from erosion; don't skid, especially on loose surfaces and try not to lock your wheels when going downhill. Remember, you may not be the only cyclists using the route - consider the cumulative effect



Responsibilities of Land Managers

Land managers also have responsibilities under the Code to:

- ⇒ **Respect access rights and people's needs for a safe and enjoyable visit**
- ⇒ **Act reasonably when asking people to avoid land management operations**
- ⇒ **Work with your local authority and others to help integrate access and land management**

Know the Code before you go ...

Enjoy Scotland's outdoors - responsibly!

Everyone has the right to be on most land and inland water providing they act responsibly. Your access rights and responsibilities are explained fully in the Scottish Outdoor Access Code.

Whether you're in the outdoors or managing the outdoors, the key things to do are:

- take responsibility for your own actions
- respect the interests of other people
- care for the environment



For further information please visit:

www.outdooraccess-scotland.com or phone 01738 444177 for a copy of the full Code or leaflet.

Where to get more information

Scottish Natural Heritage www.snh.org.uk
Government agency responsible for the conservation, enhancement and sustainable use and enjoyment of the natural heritage

Scottish Cycling www.scottishcycling.com
Governing body for cycle-sport in Scotland, and the administrative and awarding body for the Scottish Mountain Bike Leader Scheme

CTC Scotland www.ctcscotland.org.uk
Scottish arm of UK organisation devoted to campaigning for better cycling provision, providing education and advice on a wide range of cycling issues

Sustrans www.sustrans.org.uk
Charity working to improve provisions for cycling within transport networks

Cycling Scotland www.cyclingscotland.org.uk
Provides advice, education and training and engineering services for cycling.

Hillphones www.hillphones.info
A telephone message service providing information on deer stalking activities in upland areas



Off-Road Cycling: good practice advice

including key points from the
Scottish Outdoor Access Code



The Land Reform (Scotland) Act gives everyone, including cyclists, new rights of responsible access to Scotland's outdoors. The Scottish Outdoor Access Code provides guidance to both access-takers and land managers on their responsibilities under the Act

This leaflet explains the key points of the Code relevant to off-road cycling, and provides additional advice from Scottish Cycling and CTC Scotland

How to go

You can exercise access rights as long as you act responsibly, which means following the Scottish Outdoor Access Code

The guidance in dark blue text summarises the Code's key messages

Scottish Cycling and CTC Scotland have provided additional advice on good practice

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Where to go...

People now have the right of non-motorised access to most land in Scotland, including private roads, tracks and paths, for recreation and to get from place to place. This right is conditional on individuals acting responsibly

The main exceptions to the new right are: people's gardens, farmyards (although access is often possible - if in doubt ask), and land in which crops have been sown or are growing (but you can use field margins as long as you avoid unnecessary damage to the crops)

You can take access across golf courses (except greens and tees), but only to cross the area and without interfering with play – cyclists need to keep to paths at all times

Take responsibility for your own actions

Use common sense to avoid accidents - show care and consideration and make sure your speed doesn't alarm or endanger others

The outdoors is not risk-free! Be aware of natural hazards such as cliffs, loose rocks, tree roots and ice

Follow advice on signs advising of activities such as tree-felling, crop spraying or other land management operations - you may need to alter your route

Take extra care if you are in charge of children to ensure they enjoy the outdoors responsibly and safely



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Check your bike and kit before you ride, and plan your route so that you know where you're going and how long it will take

Carry a pump, inner tube, puncture repair kit, basic tools, and a map and compass if necessary, and know how to use them!

Take something to eat and drink, including enough for emergencies, and carry suitable wind/waterproof clothing in case of bad weather

Wearing a helmet is your own choice, but it is advised, particularly when cycling on rough ground

Be visible when riding on tracks or roads and use effective lights for night riding and in poor daylight conditions

Respect the interests of others

Respect people's privacy by keeping a sensible distance from houses

Keep noise levels and potential disturbance to a minimum, especially if riding at night

Respect people's property, including machinery, gates and fences - leave gates as you find them

Be considerate to other users of the outdoors such as walkers and horse riders; slow down and alert them to your presence. On narrow paths give way or dismount if necessary



Take care not to alarm farm animals, including stock on open ground, horses and wildlife; take extra care during the lambing season

If you have a dog with you, keep it under proper control at all times

Avoid crossing land when shooting or deer stalking is taking place; try to find out if your planned route will be affected and take account of advice on alternative routes

Keep access points clear; park your car where it won't cause problems and don't lock your bike to gates

Follow the direction arrows on designated mountain bike trails, especially on singletrack