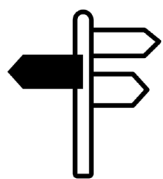


Thom's guide to being an **eco-conscious** mountain biker



“ Mountain biking can be a great way of exploring the countryside and connecting with nature. I love exploring the Yorkshire Dales on my mountain bike and a day surrounded by wildlife and breathing in the fresh air of the dales, always makes me feel alive. It is really important to be aware of the negative impact that mountain biking can have on the environment though. If done irresponsibly, it can cause erosion, damage vegetation and can be devastating to nature. here are my top tips to help protect the spaces we love whilst still having a great time in the hills! ”



1

Stay on the trails

It is really important to always stay on the trails or bridleways so that vegetation isn't damaged and soil isn't eroded. And as tempting as it may be, try and stay out of the mud! This is how paths are ruined.



2

Keep it under control

Riders can help reduce damage to the terrain by managing their speed and rather than skidding and spraying dirt over the area, apply brakes gradually so you're not slamming your brakes on.



3

Be mindful of wildlife

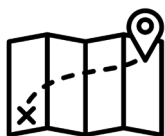
Spotting wildlife whilst out on the trail is one of the best bits of mountain biking. However, speeding bikes and noisy riders can scare wildlife. Be aware of the impact you can have on the quality of life of nature.



4

Don't be a litter bug

Look after the special qualities of our countryside - never drop litter and if you spot other people's, pick it up. I always take a spare rubbish bag in my rucksack so I can take litter home if I see it.



5

Plan ahead

Always let someone know where you are heading. The last thing you want to do is get lost, have to go off trail or have an accident because you don't know the trail.

