

## **Mountain Bike<sup>1</sup> Trail Etiquette**

*(Updated as of 9 June 2021)*

To ensure the safe and enjoyable usage of mountain bike trails for all users, please be aware of some basic riding knowledge and etiquette (indicated below) before you start riding.

### **Safety First**

Mountain bikers should have a filled water bottle and wear a helmet when riding. If necessary, do put on a visor/sunglasses, knee and elbow guards and gloves for your own protection.

It is also recommended to bring a basic first aid kit along with you when riding and to carry a mobile phone with you at all times. Always remain contactable and ride with a buddy. If that is not possible, inform someone that you are out riding alone.

Do exercise responsibility for yourself and your loved ones as mountain biking involves some risks. Remember that your life is precious and completing your ride safely is paramount. Ride what you can, don't be stressed with what you can't. Adopt "Live to Ride another Day" principle.

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### **Overtaking other Mountain Bikers & give way to climbing bikers**

When overtaking other mountain bikers, pre-warn the biker of your presence by calling out "Bike!" Thereafter, when you are ready to overtake the biker, indicate which side you are overtaking from by calling out "Passing, out on your right/left! ".

If you are going downhill, please give way to mountain bikers riding uphill. Nothing is worse than losing momentum when going uphill.

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### **Stay on the trail, and ride trails that we are allowed to ride**

Our mountain biking trails are in the midst of some very fragile forests and we do not need our trail access restricted because mountain bikers are straying off the trails or building new option lines in existing trails without permission.

There are other unsanctioned trails out there which really make for some great riding. We should, however, stay off from these areas to prevent any damages done to the flora and fauna found in the nature reserves. Everyone of us must play a part in our already limited and threatened wildlife.

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### **Avoid the following**

- a) Riding on muddy trails, building unauthorized features, braiding (riding on an alternate line, taking shortcuts, trail widening, ride around, or any alternate line not envisioned or constructed by the trail builder).

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<sup>1</sup> Mountainbike/Mountainbiking – as used in this document to also include other bike types and users for e.g. gravel bikes)

- b) Applying excessive braking which leads to tire skidding and doing *Scandi-flicks* that remove the topsoil of the trails.
  - c) If necessary, do place more power on the front brake in comparison to the rear. This helps preserve the integrity of our trails by reducing the wear and tear to the trail. Excessive braking on the rear wheel increases the drag profile of a bike.
  - d) Do not rest or sit on fixtures like water pipelines and chamber covers because these are key installations.
  - e) Avoid taking photos and videos of key installations like the PUB pipelines, chamber covers, and other secured areas should you come across them.
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### **Do Not Litter**

Trail users should ensure nothing should be left on the trails besides the occasional tire print (and if super necessary, footprints). The number of plastic packaging one takes out of the trail should equal or exceed the number that one takes in. If you see trash on the trail, please take a minute of your time by clearing the litter to make the trail a better place for all users.

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### **Respect Wildlife**

Take nothing and leave only tire marks and footprints. As trail users, we do not own the trails. The trails are home to a myriad of animal species, and they belong at home on the trail. Trail users should refrain from removing these animals from their natural habitats.

In addition, Mountain bikers shall be conscious of the line that is taken. Please refrain from riding over wildlife when possible.

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### **Be considerate to all trail users**

While designated mountain biking trails such as Bukit Timah and Kent Ridge is 'for mountain biking only' and off-limits to hikers, it is common to see hikers on biking trails. Here is what we suggest:

1. Slow Down.
2. Alert the hiker to your presence if you are approaching them from behind.
3. Pass with care and it does not hurt to be friendly. If they look like they are clueless, do remind them that this is a biking trail and it can be a dangerous place as bikes are coming up the trail at speed.

Yes, we know it is a biking trail, and hikers are not supposed to be there. Good interactions between bikers and hikers/other users can only help open up options for more trail possibilities for biking access on hiking trails and possible multi-use trails for all recreational users coming our way. Good interactions are the beginning to more trails.

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### **Respecting non-trail users**

Most of Singapore's trails are not located near residential areas, apart from Bukit Timah & Chestnut Mountain Biking Trail. While riding "BT" & "CN" MTB Trail, please exercise consideration not to make excessive noise during the later hours of the day. Let us be courteous and gracious.

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### **Acknowledgement**

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