

VELORE

Guide: Driving safely in the mountain

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Sharing the road with motorized vehicles can be dangerous. But applying some basic rules can reduce the possibility of an accident. Here is a summary of the rules to follow when cycling in the mountain to avoid endangering yourself and others.

Test your bike before each ride:

Before each ride, make sure your bike is fully functional. Here is a checklist.

- Brakes
- Lights
- Tires (no cracks, no splinters / broken glass)
- Tire pressure (Inflate your tires once a month)
- The chain (to be lubricated once a month with a very small amount of lubricant)
- Tighten the screws once a month.

Wear appropriate clothing:

Stay visible at all times. Reflective strips, fluorescent helmets, flashing armbands, you need to attract enough attention to be perceived. Wear light-coloured, close-fitting clothing whenever possible. Moreover, a windproof jacket for descents. In addition, anti-perspirant clothing is required

Cycling in low temperatures is possible. Gloves, hat covering the head and ears, pantyhose, sock... After a small warm-up remove the jacket to avoid sweating.

Sunglasses, summer and winter, they help to limit glare. In addition they avoid catching insects in their eyes

The helmet is necessary, even if it does not guarantee an accident, it helps to limit their impact.

Always comply with the rules of the road:

It is absolutely essential to respect the rules of the road that are respected by those who share the road with you. If you respect it, you avoid surprising other users. An accident between a vehicle of one tonne or more and an individual causes a lot of damage. It can certainly be said that it is very difficult to escape unscathed from such an accident. Good compliance by cyclists allows them to convey a positive image to motorists.

Some reminders on the rules of the road:

- Do not run red lights.
- Do not drive on sidewalks.
- Do not take any forbidden directions.
- Always report any lane or direction changes.
- Do not drive fast in heavy traffic.
- Use your bell to indicate your presence.
- Attention for the priority on the right: this one is often not respected by motorists (big car small bicycle), exchange a glance with the motorist. You need to know his intentions clearly before you start.

Respect other cyclists :

A short list to stay and respect the other cyclists:

- Do not pass cyclists recklessly (do not stand in front of them at a red light, do not discuss side by side on bike paths if others have to make efforts to get around you).
- Do not take the bike paths in the opposite direction.
- Don't park your bike anywhere.
- Let them pass if the road or the path is tight and if they go up.

Always use lighting at night:

Driving without lighting that makes it clearly visible is synonymous with danger. Lights on your bike is a permanent and effective way to remind you that you are on the road. There are many possible technical choices but whatever the formula chosen, never drive without light again! Think also of other accessories that make you more visible, such as the vest or fluorescent jacket, reflectors on the wheels, luggage rack or pedals. The light can help you to see some obstacles like bumps, roots or stones.

Equip your bike:

Equip your bike with a luggage rack to put your clothes in. Having a change of clothes is very important to be able to change them if necessary. Because of the weather or temperature

Mudguards are very useful on wet roads, they keep your feet, clothes, and important mechanical parts of your bike clean and dry.

How to ride on mountain road:

-On the road:

In order to get off the mountain roads, you have to be careful with cars going up and down at the entrance and exit of the curves. On the road, it is advisable to brake before each turn, preferably with the front brake to avoid slipping with the rear.

-On the path:

if there are bumps, roots or large stones and you can't avoid them, raise your front buttock so you don't feel the jolt too much and also to lighten the bike and reduce the risk of falling.

Be careful the roads can sometimes be very steep, do not hesitate to brake strongly with the back brake, and slightly with the front brake, so as not to fall forward. If necessary, get off the bike.

Also when climbing, do not hesitate to get off the bike if the climb is too steep.