

# 3

## LÄNDER ENDURO TRAILS



## Terms of Use

### 3-Country Enduro (Graun municipal area, Italy)

The 3-Country Enduro Trails (Graun municipal area, Italy) are managed by the Reschenpass Tourism Cooperative, are freely accessible and available to all mountain bikers free of charge.

Our trails are located in high-altitude terrain and their use involves corresponding risks; you therefore use them at your own risk!

Our trails are naturally formed with roots, stones, natural forest floor and northshores, which cross wetland areas, and also include short uphill sections.

In addition to a suitable, fully functional bike, the following protective equipment is required:

- Enduro or full-face helmet
- Goggles
- Protective rucksack (containing a first-aid kit, repair kit, spare inner tube, extra clothing, food, etc.)
- Gloves
- Knee pads
- Cycling shoes with treaded soles

Our cycle routes take you over terrain that is technically challenging to ride, so riding them requires good physical and mental health, a high level of fitness and the appropriate riding skills, enabling you to assess the risks and adopt a riding style that is suited to your ability and the conditions.

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Our common goal is to minimise the risk of accidents for yourselves and others as much as possible and to foster a harmonious coexistence between cyclists, walkers and nature. For this reason, the following rules must be observed:

- Riding is strictly prohibited on closed sections!
- Drones, alcohol and drugs are prohibited on all routes!
- No transport of bikes with child seats or trailers. Child seats and trailers are prohibited on all trails in the bike park! Similarly, bringing dogs or other pets is not permitted.
- When cycling, use only the marked paths and roads, and observe the mandatory and prohibition signs. The Highway Code applies when leaving the trails, and under no circumstances may you ride across meadows and fields. On forest and field paths, you must always expect oncoming traffic and adjust your riding speed accordingly!
- In general, you must ride within sight – at half speed in narrow or blind spots.
- Planned stops are only permitted in clear areas, and you must clear the route immediately. Walking, hiking and, in particular, walking or cycling uphill on the trails is prohibited.
- In the event of a fall, the accident site must be cleared as quickly as possible. If this is not possible, the route must be secured to prevent collisions with cyclists following behind.
- Cyclists approaching from behind must ride in such a way that cyclists ahead of them. Overtaking must only be carried out at a sufficient distance to ensure that the rider being overtaken has enough space for all their movements. In general, every user must behave in such a way that no one else is endangered or harmed.

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- The area is freely accessible and forms part of the alpine landscape – here we share the space with grazing livestock and wild animals. These animals move freely within their habitat and may therefore be present at any time and in any location.
- Children under the age of 10 are not permitted to use the trails unaided – riding is only permitted when accompanied by a parent.
- In the event of an accident, you are obliged to provide assistance – emergency number: 112 or download the SOS EU Alp app.

#### Trail etiquette:

- We ride exclusively on designated trails and mountain bike routes where cycling is expressly permitted.
- No riding on fields or other footpaths!
- Be considerate and give way to faster riders.
- Be considerate of walkers and pedestrians and only overtake at walking pace!
- Assume that oncoming walkers cannot see you and slow down (to walking pace)
- Avoid locking your rear wheel and do not take shortcuts. This helps to keep the trails in good condition for longer.
- Never forget: Our behaviour on the trails influences public opinion and tolerance, as well as authorities' approach to our sport.
- Show consideration for nature and wildlife; never leave the marked routes, refrain from riding off the open paths, and finish your bike ride before dusk.
- Please report any accidents or damage to property to the tourist offices or the mountain railways.
- Do not leave any rubbish behind!