We want you to have a safe & enjoyable ride. The New Forest is one of the safest & flattest National Parks to cycle in but please read our tips below before leaving.

**BRAKES**

Like our roads & cars, UK bicycle brake levers are on the opposite way round compared to most countries! NB. LEFT LEVER = REAR, RIGHT LEVER = FRONT

With hydraulic brakes, use only gradual 2 finger braking and apply 60% left lever, 40% right lever when descending steep hills. Practice before leaving car park!

**HELMETS**

We supply helmets for FREE and recommend everyone to wear them for your own safety. We insist under 16’s wear them! Better a bad hair day than a trip to A&E. Don’t worry, they are sanitised after each use.

**GEARS**

Use carefully to avoid snapping chains! Minimise left-hand shifting, leave in middle front gear normally. If using smallest front cog, use only 3 biggest rear cogs. If using biggest front cog, use only 3 smallest rear cogs. When changing gears, pedal forward swiftly and steadily.

**PUNCTURES**

Try inflating tyre before replacing as the tube may have self sealing liquid or it might just be a slow leak. If replacing the tube, the wheel will need removing. To access tube to repair or replace, use tyre levers carefully to prise tyre off rim. Pump tube to find the hole. When found, let most of the excess air out of the tube and mark hole with a liberal circle of glue (about thumb print size). Then wipe glue into the circle with finger (add extra if you need to) so that there is a thin coating over the area. Then leave to dry for no less than 3 mins. Then apply patch (rubber side down) and apply pressure for another 2 mins. Don’t worry about peeling off backing, just push tube back into tyre MAKING SURE THE SHARP OBJECT IS NOT STILL STICKING THROUGH TYRE (yes lots of people forget this!).

If all else fails and you can’t sort a problem, please use the following procedure

1. Call 01590 624808 or text 0776711303
2. Give the number of the nearest post # or other prominent position
3. Wait at that location for us to arrive.

If you have a medical emergency, call 999 first.

Cycling on Crown Lands. The New Forest is an SSSI with many fragile areas & is rich in rare habitats... it’s a wonder cycling is allowed! A bylaw restricts cycling to the waymarked trails. Please keep to these designated paths and give way to other users. Ponies pretty much have the rule of the land and encapsulate the New Forest image... they are cute to look at but please note they have big teeth and strong back legs!

Return discount - Book Online: Use Code ‘Return1’