

## GUIDELINES FOR **SAFE BIKE RIDING** IN KARURA FOREST

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**Do adjust *bike saddle* so that you are on tiptoes when seated.**

**Do ensure your *brakes* work. Always use *back brakes first* when riding; gradually apply front brakes to come to a complete halt.**

**Do wear *proper riding gear*: shorts or tight trousers; well worn comfortable shoes; avoid excess loose clothing.**

**Do ask for *help from the bike keepers*. 18-speed bike gears are complicated (see notes).**

### **18-Gear Bikes**

#### **Gear Combinations and Usage**

- The 18-gear bike has two sets of chain sprockets: three *chainrings* (aka. chain wheels) on the pedal crankarm, and six *cogs* on the rear wheel hub.
- Lower gears are used for uphill. They use the smallest of the three chainrings and the two or three largest rear cogs.
- Middle gears are for easy, flat or gradual slopes. They use the second (middle) chainring and the middle two rear cogs.
- High-range gears are for speed and are rarely used in the Forest. They comprise the largest chainring and the two or three smallest cogs.

#### **Gear Changing Tips**

- Low- and mid-range gear combinations are recommended for normal track conditions.
- Only change gears when pedaling, but
- Ease off pressure on the pedals when changing gears.
- Avoid extreme gear combinations, such as the small chainring and the smallest cog or the big chainring and the biggest cog. Riders call this ‘cross-chaining’: it can damage the chain or cause the chain to jump off the sprocket by forcing a steep chain angle.

### **Remember**

- ❖ Give way to other track users who are on foot, especially with children
- ❖ Alert other users of your presence (shout “Coming through!”)
- ❖ Do not litter
- ❖ Be polite and courteous
- ❖ As you approach animals, slow down and give them right-of-way
- ❖ Don’t take unnecessary risks
- ❖ Do not make noise
- ❖ Do not skid unnecessarily
- ❖ One rider per bike (our bikes don’t have carriers)
- ❖ Bikes rental is on 1<sup>st</sup> come 1<sup>st</sup> serve basis

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Bike Rental Shed opens at 7:00 AM to 18:00 PM except on rainy muddy days,  
when it opens after the trails dry up.

If you rent a bike after 17:00 you don’t get a full hour’s ride.