



郊野公園使用越野單車守則

Code of Mountain Biking in Country Parks

遵守法例

Follow the law

1. 踏單車人士只可在指定越野單車徑或地點騎踏或管有單車。

1. Bikers shall only ride or be in possession of a bicycle at designated mountain bike trails or places.

踏單車前

Before you ride

2. 只宜在日間踏單車，並時刻結伴而行，互相照應。十二歲或以下的兒童，必須有成人或領隊陪同。
3. 配備狀況良好的安全裝備（如頭盔、護膝等）。帶備手提電話、急救包、單車維修包、水和食物。
4. 路徑難度有高有低，揀選路徑時須按自己技術水平，量力而為。
5. 避免在惡劣天氣、雷暴或暴雨時踏單車。

2. Ride only in daytime with companion. Children aged 12 or less should be accompanied by leader or adult.
3. Put on safety gear that is in good condition (e.g. helmets, knee pad, etc). Bring mobile phone, first aid kit, bike repair kit, water and food.
4. Pick the trail with a difficulty rating that matches your skill level.
5. Do not ride during bad weather / rainstorm / thunderstorm.

踏單車時

When you are riding

6. 保持專注，盡力越過路面各種技術障礙物！
7. 注意其他單車出入，遵守路標和各類的警告標誌，並須單行踏車。
8. 小心野生動物！如在路徑發現野生動物，應減速及準備停車。
9. 愛護郊野，避免破壞植物。
10. 如感不適，應停車並離開單車徑。如發生意外，應盡快撥打112求助。

6. Stay focused and try your best in passing through various technical obstacles along the trail!
7. Watch out for other bikers. Follow waymarks and observe warning signs. Ride in single file.
8. Mind the wildlife! Slow down or be prepared to stop when wildlife is spotted along trail.
9. Protect the countryside and avoid damaging any plants.
10. Leave the trail if you feel unfit to ride. In case of accident, call 112 as soon as possible.

踏單車禮儀

Biking etiquette

11. 切勿自行亂闖或另闢繞路。
12. 讓路予其他踏單車人士，友善地打聲招呼、互相尊重和多作溝通！
13. 在人車共用的路徑上，緊記安全至上和禮讓遊人。

11. Do not venture into unmaintained path or take shortcuts.
12. Friendly greet and give way to other bikers. Show respect and communicate more!
13. When riding along a shared-use trail, ensure safety comes first and give way to other users.