## **English V/O script:**

If you're heading to country parks with your mountain bike, remember these few simple rules for an enjoyable ride:

Plan ahead - ride only on the designated mountain bike trails in country park areas, otherwise it's illegal.

Maintain a safe speed and follow the signs.

Don't ride after dark.

Keep an eye out for other trail users ... and give way to hikers on narrow trails. Safe cycling!

\*\*\*\*\*