



**KAITIAKITANGA** / guardianship and protection. It is a way of managing the environment, based on the Māori world view. A kaitiaki is a guardian.

## TRAIL ETIQUETTE

Regardless of where or what type of biking you're doing you will be sharing the trail or road with other users. Here are some tips to help foster positive attitudes between different users.

The following MTB code has been developed by the Mountain Bike Association of New Zealand (MTBNZ) in liaison with key stakeholders and has been adapted for use by the New Zealand Cycle Trail.

### RESPECT OTHERS

- ✓ Stay in control, so you can safely avoid other users and keep yourself intact.
- ✓ Give way to walkers and you will help foster a positive attitude towards bikers.
- ✓ Use a bell or friendly greeting when approaching other users, to let them know you're there.
- ✓ Ride shared-use tracks in small groups (6-8 or less) so as not to displace other users.
- ✓ Be patient behind slower riders and pull over where practical to let faster riders pass.

### RESPECT THE RULES

Ride only where permitted – keep off closed tracks, including those that are seasonally closed to protect the surface or minimise conflict with other users.

Check whether you need to obtain permission from private landowners before you set out.

Be prepared (take food, water, tools, first aid and warm clothes) and plan for the unexpected (a change in the weather, an accident or getting lost).

Leave gates as you find them – either open or closed to keep stock where they are intended to be.

### RESPECT THE TRACK & SHARE THE ROAD AND TRAIL

Follow the road rules – stop at pedestrian crossings.

Ride predictably, in a straight line and signal your intentions clearly in advance.

Ride no more than two abreast and only where safe and appropriate.

Try not to slow the flow of traffic – where practical pull over to let vehicles pass.

Courtesy works – a wave and a smile to other road users will help foster a more positive attitude to cyclists.



# LEAVE NO TRACE

## PLAN AHEAD AND PREPARE

### Every outdoor activity is different in terms of environmental & safety aspects.

Before you go, check that access is permitted and that cycling is allowed in the place you plan to visit. Permits may be needed for certain activities such as fishing or hunting, or collecting natural materials.

### Check the weather forecast & always be prepared for changing conditions aspects.

Cold, exhausted or unprepared people are more likely to leave a lasting impact. Plan to arrive at your destination in good time and with enough energy to make the best decisions for yourself and the environment.

### Schedule your trip to avoid times of high use.

Visiting popular destinations during high use periods, such as holidays and weekends, can be fraught with crowding and conflicts with other groups. If you can, plan your visit at other less busy times.

### For environmental & safety reasons, keep group numbers small.

Be prepared to split larger parties into smaller groups to help minimise the impact you leave on the environment and other people..

## BE CONSIDERATE OF OTHERS

### Share our tracks & waterways.

We all enjoy the outdoors in different ways. Respect and expect others.

### Give way to all

Make room for others. If you're cycling, running or horse riding, control your speed, pass with care and let others know you are there.

### Treat another's property as you would treat your own

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### Let nature's sound prevail

Listen to nature. Try to keep your group's noise level down, especially at night and in remote areas. Avoid the use of bright lights, mobile phones and other urban devices.

## RESPECT WILDLIFE AND FARM ANIMALS

### RESPECT ALL ANIMALS

To avoid disturbing wildlife, observe animals from a distance. If the animal moves in response to your presence, you are too close.

### NEVER FEED ANIMALS

Feeding endangers animal health and alters natural behaviours. Store your food and rubbish

### DO NOT DISTURB

Lambing, mating, nesting or raising young are times when animals are most vulnerable to disturbance.

## NO CAMPING

There is no camping on the trail, and we do not recommend for your own safety to camp at reserves adjacent to the trail. We recommend you stay at campgrounds.

## LEAVE WHAT YOU FIND

### Conserve the past

Conserve the past by not disturbing archaeological or historical areas. Many culturally significant sites are now parts of reserves and this is not always publicly known, so treat these places with respect.

### Enjoy but do not take

### Avoid introducing or transporting non-native species

Clean your clothing, shoes, bike and other equipment after trips and before moving into a new water catchment area, to avoid spreading weeds and other unwelcome invaders. Inform yourself of specific identified risks such as didymo and kauri dieback disease.

## DISPOSE OF WASTE PROPERLY

### Please take out all litter - yours and others

Rubbish is ugly and affects others' outdoor experience. Even biodegradable materials, such as orange peel, apple cores and food scraps can take years to break down, and attract pests like rats and possums.

### Minimise the impact of toilet waste

Never miss an opportunity to use a proper toilet facility and please don't dispose of your rubbish in them.

### Soaps and shampoo damage fragile steam life

To wash yourself or your dishes, carry water well away from streams and lakes. Soaps, shampoo and detergents don't belong in streams.

## NO FIRES

This is Northland...there is more than likely a fire ban and if it is summer YES there's a fire ban!

