



CYCLING TOUR ACTIVITY GUIDELINES

單車旅行活動注意事項



- Wear moisture-wicking, quick-dry cycling apparel (do not wear underwear underneath) and hard-soled athletic shoes. Make sure shoelaces, long hair, and raincoats are properly secured.
- Before riding, always check your brakes and tire pressure carefully. Adjust your saddle to a suitable height.
- Wear your helmet correctly and follow all traffic rules: do not run red lights, do not rush through yellow lights, and do not compete with cars or pedestrians. No racing with others.
- Maintain a safe distance while cycling. Do not ride side by side in a tight group, draft closely behind others, or push and pull each other.
- Stay alert and aware of your surroundings (do not wear headphones in both ears). Always be vigilant to avoid danger caused by others' mistakes.
- Use the gear shifter properly and maintain a steady pedaling cadence. Avoid pedaling too hard or too loosely to prevent muscle strain or accidents.
- Always slow down on descents. It's recommended to keep your speed under 30 km/h to allow time for safe reactions.
- Brake gently with both hands simultaneously. Do not brake only the front or rear wheel to avoid flipping or skidding.
- Before turning on a downhill, reduce speed. Maintain balance: right foot up for right turns, left foot up for left turns.
- Be cautious of loose gravel near the right edge of the road at left turns or construction zones, as it can cause loss of control.



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- When crossing uneven road surfaces, tracks, pipes, wires, or branches, ride straight and perpendicular to the obstacle to avoid slipping.
- Choose rain gear carefully in wind or rain. Raincoats that are too big create wind resistance (use a waist strap); raincoats that are too tight restrict movement.
- On slippery roads, avoid riding over road markings or manhole covers as they reduce braking ability. Be cautious of damaged surfaces, puddles, and gravel. Avoid weaving while turning.
- Do not wear sunglasses in tunnels or on rainy/overcast days, as they reduce visibility.
- Do not stop or overtake at corners. When overtaking, pass on the left side of the rider ahead. Do not race or cut into lanes to avoid collisions.
- Do warm-up exercises before riding to loosen muscles and prevent injury. Stretch and cool down after riding to promote recovery and reduce soreness.
- Hydrate by drinking small amounts of water frequently while riding. Do not consume too much sports drink. After riding, drink plenty of water to flush out lactic acid.
- If you feel unwell or too tired, do not force yourself to continue riding. In case of an emergency, call 119 first, then notify staff for assistance.



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