

GUIDELINES FOR RIVER TREKKING AT HAYOUXI HOT SPRINGS AND COLORFUL ROCKS

1. Carry Identification: Be sure to bring a valid photo ID (e.g., ID card, passport) for verification when entering Hayouxi River.
2. Required Gear: Equip yourself with a lightweight backpack, a sun hat, a water bottle, river trekking shoes (meeting safety standards), and a safety helmet (provided by the local community). Wear cycling jerseys or moisture-wicking long-sleeved tops, long pants, and a warm jacket. Avoid wearing cotton clothing and jeans. Use cotton or cycling gloves to ensure a firm grip and prevent slipping when using ropes.
3. Legal Disclaimer: According to regulations, participants of certain ages must complete the following consent forms and have a guardian or family member accompany them (if no family member can join, a signed consent form from a family member is required):
 - Consent form for participants under 18 (to be signed before the trip by the participant via the BikExplorer team).
 - Consent form for participants under 15 (to be signed before the trip by the participant via the BikExplorer team).
 - Consent form for participants aged 71 and above (to be signed before the trip by the participant via the BikExplorer team).
4. Health Restrictions: Participants with epilepsy, heart disease, high blood pressure, or mobility impairments are not suitable for river trekking. If you experience any issues or feel unwell during the activity, immediately inform your guide or instructor to ensure safety.



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