



AU CHALET
EN BOIS ROND

VILLAGE NATURE ET PLEIN AIR

OVERSIZED-WHEEL BIKE (FATBIKE) – SUMMER

Difficulty level: Easy

Cycling with oversized wheels (fatbike) involves risks. Outdoors, preparation and prevention are the keys to a pleasant and safe experience. Put all the chances on your side, and make safety your priority.

BEFORE YOU GO

Before a first outing, seek advice from the staff to inform you.

Confirm that your bike is in good condition and that the tires are inflated to the recommended pressure.

If in doubt, have it checked by a professional.

Plan your walk with the official map of the village: **Map of the village - Au Chalet en Bois Rond**

Choose a route that suits your abilities and those of your partners.

Check the weather. Adjust your goals accordingly.

Dress appropriately for the season.

Bring a means of communication and the trail map.

Inform someone close to you of your route and its duration. This person will be your guardian angel and can advise help if you are missing.

WHEN OUT ON THE TRAILS

Always wear an approved helmet designed for cycling.

Leave early enough to complete your outing before dark or have the necessary equipment to be in safely after sunset. Remember that winter days are short.

Stay on the trails at all times and obey the signs.

On multi-purpose trails, stay in the corridor reserved for this activity and be courteous.

Control your speed and stay at a safe and respectful distance from other road users.

Before passing another person, let them know you are there and give them time to stop at a safe place.

Before taking a break, confirm that no one is following you closely and pull over to the side of the trail with your bike to leave the way clear.

Respect your limits. By choosing the right difficulty level, you will avoid damaging the trails by walking next to your bike.

At intersections, take the time to check your position.

Respect your limits, and do not hesitate to turn around if the chosen route proves too difficult.

It is safer not to go alone.

WHEN YOU RETURN

Notify Outdoor Center employees of any breakages or potentially dangerous items observed during your visit

RECOMMENDED EQUIPMENT

A bicycle with oversized tires inflated to the recommended pressure

Mountain bike or winter sports helmet, approved and properly fitted (mandatory)

Gloves and elbow and knee protection • Closed shoes with grip sole • Waterproof windbreaker

Phone 100% charged • Trail map • Water, sunglasses, sunscreen, and insect repellent • Garbage bag