



Mountain biking season will soon be in full gear here in Park City, and to make sure everyone has fun and stays safe, here are a few safety tips.

- Always wear a helmet and other protective equipment such as knee pads and elbow pads when riding more difficult trails
- Start small then work your way up to harder trails
- Ride within your ability, and don't go down a trail you or your bike can't handle
- When taking a new trail for the first time, take your time and get comfortable on it
- Slow down for blind corners
- Watch out for wildlife
- Take a phone in case of an emergency
- Downloading the Trailforks app is a great way to find what trail you are on, and to help navigate where you want to go. You can also look at details and read comments left by riders for each trail.
- Bring a tool kit and first aid kit
- Take water and stay hydrated while riding