








Mountain Biking

Sustainability Code of Conduct

lalalanka

As part of our commitment to sustainable tourism, we provide activity participants with the sustainability savvy travel tips below.

- ✓ Be **selective** – choose tourism businesses that share how they benefit people & planet
- ✓ Tread **lightly** – choose activities & transport options with a reduced environmental impact
- ✓ Be **informed** – learn a bit about local nature, history & culture beforehand to enrich your experience
- ✓ Be accurate about your level of **fitness** & ability so we can design an enjoyable experience for everyone
- ✓ Respect your guide / host's **instructions** regarding safety, local etiquette & dos & don'ts
- ✓ Before & after cycling in a sensitive environment, **clean your footwear** & bike to prevent the spread of invasive species
- ✓ Don't collect or disturb **flora or fauna**, or their habitat
- ✓ Don't feed **wildlife**; it can harm their health & encourage problematic behaviour
- ✓ Remain on **designated tracks** & avoid track widening caused by drifting left / right
- ✓ Ride **single file** in narrow sections
- ✓ Give right of way to cyclists **overtaking** you or cycling uphill when crossing you, & to walkers, horses, & wildlife
- ✓ **Slow down** when crossing or overtaking other users of the activity area
- ✓ **Cycle at a pace** that enables you to stop within the distance you can see ahead
- ✓ **Make your presence known** when approaching other users & blind corners
- ✓ When climbing, **gear down** for adequate traction to avoid spinning
- ✓ When braking, avoid skidding or blocking wheels so that you **minimise erosion**
- ✓ **Cross rivers** at designated spots, reduce speed, & enter/exit at 90° to the riverbank
- ✓ **Reduce waste** – from food to paper, remember to take only what & as much as you need, & bring **re-usable items**, e.g. water bottle, coffee cup, shopping / carry bag (or buy a locally made one that can be re-used!)
- ✓ **Dispose** of waste responsibly & use local **recycling** facilities where available
- ✓ Be **waterwise** – your participation shouldn't place additional stress on water-scarce environments
- ✓ **Save energy** to reduce your carbon footprint & your impact on local supply challenges
- ✓ Support **climate change** action, e.g. offset or regeneration programmes
- ✓ Be respectful of **privacy**; obtain permission before taking photos / videos of people or sensitive sites
- ✓ Be **sensitive to the inequalities** of our world & avoid displays of wealth, particularly in less privileged contexts
- ✓ **Ask questions** – your local guide will happily share their knowledge
- ✓ If you want to **give**, ask us how to do so responsibly; offering sweets or money to individuals, for example, can often do more harm than good
- ✓ **Buy** from local, small &/or community-owned businesses, especially if they feature local nature or culture
- ✓ Be cautious about **buying from children** – you could unknowingly be supporting their exploitation
- ✓ Refuse to buy **souvenirs**, food & beverages that harm the environment, people, or wildlife, especially those that are illegal to buy / sell
- ✓ Respect customary **tipping & trading** practices – such as bartering – & pay fair prices
- ✓ Provide **feedback** about what you liked or how we can do better

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