

### Recommendations. PLEASE:

- Slow down and signal presence when approaching other path users.
- Comply with the signs on forest management sites.
- Keep your distance from wildlife and cattle.
- Close gates and barriers behind you.
- Leave no trace. Take your rubbish home.
- Take designated cycle paths where possible.
- Do not cross grasslands and grazing lands or cycle through forested areas.

### Further information

[www.respect-nature.ch](http://www.respect-nature.ch)

### Any questions, please contact

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## Responsible visitor behavior



### Cycling and mountain biking

Certain areas of the Gruyère Pays-d'Enhaut Regional Nature Park are more vulnerable than others. Special rules therefore apply, particularly on cycling and mountain biking. Please comply with the relevant rules and regulations and adapt your behaviour accordingly.

Thanks for respecting the mountain landscape and helping to preserve this beautiful corner of the natural world.

### Legislation

Cycling and mountain biking in federal game and nature reserves are prohibited/subject to restrictions (some access roads down in the valley are open to traffic).

In forested areas, cyclists must remain on roads, gravel tracks and designated cycle paths.

See map overleaf.



## Restricted areas: cycling and MTB

