

SPECIFIC DISCLAIMER -BIKING-

- There are different ways of enjoying cycling. From organised tourist trips for cyclists, to day-tours or just a few hours going only downhill on tarmac or dirt roads with different levels of difficulty and effort according to your preparation, inclination or personal approach. What we propose is a type of cycling with different levels of effort and difficulty but accompanied by motivated and ambitious professionals, capable of recognising and evaluating the merits of their clients and the bicycle used, who have a wide knowledge of the area with its culture and hospitality.
- The risks are typical of biking and on-road and off-road outdoor activities, as well as difficult and inhospitable climatic conditions (Injuries from collisions with pedestrians or other vehicles, from wet weather and/or from falling on- or off-road; Tendinitis due to over-exertion or wrong use of limbs; Sunburn/erythema; Sunstroke; Physical exhaustion due to fear, lack of physical shape or insufficient knowledge of the technique/inappropriate clothing for the activity, etc..)
- All participants must pay maximum attention when riding the bike, scrupulously observing the highway code while cycling along roads and paths; if it is not a hired bike but belongs to the participant then it must be in perfect condition.
- The following clothing is required by all participants; trekking shoes or strong gym shoes suitable for pedalling; clip-in pedals – used with appropriate shoes with at least a sculpted sole – are allowed only for participants with the suitable gear; in no circumstances are sandals, open shoes or beach shoes allowed. It is also obligatory to use a helmet, glasses, gloves and have a water bottle for drinks for a correct hydration, as well as energy bars.

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Mmove

into nature

by Friends of Arco



- Before starting the activity, the Mmove Guide will hold a briefing to supply specific information on the biking programme as well as indications regarding the equipment supplied and how to carry out the activity in safety. All participants must collaborate and follow the indications of the Guide with regard to state of health, preparation, approach to the activity and experience gained.
- Optional equipment (action camera, possibly to be made available to MMmove)
- No particular experience is required by participants, but complete control of the bike is necessary also on dirt roads, knowledge of the highway code and be in good physical shape. No drug or alcohol abuse.

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