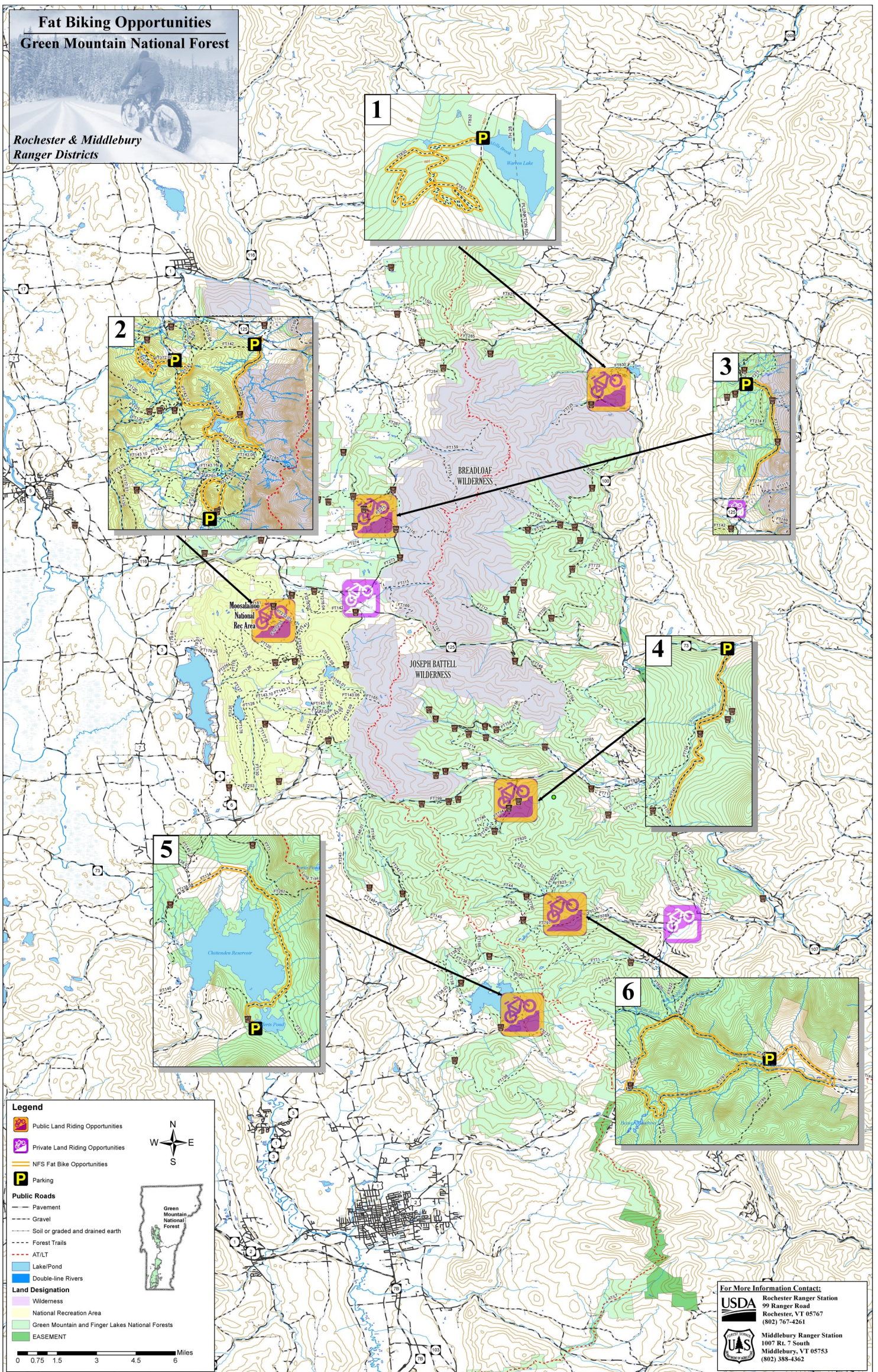


# GREEN MOUNTAIN NATIONAL FOREST: FAT BIKING



**CONTACT**

Green Mountain & Finger Lakes National Forests Rochester Ranger District  
99 Ranger Road, Rochester, VT 05767 802-767-4261



# FAT BIKE TRAIL ETHICS

In the right conditions, a fat bike can be the ultimate winter backcountry travel tool. Frozen conditions and minimal snow coverage (1-5 inches) means access to areas that are impassible during the warmer months.

*Just because you can ride somewhere doesn't mean you should.  
Be aware and be prepared.*

## Plan Ahead & Prepare

- Winter travel in the backcountry requires carrying proper gear and dressing properly: be self-sufficient!
- Make sure someone else knows where you are going, when you left and when you expect to return.
- Understand changing conditions. New snowfall or warming temperatures can make the return trip much more difficult. Tire tracks can be covered, hard snow can turn to slush, rivers can start to melt. Always know the forecast and be aware of how changing conditions might alter the safe passage of your route.

## Travel on Durable Surfaces

- Ride on the firmest part of the track.
- Do not ride on, or in, groomed tracks for classic skiing.
- Riding on frozen water can be extremely dangerous – learn safe ice travel before riding across frozen lakes and rivers.

## Stay Visible

- Use a front white blinker and rear red blinker at all times.
- Wear reflective material on both the front and rear of your body.
- Use extreme caution when riding at night. Be visible and use the brightest lights you can find.

## Yield

- Yield to ALL other users at all times.
- Stay to the far right of the trail.
- Leave room for others to pass (don't ride side-by-side blocking the full trail).

## Be Considerate of Others

- DO NOT RIDE unless you are sure that biking is permitted by the land manager.
- Understand that some trails may cross private property and might not be open to alternative uses.
- Be friendly! Fat bikers are the newest trail users - be courteous and open to feedback .
- Help out by supporting your local trail adopters.
- Consider donating to trail grooming and maintenance efforts.

## EMERGENCY: CALL 911

### WINTER SAFETY: YOUR RESPONSIBILITY

Every year people are injured, lost or even die in winter recreation related accidents. Recreating in remote areas where hidden hazards, changing conditions and varied terrain all affect your safety.

Be prepared for a backcountry emergency by carrying enough gear and extra warm clothing to be self-sufficient for an extended period of time. Help can be difficult to summon and there may be a significant delay in receiving emergency assistance.



## Green Mountain National Forest

### Fat Biking



### For More Information:



<http://www.fs.usda.gov/main/gmfl/home>

**Rochester Ranger Station**

(802) 767-4261

Monday-Friday 8:00-4:30

The USDA is an equal opportunity provider,  
employer, and lender.