



Gwel an Mor

5 Star Resort Portreath Cornwall

Gwel-an-Mor Bike Hire Terms and Conditions

Our bikes and equipment are hired in good condition and full working order. Before riding the bikes for the first time and leaving our premises, you should satisfy yourself that the equipment hired is in full order and meets your needs and your skills.

- The equipment hired is only for use on routes intended for bikes.
- In the event of any damage during the hire period, howsoever caused, the hirer agrees to pay the cost of repair or damage at a not for profit rate.
- In the event of any loss during the hire period, howsoever caused, the hirer agrees to pay the cost of replacement.
- Mountain biking is an activity that carries an element of risk of injury and the hirer indemnifies Gwel-an-Mor against any injuries sustained beyond its control.
- The liability of Gwel-an-Mor in any hiring is limited to the equipment provided which the hirer will satisfy him or herself is in full working order before leaving the premises.
- Cycle helmets are provided free of charge and all cyclists are strongly advised to use them.
- Young persons (age 17 or younger) will only be issued with equipment when accompanied by a parent or guardian.
- Cycles should be locked to a permanent fixture whenever left unattended both on site at Gwel-an-Mor and when off-site.
- The method of securing should include the front wheel and frame. Theft of an unlocked bicycle will be the responsibility of the hirer who will be subject to a charge to cover the replacement of the bicycle and its accessories.



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Technical and Safety Information

WHAT'S INCLUDED IN YOUR HIRE

With each bike hire you will also get a helmet, pump, inner tubes and bike lock.

WHAT TO DO IN CASE OF AN EMERGENCY

For major problems where you are unable to cycle your bike safely back to Gwel-an-Mor or please contact..... **01209 842354** or **07867768926**

WHAT TO CHECK BEFORE EVERY RIDE

TYRES - make sure your tyres are pumped up by giving them a pinch. If they feel soft then use your pump to top them up. When checking tyre pressures also check your tyres for any signs of wear that will occur through use.

BRAKES - Test your front and rear brake before every ride and make sure that the wheels are running freely and not rubbing on the brake pads.

HANDLEBARS AND SEAT HEIGHT - Before setting off make sure that your seat and handlebars are set at the right height and are securely fastened. A general rule of thumb is to set your saddle height level with your hips so that when you are riding and the pedal is at its lowest point your leg will be slightly bent.

CHAIN AND GEARS - Check that your chain is lubricated and running freely by lifting the rear wheel slightly off the ground and using your hand to turn the pedals at least 3-4 revolutions. The chain should run freely without making any noises. To check the gears run through the whole range as you set off to make sure they are changing freely.

HELMET - Before putting on your helmet check it has no cracks on the outer shell or inner surface. When your helmet is on adjust the straps so that the helmet fits tightly and securely it should sit level on your head with the brim two finger widths above your eyebrows. Fasten the strap under your chin with only enough space for one finger to fit between the clip and your chin. If the helmet has adjustment clips on the strap these should be fitted so that they sit just under your ear lobe. In order to tighten your helmet further use the twist lock system at the rear of the helmet for a complete custom fit.

WHAT CLOTHING TO WEAR

Depending on the conditions there is a wide variety of clothing to choose from when riding a bike. If you plan on riding long distances or on consecutive days you should look to purchase some good quality cycling shorts or trousers with a padded chamois providing extra comfort. It is possible to purchase both lycra cycling clothing but also leisure clothing which incorporates a padded chamois into everyday looking shorts and trousers with a variety of pocket options also available.

When choosing your clothing try to pick items that have a wicking effect which takes perspiration away from the skin where it can evaporate thus avoiding the cooling effect of perspiration remaining on the skin. If you are planning to ride both on and off road then consider choosing clothing that has reflective features which will enhance your visibility to other road/trail users.

Depending on the amount of time you plan to be out on the bike you may also want to consider taking a spare base layer to change into, a waterproof top and an extra layer for the evenings when the temperature starts to drop.

Most importantly wear something that is comfortable and will not hinder your cycling experience and if wearing non-cycling trousers consider purchasing some ankle clips to protect your trousers from catching in the chain or alternatively wear socks that are long enough to tuck the bottom of your trousers into them.

TIPS FOR SAFER CYCLING

Try to ride constantly and predictably making sure that you are always aware of your surroundings. If you are riding on road or crossing roads make sure that you use signals to indicate clearly to other road users your intentions. Always be on the lookout for road hazards such as potholes, gravel, parked cars and other road users. Always wait until you have ample time to make your move as whilst you may have the right of way do not assume other road users will adhere to this.

On the trails make sure you are aware of other trail users and keep to the left hand side of the trail wherever possible. If you are using trails that are also open to use by horse riders make sure that you make riders aware of your presence well in advance especially when approaching from behind and be prepared to go past very slowly. In some instances there may also be loose dogs on trails whether prohibited or not so be aware of this and the fact that they do not always stop or move out of the way of cyclists.

Most importantly make sure that you adhere to any rules and regulations that are noted at the start of the trails and if riding on the road always adhere to the Highway Code. If you intend to go out riding on your own make someone else aware of your intended route and estimated completion time and take a mobile phone with emergency contact numbers just in case.