



Be *BearSmart*

Mountain Biking Checklist

The best practice to avoid human-bear encounters while mountain biking is to avoid bear habitat in early spring when bears emerge from dens, in mid-August when berries ripen or in late fall when bears are preparing for winter. Always follow these precautions when mountain biking in bear habitat at any time.

Trails to Avoid in Bear Habitat

- Avoid thick bush, tight corners and blind hills so you lessen the chance of startling a bear.
- In spring and early summer, avoid trails that pass through avalanche chutes.
- During late July and August, avoid trails lined with buffaloberry.

While Mountain Biking

- Slow down in order to give bears time to identify you and leave the trail; speed is one of the main factors that leads to negative encounters between mountain bikers and bears.
- Know how to use bear spray and always carry it in an accessible location. Chest holsters are available that can be worn over biking jerseys.





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- Bike with at least one other person.
- Cycle on established trails with clear lines of sight.
- Make plenty of noise to alert bears of your presence, especially near running water and in areas of limited visibility, such as corners, hill tops and thick brush.
- Watch for signs that a bear may be near, such as tracks, scat, diggings, carcasses and berry patches.
- If you spot a bear from a distance, leave the area immediately.

If You Encounter a Bear

- Prepare to use your bear spray.
- Step off your bike and walk away slowly; do not try to outrun or out-cycle the bear as bears can overtake the fastest cyclist, even when running downhill.
- Keep your bike between you and the bear.

If a bear is a public safety concern, call the 24-hour Report A Poacher line (1-800-642-3800).

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