

Tips for Riding the Little River Rail Trail

Whether you're riding a short section of the trail or setting off on a bigger adventure, a little preparation will help make your ride safe, comfortable, and enjoyable.

What to Bring

- A correctly fitted helmet (required by law in New Zealand).
- A bike that is in good working order.
- Plenty of water and some snacks.
- Sunscreen and sunglasses.
- Warm and windproof clothing, even on fine days.
- A bandana, buff, or lightweight face covering, especially during midge (small fly) season around Te Waihora / Lake Ellesmere.
- A basic repair kit, spare tube, and bike pump.
- A fully charged mobile phone.
- A small first aid kit for longer rides.

Before You Ride

- Check that your tyres are inflated and your brakes are working properly.
- Plan your route and know where you can stop for breaks, food, or water.
- Check the weather forecast before leaving.
- Let someone know where you're going and when you expect to return.

Riding on the Trail

- Keep left and be courteous to other trail users.
- Ride at a safe speed and slow down when approaching walkers.
- Pass carefully and let others know when you are approaching.
- Ride single file when sharing the trail with others.
- Watch for road crossings and obey all road signs.
- Watch for cattle stops along the trail. Approach them at a steady speed and ride straight across. Avoid turning while crossing. If needed, dismount and walk your bike across safely.
- Take extra care on gravel sections and other loose surfaces.
- Stay on the marked trail and respect surrounding farmland and property.

Stay Safe

- Drink water regularly, especially on warm days.
- Take breaks when needed.
- Be prepared for changing weather conditions.
- Expect windy conditions on some sections of the trail and carry a windproof layer.
- Watch for birds, wildlife, livestock, and other trail users.
- Turn back if conditions become unsafe or beyond your comfort level.

Enjoy the Journey

- Stop and explore local cafés, parks, and places of interest along the way.
- Take time to enjoy the stunning views of Te Waihora / Lake Ellesmere and Banks Peninsula.
- Take photos and celebrate your adventure.
- Remember, it's not a race. Ride at a pace that feels comfortable and enjoyable for you.

Riding with Children

- Children under 13 years should be supervised by an adult.
- Choose a distance that matches your child's ability and confidence.
- Take plenty of breaks and keep the experience fun and positive.
- Encourage children to ride predictably and be aware of other trail users.

Ride safe, have fun, and enjoy your Little River Rail Trail adventure! 🚲 🌿

