

# Lets go cycling ...in the countryside



Exploring the countryside on your bike is a great way to have fun, try out different types of route and see lots of wildlife. If you decided to go on a cycle ride with your friends, what might you need to think about? Write your answers down on paper.

## Start

**1**

Before you leave make sure you are **safe** and can be **seen**. Draw 3 items that you should wear



## Finish

**2**

Be **prepared** for your journey. What 5 items pictured on this sheet would you take in your rucksack?



**6**

What 5 things would you **enjoy** most about cycling in the countryside?

Now you are ready to go out and cycle in the countryside



**3**

Whilst cycling in the countryside you may see a **fingerpost** like the one in the picture (right) which **route** would you follow? Why?



**4**

If you saw these **waymarkers** in the countryside (left), who would be **allowed** to use them?

**5**

On your journey you might see a **horse and rider**. List two things you **should** do and two things you **shouldn't** do

