



Sentiers de l'Abbaye d'Oka

RÈGLES DE CONDUITE SUR LES SENTIERS DE L'ABBAYE D'OKA

- Préparez votre sortie. Vérifiez la météo de la région d'Oka. Procurez-vous une carte des sentiers.
- Portez de l'équipement de protection pour votre sécurité en tout temps sur les sentiers. Le port du casque, des gants, des protège-coudes et des protège-genoux est obligatoire.
- Localisez les balises de géolocalisation. Plusieurs balises numérotées sont présentes sur le site. Ces balises sont jumelées à des points géodésiques permettant aux premiers répondants de vous localiser. Advenant un accident, dont une chute avec blessure, il est important de mentionner le numéro de borne de géolocalisation aux premiers répondants que vous appellerez. De cette façon, ils seront capables de vous localiser et de vous porter secours rapidement.
- Roulez sur les sentiers ouverts. Pour votre sécurité, il est important de respecter l'indication de fermeture d'un sentier et de ne pas rouler hors des sentiers balisés afin d'éviter les dommages à l'environnement.
- N'utilisez pas les sentiers les jours de pluie ni pendant les 24 heures suivant, ou ni lorsque le sol est trop humide. Il est interdit de rouler sur un sentier humide afin d'éviter l'érosion excessive des sentiers. La qualité de nos sentiers et notre considération environnementale sont des aspects prioritaires et le respect de ces règles est primordial et obligatoire sous peine d'expulsion. Vous pouvez consulter la page FB des sentiers de l'Abbaye d'Oka — @sentiersabbayeoka afin de connaître les conditions des sentiers.
- Respectez les propriétés privées. Circular sur un terrain privé est un privilège et non un droit.

RULES OF CONDUCT ON THE TRAILS OF THE ABBAYE D'OKA

- Prepare your outing. Check the forecast for the Oka area. Get a trail map.
 - Wear protective gear for your safety at all times on the trails. Wearing a helmet, gloves, elbow pads and knee pads is mandatory.
 - Locate the geolocation tags. Several numbered markers are present on the site. These beacons are combined with geodetic points allowing first responders to locate you. In the event of an accident, including a fall resulting in an injury, it will be important to mention the geolocation marker number to the first responders you will call. This will allow them to locate and assist you quickly.
 - Ride on open trails. For your own safety, it is important to respect trail closure signs and not to ride off marked trails. This is very important in order to avoid damage to the environment.
 - Do not use the trails on rainy days or within the next 24 hours, or when the ground is too wet. Cycling in wet trails is prohibited in order to avoid excessive trail erosion. The quality of our trails and our environmental consideration are a priority and compliance with these rules is essential and mandatory under penalty of expulsion. You can consult the FB page of the Abbaye d'Oka — @sentiersabbayeoka to find out about the trail conditions.
 - Respect wildlife and the environment. The site of the Abbaye d'Oka is made up of an exceptional flora that is unique in Quebec. The cohabitation of bikes with vegetation and wildlife must be harmonious in order to protect this environment. We are counting on you to help protect this environment.
 - Control your bike and respect your limits. Ride slowly on busy trails to avoid endangering the safety of others as well as your own. It is important to consult the difficulty level of the trails before your departure and to venture into a difficulty level that you can handle. A beginner will be out of place in a difficult trail and the opposite is also true.
 - Be courteous to everyone you meet. When you meet other users in the trails, it is important to announce your presence and slow down to avoid accidents.
 - Respect the hiking trails. There are walking trails at the Abbaye d'Oka. While we try to avoid cyclists and walkers crossing paths, it is important to remember that cyclists must give way to walkers when meeting.
 - Pick up your trash.
 - Pass with caution and be courteous at all times. Yield to oncoming cyclist going up and to walkers at all times.
 - Do not make new trails or do any unauthorized work.
- Respect private properties. Riding on a private property is a privilege not a right.