

Mountain Biking in Bear Country

Mountain biking greatly increases your risk of encountering and startling a bear due to increased speed and lack of warning noise. Mountain bikers have been **seriously injured** and even **killed** by surprising a bear.



Situational Awareness

- Pay Attention!
- Look for sign indicating actual or likely bear use of the area:
 - fresh tracks/scat
 - ripe berry patches
- No earbuds.
- Choose when you go riding - avoid riding in early morning or late evening.



Prepared for the Ride

Carry Bear Spray

- Know how to use it.
- Keep it in a handy spot on you, not on your bike or in your pack.

Mentally Prepared

- What wildlife species could be present?
- How do I reduce my risk for an encounter?
- What do I do if I encounter a bear?



Slow Down!

- Riding fast in bear habitat puts you at serious risk of a dangerous bear encounter.
- Bikes are quiet and fast - a bad combination in bear country,
- If you want to ride fast, please ride somewhere else.



Make Noise!

- Especially when approaching a limited visibility area.
- Talk/sing or use a noisemaker.
- Ride with others and keep the group together.

Dogs and bears

- Dogs will complicate a bear encounter.
- Leave your dog at home or have them under full control next to you at all times!



Food Storage

- Don't leave attractants unattended.
- Pack out all that you packed in.



Grizzly Bear! How to Handle an Encounter

- Don't run, it can trigger a predatory response.
- Have your bear spray ready.
- Talk so they know you're human.
- Slowly back away.
- Stand your ground if charged.
- Keep your bike between you and the bear.

