



# The Right of Public Access

## To think about for the cyclist along the route

- \* Show friendliness and helpfulness to other users.
- \* Go quietly and carefully in the countryside.
- \* Respect those who live and work near the trail.
- \* Make it an honour not to litter. Don't leave a single banana peel or sweet wrapper in the countryside.

## To think about right of access for everyone

- \* "Allemansrätten" is an unwritten law that includes, amongst other things –
- \* You may put up a small tent for the odd night on someone's land, a reasonable distance from the dwelling.
- \* You may light a campfire with twigs and branches lying on the ground. Remember the danger of the fire

spreading, and don't light a fire on rocks, as they can crack.

- \* You may roam freely in forests and across the land, and cycle on existing roads and tracks, providing you don't damage any vegetation.
- \* All motorised traffic is forbidden in the forest and countryside. You may also not park a caravan anywhere you like.
- \* You may not pick or damage protected plants. Most other plants also look best right where they are. Avoid as far as possible disturbing birds during the mating season.
- \* Stronger rules apply inside protected areas for birds and nature reserves.

*More detailed information is available from County Administrative Board.*