

# DO'S AND DON'T'S

## Guidelines for using groomed cross-country skiing trails



Cross-country ski trails belong to all skiers. Give everybody a chance to ski at their own pace - and with their own style.



Remember the indicated direction and follow it. Pay attention to all signs and warnings along the trail.



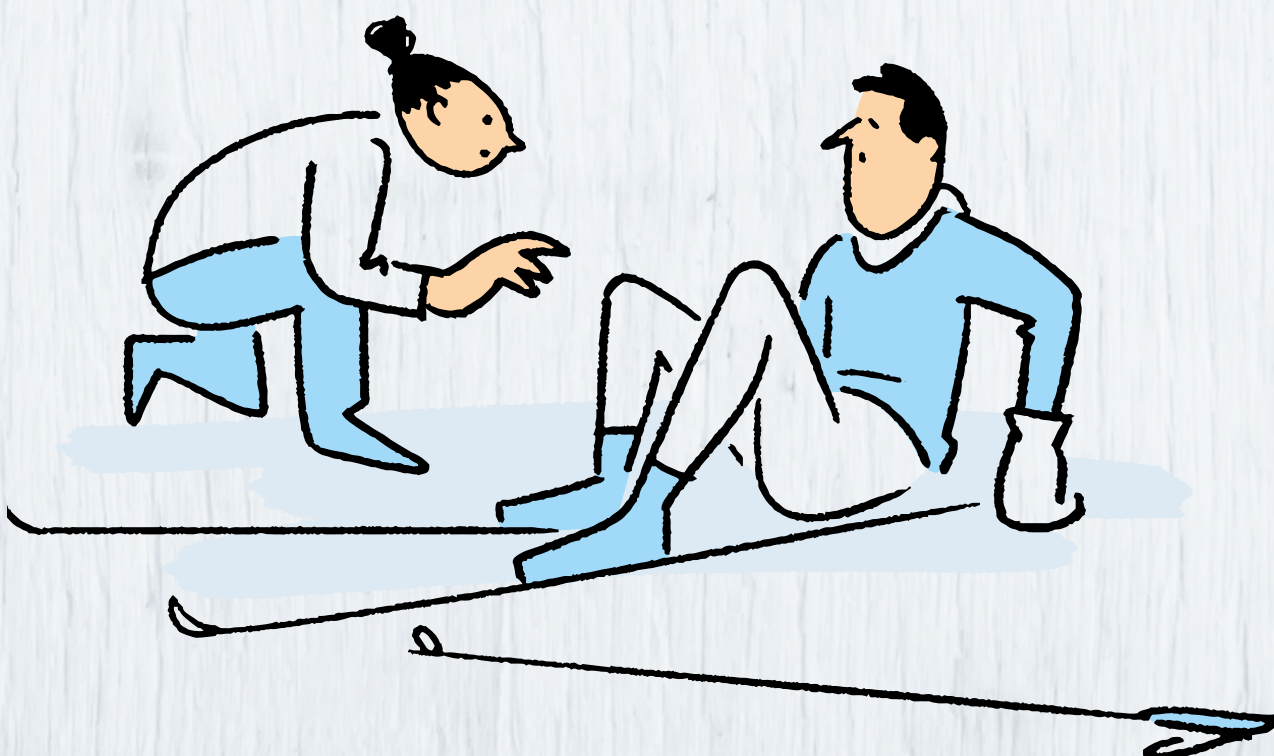
The faster skier is responsible for overtaking safely and leaving enough space. On a two-way trail both skiers will give way.



Ski in a predictable manner. Look behind you before making a turn, stopping or changing trails. Do not cut directly in front of others.



Do not skate over the trail meant for classical style skiing. This will break the trail and ruin the skiing fun for others.



Help when needed. Everyone is obligated to assist other skiers who are injured or have fallen down.



Do not walk on the ski trail. The trail is only for skiing, including the middle part prepared for skating. It is forbidden to walk a dog on a ski track that is groomed for general use.