

# WHEELS YIELD TO HEELS

## How to share trails with horses

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Photo by Kim McCarrel



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**As prey animals, horses can be easily startled. If you meet a horse on the trails, here's what you can do as a cyclist to keep everyone safe:**





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## CYCLISTS

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- **Communicate with the rider to see if it is safe to pass. The rider will know if their horse is calm enough for you to pass safely.**



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## CYCLISTS

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- If the horse is frightened, take off your helmet and get off your bike to show that you're a person and not a predator.



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## CYCLISTS

- If you're on a hill, move to the low side of the trail. Most predators will try to attack from above so the horse will feel less threatened if you are lower down.



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### CYCLISTS

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- If approaching from behind the rider may wave you to pass if the horse is familiar with bikes.



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### CYCLISTS

- When safe, pass the horse slow and wide, ideally giving 3 meters of space. Horses can kick for self defence. Giving extra space will keep you safe in case the horse kicks.



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## EQUESTRIANS

- When meeting other trail users steady your mount and exchange greetings.
- Remember that a well-trained horse is essential for safe riding.



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## LEARN THE SIGNS OF A SCARED HORSE

- Eyes wide
- Nostrils flared – may make a loud blowing sound from their nostrils
- Ears rapidly move back and forward
- Head is elevated and neck is braced