Safety on skiing trails

Please act as follows

Choose the correct trail
Stay on the marked and opened trails. Follow the signs and maps at intersections.
Keep a valid cross-country skiing map with you and a mobile phone.
Plan your route.

Keep your distance
Do not ski right behind another skier. This is especially important when going downhill.

Others also use the trail
The trails are for everyone, please be friendly to other skiers.

When skiing downhill, please remember
Do not change lanes.
Do not ski downhill faster than you feel safe.
Be careful when lanes are icy.

Follow the correct direction
Ski on the right, pass on the left.
Follow the information signs.

You are obligated to provide assistance
If you notice an accident, you must stop and help.
If the rescue services are required, please call the emergency number 112.

Do not stop on the trail
If you take a break, please move off the trail.
If you fall, get up quickly and move off the trail.
Fix the trail in necessary.

The cross-country skiing trail is for skiing only
Do not walk on the trail.
The track is not intended for dogs or snowmobiles etc.