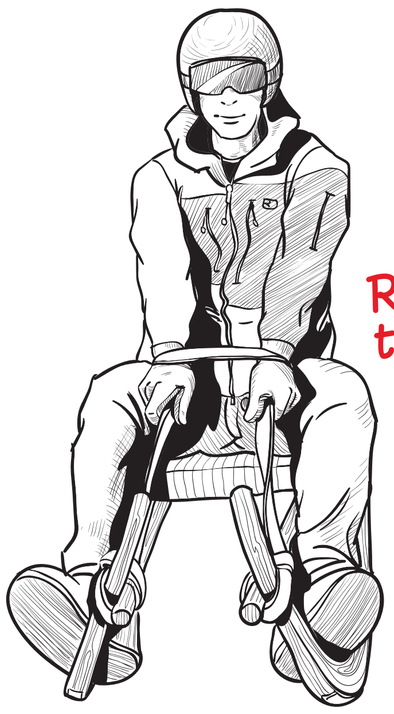
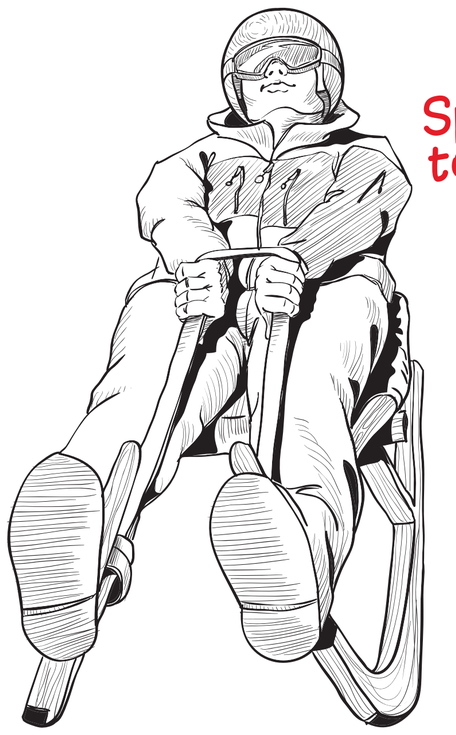
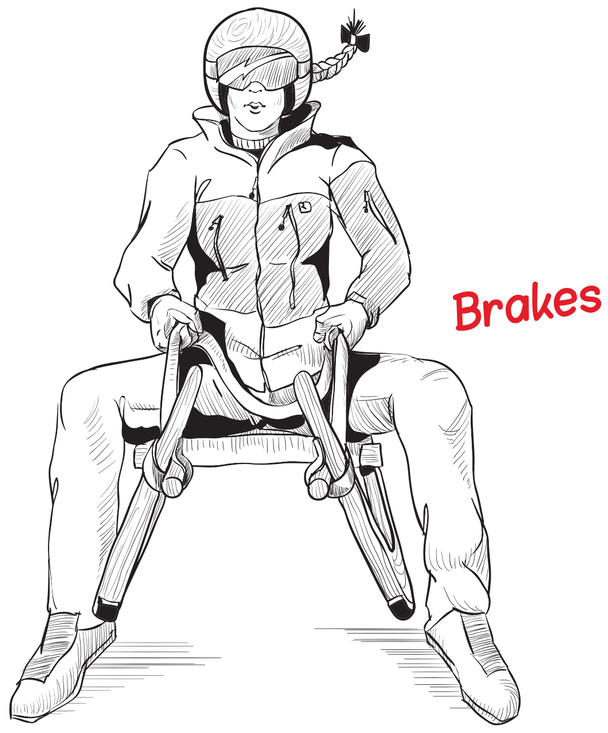
SAFE SLEDGING!



Recreational tobogganing



Sport tobogganing



Brakes



Steering left

ONLINE

VIDEO EXPLANATION



Steering right

Steering & turns

Place your hand crosswise on the inside of the bend on the leash. Pull the leash on the inner runner while applying pressure with your foot on the outer runner and shifting your weight backwards.

Braking

Sit upright! Make sure that the soles of both shoes are flat and firmly on the snow next to the runners. If you want to brake hard, lift the sled by pulling the straps upwards with both hands and keep your forearms horizontal. This increases the braking effect and gives you more control.

Leisure tobogganing

Sitting down gives you a better overview and reduces the strain on your leg and abdominal muscles.

Sport tobogganing

The sporty tobogganing option is lying down with your legs stretched out. Here too, you pull the strap on the inner runner to steer and press your leg against the outer runner.

SAFETY INSTRUCTIONS

- × Warm clothing, good footwear (gloves, hat/helmet, goggles)
- × Never ride head first on the toboggan run
- × Never stop after bends
- × Dogs are prohibited on the toboggan run

SLEDGE RETURN
at Mark Sport in Bergun
opposite the ice bar

Schlittel BAHNORAMA
COOL DOWN IN PREDA-BERGÜN

MARK SPORT
RODELFACHGESCHÄFT