ULTRACICLISMO

GUIDES · MOUNTAIN

Thunderstorm on the bike: what to do

If you hear thunder, you're in range. Ride high early.

If it catches you

1
First thunder
You're in range: act now.

2
Get off high ground
Leave ridges, summits, meadows.

3
Real shelter
Building or closed car. No tree, no tent.

4
Drop the bike
If it's overhead, move away from it and metal.

5
Spread out
Several body lengths apart.

6
Last resort
Squat, feet together, on your pack.

7
Wait 30 min
After the last thunder.

8
Hurt or trapped
Call 112.

Before you go

- [ ] AEMET warnings for your area
- [ ] Mountain or highest-village forecast
- [ ] High section in the morning
- [ ] Cut-off time to turn back
- [ ] Escape routes and shelter on the track
- [ ] Rain jacket and warm layer
- [ ] Someone knows your route and time

Go up or not?

No warnings or storms forecast.
Go, and watch the sky from midday.

Yellow warning or growing cumulus.
High ground only in the morning, with an escape.

Orange/red warning, thunder or hair on end.
Don't go up. Get down to safe shelter now.

Situation → what to do

SITUATION	WHAT TO DO
On a ridge or pass	Descend off the crest, carefully
Thunder almost with the flash	Get off, leave the bike, move away
Hail	Helmet on, stop, protect your neck
Rising stream	Don't cross; go higher and wait

Someone struck: call 112
Call even if they seem fine. They are safe to touch. Not breathing: start CPR if you know how.

For guidance only: does not replace mountain training or emergency services. Sources: AEMET, 112 Castilla-La Mancha, FEDME, NOAA/NWS, CDC. ultraciclismo.es