

Tips for Trail Safety



Smart trail use includes adherence to some basic safety practices. Trails are shared recreation amenities and are accessed by a variety of users at the same time. Please be courteous to all users.

Safety Tips to Consider When Using Trails

- Bicyclists should pull off the trail when stopping, give a voice, bell, or horn warning when passing others, wear helmets, and ride at speeds that do not exceed 12 miles per hour.
- Motorized vehicles are not allowed on a trail.
- Pets should be kept on a leash, and people must clean up after their pets.
- Be sure to carry identification (which includes name, phone number, and pertinent medical information), and record your bicycle serial number.
- Carry coins for phone calls and/or take a cell phone along. Keep in mind that cell service may not be available where you are going.
- Know the locations of phone booths and open businesses in the vicinity you'll be traveling.
- Tell friends or family the route you'll be taking and travel with a partner, if possible.
- Avoid unfamiliar areas when on the trails alone.
- Stay alert, be observant about your surroundings, avoid areas where visibility is poor, and don't wear headsets.
- Wear reflective material and carry a whistle or noisemaker.
- Use discretion when acknowledging strangers and follow your intuition about unfamiliar people and/or areas.
- When on roadways – one should ride with traffic, but walk and run against the traffic.