

1. Ride Open Trails Only: Respect closures. Ask for clarification if you are uncertain. Bicycles are notpermitted in areas not marked for Mountain Bikes.

2. Leave No Trace: Be sensitive to the dirt beneath you. Stay on existing trails, do not create new ones. Be sure to pack out at least as much as you pack in.

Inattention for even a moment could put yourself and others at your limits.

4. Yield Appropriately: Do your utmost to let your fellow trail users know you're coming: a friendly greeting or a bell risk. Obey all speed regulations & ring are good methods. Try to anticipate other trail users as recommendations, and ride within you ride around corners. Bicyclists traveling downhill should yield to other non-motorized trail users below them.

by an unannounced approach, a sudden movement or a loud noise. Give animals enough room and time to adjust to you.

are riding and prepare accordingly. Strive to be self-sufficient; keep your equipment in good repair and carry necessary supplies for changes in weather or conditions.

7. Safety Equipment: Helmets are mandatory for all bicyclists. Other safety equipment is recommended.