TRAIL ETIQUETTE:
• Do not ride on closed trails. Rangers will issue citations.
• Do not ride on muddy trails to prevent damaging trails.
• Most trails are directional; follow signs to avoid accidents.
• Yield to hikers and allow faster riders to pass.

SAFETY TIPS:
• Wear a helmet.
• Properly adjust tire pressure, brakes and gears.
• Do not use child carriers or trailers. Dogs must be leashed (park regulation).
• Watch out for poison ivy and thorns.