

Know Before You Go

Safety Precautions:

- In case of emergency dial 9-1-1.
- If you have any type of hypertension or heart disease, check with your doctor before you hike.
- Watch out for Tripping Hazards (branches, curbs, bridges, etc.), High Temperatures, Flooded Areas, Poison Ivy, Stray Animals, Thorn Bushes, Water/Muddy Areas, Broken Glass, Pedestrians and Traffic.
- Be aware of your surroundings at all times.
- Stay hydrated, apply sunscreen constantly
- Keep our trails clean; Pack it in, Pack it out (NO LITTERING).
- Always use the buddy system and stay within walkways/sidewalks.
- Bicycles go with traffic, Walkers go against traffic.
- Clean up after your pets, bring doggy bags.
- After hiking check for ticks thoroughly.
- Have Fun!

What to Wear/Bring:

Trail Map, Long Pants, Hiking Boots, Bug Spray, Medications, Hat, Sunscreen, Water, Flashlight, Compass, Travel First Aid Kit, Backpack, Pen/Pencil, Cellular Phone, Money, Notepad (optional), GPS (optional), Snack (optional), Camera (optional).

Trail Types:

- Wooded Paths (dirt, mud, grass, woodchips, wooden planks)
- Urban Paths (sidewalks, grass, streets, gravel)
- Hybrid (incorporates Wooded and Urban trail features)