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)