

Trail Safety Tips

- Be aware of your surroundings and of other people around you.
- When you see other trail users, make eye contact and verbally greet them.
- Don't wear headphones or ear buds so you can hear other trail users approaching.
- Carry a cell phone.
- Walk or jog with a friend or a dog. Two or more trail users can assist each other in the event of an accident or injury, and one can always seek help.
- Wear bright colored clothing so that you can easily be seen.
- Lock your vehicle and don't leave valuables inside.
- Let someone know when you begin your walk or jog. Tell them the route you will be taking and when you plan to return. Inform them when you do return.

