

TRAIL SAFETY TIPS AND GUIDELINES

>**Be Prepared:** Wear clothes to protect you from various elements including the cold, heat, and/or rain.

>**Stay hydrated:** Be sure to bring plenty of water along with you on your excursion.

>**Stay on designated trails at all times:** Going off trail damages habitat and creates fragmentation and can also be dangerous.

>**Do not take souvenirs:** Leave plants, rocks and historical items as you find them so the next person can enjoy them also. Everything you find on the land is protected and should not be removed.

>**Leave no trace:** Please take everything you brought in, out with you. Water bottles and trash are unsightly and damaging to the wildlife and natural environment. “Pack It In, Pack It Out.”

>**Be Alert:** Be aware of wilderness hazards such as snakes, ticks, poison oak, loose rocks and steep rugged terrain.

>**Multi-use trail etiquette:** Remember that bikers yield to hikers and that bikers and hikers yield to equestrians.

>**Be kind to other visitors:** Make sure that the fun you have in the Natural Landmarks does not bother anyone else. Remember that other visitors are also there to enjoy the tranquility of nature. Avoid making loud noises or yelling. You will see more animals if you are quiet.

>**No Pets:** In an effort to protect the natural integrity of the wildlands and for safety reasons, pets are not allowed in areas of the land protected under NCCP.

Outdoor activities can be fun for the entire family, but remember that safety comes first so make sure to wear the appropriate clothing/shoes, bring sun block, hand sanitizer, plenty of water and a camera to capture your wildest moments. Also, visit our website at www.irlandmarks.org to learn more about the Natural Landmarks--the more you know the more fun you'll have. All programs are free, but pre-registration is required.

Happy trails! Make sure to respect the land while you're exploring!