

2. Leave No Trace: Be sensitive to the dirt peneath you. Stay on existing trails, do not create new ones. Be sure to pack out at least as much as you pack in.

approach, a sudden movement or a loud noise. Give animals enough room and time to adjust to you.

are riding and prepare accordingly. Strive to be self-sufficient; keep your equipment in good repair and carry necessary supplies for changes in weather or conditions.

for all bicyclists. Other safety equipment is recommended.