



[www.missiontrails.org](http://www.missiontrails.org)



### **Safety Rules for Primitive Trail Hiking and Riding.**

- 1. A helmet is required for cycling primitive trails.**
- 2. Stay within your own cycling abilities.**
- 3. Always be courteous to others.**
- 4. Do not make changes to the trail.**
- 5. Be aware of oncoming traffic.**
- 6. Do not venture into the trails alone or without a cell phone.**
- 7. All Hike and Bike rules apply to the primitive trails.**
- 8. If a serious injury occurs call 911.**
- 9. Leave no trace.**
- 10. Do not ride on muddy trails.**
- 11. Secure and lock all valuables in your vehicle.**
- 12. Drink plenty of water.**