

The 3C's of Trail Use

Common Sense

- ❖ When trails cross a road, use caution, follow traffic rules
- ❖ Travel on the right side of the trail and pass on the left
- ❖ Ride under control at all times
- ❖ Know the local trail rules and regulations
- ❖ Inform yourself about permitted trail uses and trail closures
- ❖ Respect all signage and property
- ❖ Stay on the trail

Communication

- ❖ Make others aware of your presence with a friendly greeting (This will reassure horses as well of your presence)
- ❖ Warn others of trail dangers or conditions on the trail
- ❖ Always expect to meet another trail user on a blind curve and announce your presence

Courtesy

- ❖ Know when to Yield: Motorized yield to non motorized, cyclists yield to other non motorized users (unless a cyclist is climbing a steep hill) and hikers yield to horses
- ❖ Treat other trail users with courtesy
- ❖ Become aware and understanding of other trail users needs
- ❖ Stay on established trails, or get owners permission when on private land
- ❖ Avoid trails when they are wet and muddy so that you don't destroy the natural vegetation.
- ❖ Leave wildlife and plants where they are
- ❖ Avoid environmental damage
- ❖ Pets should be on a leash and cleaned up after
- ❖ Pack out everything that you have brought with you

www.bchorseman.bc.ca/bhbccoe.htm
www.canadatrails.ca/mtb/mtbtips.html

Safety

- ❖ Wear reflective material and carry a whistle or noisemaker
- ❖ Be aware of your surroundings and avoid wearing a headset
- ❖ Wear a hat, sunscreen, insect repellent and appropriate safety gear (e.g., helmets for riders)
- ❖ Bring appropriate clothing for sudden changes in weather
- ❖ Carry a map and identification
- ❖ Let other know where you are going and when you are expecting to return
- ❖ Bring along lots of water and a snack
- ❖ Travel with a buddy and carry a cell phone
- ❖ Know your limits, listen to your body and have fun

(Hearts alive Peterborough and trail studies unit, Ontario) www.ontariotrails.on.ca



**FOR
PHYSICAL
ACTIVITY**

**For more
information
or to get a
guide to local
trails in Leeds,
Grenville
and Lanark,
contact:**

**1-800-660-5853
or
613-345-5685**



**BE ACTIVE
EAT HEALTHY
BE SMOKE-FREE**

www.trihealth.ca