There are some very basic Hiking Rules and Trail Etiquette that ensure that your hiking experience does not damage the natural environment or the experience of fellow hikers. They are all common sense and they take little to no effort to follow. Be a good ambassador of hiking and take the following guidelines into account:

**Before you go hiking**

- **Know your own Physical, Mental and Technical Abilities and your Restrictions.** Adjust your plans accordingly. In this way, you can prevent problems that might cause personal injuries or injuries to others. All trails have been marked with level of fitness needed.
- **Make sure you are well-informed about the trails you will take, the hiking terrain Conditions as Have a detailed and up to date Hiking Map with you.** These are provided at the trail heads.
- **Make sure to be well-equipped for your intended hike and terrain/weather conditions.** Take enough food and drinks for your intended hike. Bring a cell phone for emergencies.
- **Inform people of your itinerary and your expected time of return.**

**While hiking**

- **Be environmentally aware.** Natural environments that facilitate great hiking experiences are being threatened enough as it is so do not add to this. **Do not damage any flora and fauna that you may encounter.**
- **Do not litter.** Take all your waste with you and if you should stumble on somebody else’s waste, be the better person and take it with you. Organic material, though decomposable, should be buried or taken with you to avoid animal feeding on it. All you should leave are your footsteps.
- **Stay on the trails and do not go wandering off.** By using the trails, you ensure that you will not further disturb nature and it will minimize the chances of getting lost.
- **If you notice any damage to the trail or trail signs, make sure to note down the exact location and notify the parks department.** Damaged or destroyed trails or trail signs can cause serious difficulties for other hikers.
- **Do not disturb the environment by shouting or playing loud music.** People go back to nature for the peace it can offer.