



There are some very basic Hiking Tips & 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 difficulty.
- Make sure you are well-informed about the trails and terrain conditions.
- Make sure to be well-equipped for your intended hike and are aware of Terrain/Weather conditions. Take enough food and drinks for your intended hike. Bring a cell phone for emergencies (911).
- Inform people of your itinerary and your expected time of return.
- Avoid hiking alone. Hike in a group consisting of at least two fellow hikers. In case of an accident, one person will then be able to stay with the injured while the other goes for help.



### While Hiking

- Be environmentally aware. Do not damage any flora and fauna that you may encounter.
- Do not litter. Take all of your waste with you and if you should stumble upon someone else's waste, be the better person and take it with you. All you should leave behind are your footsteps.
- Stay on the trails and DO NOT go wondering off. By using the trails, you ensure that you will not further disturb nature and it will minimize the chances of getting lost.
- Do not disturb the environment by shouting or playing loud music.
- Always keep your dog under control and within a line of sight. When another hiker approaches — dog or dog-less— step to the side. Be polite and let them know if your dog is friendly or if they are not. Always clean up after your dog and keep them on the trail. Do not let them bother the wildlife or trample on flora and fauna, and don't leave your poop bags lying around for others to pick up (even if you intend to pick it up on the way out).
- If you notice any damage to the trails or trail signs, make sure to note down the exact location and notify the parks department at (615) 371-2208. Damaged or destroyed trails or trail signs can cause serious difficulties for other hikers.