

FIRST PREPARE

- Plan your W&OD trip with weather and your physical abilities in mind
- Know how your equipment works and how to make simple repairs, carry a repair kit
- Carry a map, always know where you are
- Wear a safety helmet when riding
- Use the trail with a friend
- Carry water and high-energy snacks when traveling long distances
- Wear gloves and kneepads to prevent injury
- Stretch before and after exercising
- Wear a hat and sunblock

BE AWARE

- Always travel to the right of the center line
- Slow down and use caution when approaching or overtaking other trail users
- Cross roads only at designated crossings; stop and look both ways before crossing
- Travel slowly when the trail is congested
- Be sure to look for trail users approaching from the opposite direction before passing
 - Be alert to changing trail conditions
 - Abide by all posted trail and stop signs
 - Headphone use, while not recommended, should be with one ear bud and at low volume
- Do not approach wildlife; obtain permission from pet and horse owners before approaching

SHOW YOU CARE

- Be courteous to other trail users
- Self-monitor and control your speed; faster users always yield to slower users
- Give a clear, polite signal with voice, bell or horn at least 2-3 seconds before passing
- Children, animals and other trail users may act unpredictably, pass with care
- Horses, then pedestrians, have the right-of-way, cyclists must yield to both
- Allow maximum distance between you and other trail users when passing
- Do not block the trail when stopped, move all equipment to the side away from traffic
- Keep pets on a short leash and under control at all times, the best place for pets is on the right shoulder of the trail, next to their owner
- Do not stop on or fish from bridges

Report all dangerous trail situations or maintenance needs to the trail office at (703) 729-0596.

For emergencies call 911



Northern Virginia
Regional Park Authority