

Mountain Bike Safety Tips:

There are inherent risks to mountain biking, ride at your own risk.

- Test equipment before each ride.
- Always wear a helmet and appropriate safety gear.
- Wear bright colored clothing so others can see you.
- Obey all rules and signs, ride only on open trails.
- Ride with a friend to promote fun and safety.
- Be aware of your surroundings and other trail users.
- Ride to your ability and in control at all times.
- Keep speed at a level that will allow full control.
- Parents, watch children at all times.

Mountain Bike Safety Awareness:

Mountain bike trails can have loose and slippery surfaces. Proceed carefully as rocks and trees frequently fall, and are commonly encountered

on the mountain bike trails. Extreme caution should be used on the mountain bike trails at all times! Hunting is an allowed activity in the CCSRA. Trails close to all uses outside of hunting during the 3 week Firearms Deer hunt in November. Please check the CCSRA website for current information and recommendations.

Emergency Response:

Trail markers are shown on this map and placed in the field.

If you have an emergency, call 911, and provide the dispatcher with the following:

- Description of the emergency.
- Number on the nearest trail marker.
- Name of the trail you are on.

Prohibited Uses (visit the CCSRA website for details):



- Off-highway vehicles.
- Camping in non-designated areas.
- Riding on soft, wet or closed trails.
- Consuming or displaying intoxicating liquors.
- Building a fire (except in a fire ring at the campground or yurts.)
- Target and trap shooting.
- Horse riding on the mountain bike trail.
- Pets off leash, pets must be on a leash no longer than six feet in length and personally attended.
- Any activity that damages the trails by foot or bike.
- No rock collecting.

A full set of rules is available at mndnr.gov/state parks/rules.html

