



City of Lynchburg
Parks and Recreation Department

301 Grove St.
Lynchburg, VA 24501
www.lynchburgva.gov/parksandrec
(434) 455-5858

TRAIL SAFETY AND ETIQUETTE

By following these guidelines you will help ensure an enjoyable trail experience for a wide diversity of users. Thank you in advance for your cooperation.

Safety:

- *Wear sturdy shoes and clothes appropriate for the weather*
- *Let friends know where you are going and when you plan to return*
- *Carry a cell phone*
- *Plan your route and allow plenty of time to complete your activity*
- *Pace yourself and avoid exertion during the hottest part of the day*
- *Make sure your bike is in good mechanical condition*
- *Hike or bike with a friend*
- *Take along a small flashlight*
- *Be aware of your surroundings, including safety markers, trail names and access points*
- *During warm weather check for ticks after every hike or ride*
- *Poison ivy is common, so learn how to recognize and avoid it*
- *Leave valuables at home and not in your vehicle*
- *Report suspicious behavior or vandalism to the Police*

Etiquette:

- *Observe all trail rules and signs*
- *Keep on the right, pass on the left, and yield to faster moving users*
- *Signal slower moving trail users when approaching*
- *Wear a helmet when cycling, skateboarding, scootering, or in-line skating*
- *Use caution where trail narrows and at high-use access points*
- *Bicyclists stay on the designated trail, two riders abreast maximum and single file if pedestrians are present*
- *Skateboarders/ in-line skaters stay on paved trail; no jumps or demonstration-type activities*
- *Do not intentionally harm any plant or wildlife*
- *Organized events require permits*

If your organization is planning an organized event, please contact Lynchburg Parks and Recreation Department at (434) 455-5858 to obtain a Special Use Permit.

Safety Markers:

For your safety and security, all sections of the Blackwater Creek Trail Systems include safety markers. These markers are located ever quarter mile and denote linear distance and geographic location. Because there are multiple sections of the Blackwater Creek Trail Systems and this duplicate linear distance locations, a unique, three-digit location number was created for every safety marker. Should you have an emergency on the trail, please reference your distance from the closest safety marker (such as 300 ft east of SM 105) using the three digit location number marked in red at the bottom of each safety marker.

Lynchburg Parks & Recreation Division
Attention: Special Events Coordinator
301 Grove Street
Lynchburg, VA 24501