

GUIDELINES AND TRAIL ETIQUETTE FOR TRAIL USERS

Celebration of Trails

Celebration of Trails is an annual autumn festival of events that take place on trails in communities throughout east Central Ontario. Exciting trail events for all ages and interests will get you out and active to discover the region's great trails. For more information on the Celebration of Trails go to www.celebrationoftrails.com

The Route to Good Health

Benefits of Physical Activity

Did you know that as little as one hour of physical activity a day can benefit your health? Regular physical activity can help to reduce the risk of developing chronic illness, prevent falls, and manage stress. And you'll feel great! A brisk walk or cycle on our trails can also really help you deal with cravings when you're trying to quit smoking. Whether you walk, run, cycle or paddle, try to include at least 10 minutes of activity several times a day. Start slowly and build up your activity level. If you are already doing light activities, move up to more moderate ones. For more information about adding activity to your day, download Canada's Physical Activity Guide from the link below.



Download the Guide:
www.phac-aspc.gc.ca/pau-uap/paguide

Join other across Ontario who are discovering the joys of walking! For helpful tips to start a personal walking program, click the "Pedometer Challenge" on the Active 2010 website.



Click the Active 2010 Website
www.active2010.ca

Natural Areas

Natural areas clean our air and water, protect wildlife, native plants and habitat, add beauty to local routes and attract visitors to our area. To find out about natural treasures to look for in the Peterborough area, refer to the books "Kawartha's Nature" and "Nature's Year in the Kawarthas" or click on www.kawarthaheritage.org.

Activities permitted in specific natural areas are shown in these publications. Cycling is generally only permitted on developed multi-use limestone and paved trails. Unless otherwise posted, please do not cycle on dirt trails in natural areas as it causes erosion, destroys plants and reduces habitat quality for wildlife.

Geocaching and Letter Boxing (pronounced geo-cashing)

Geocaching is an exciting outdoor adventure sport for GPS users. Caches of "treasure" to find and trade are hidden all over the world. To play the sport, click on www.geocaching.com to pick up a list of caches in your area. Download the cache location coordinates into your GPS and hike our trails to travel to the physical location of the hidden cache. Once you find a cache, the rule is simple: if you take something, please leave something in its place. There are MANY caches hidden in the Peterborough area. How many can you find?

Letter boxing is another exciting way to explore local trails, without the need for a GPS.

Letter boxers click on www.letterboxing.org to pick up directions to a specific location where someone has hidden a letter box containing a unique stamp. Participants in the sport carry their personal stamp and exchange stamp images with the letter box. How many stamps can you collect?

Whether you are geocaching or letterboxing, please remember to stay on designated trails and maintain the natural environment for others who will follow you.

Trails Etiquette

Following a few simple guidelines will help to ensure that the trail experience is safe and pleasant for everyone:

- Respect the permitted uses on the trail you plan to use.
- Stay on the marked trails. Do not make new trails.
- Keep pets leashed and pick up after them.
- Use garbage receptacles where they are provided --- otherwise, take your trash with you.
- When stopping for a rest, move to the side of the trail.
- Respect trail closures.

Multi-Use Trails

- Observe a maximum speed is 20 km/h.
- Yield to pedestrians.
- Travel to the right, pass on the left.
- Warn before passing.

Cyclists

- Always wear an approved helmet.
- Ensure that your bicycle is road worthy before heading out.
- On roads, follow the same rules that apply to motor vehicles.
- Ride in a straight line, 1 metre out from the curb and parked cars.
- Use hand signals before turning.
- Be seen. Wear bright clothing, use lights and reflective clothing when riding at night.

Paddling

- Always wear an approved PFD.
- Stay on marked portages.
- Follow the shore when on larger bodies of water.
- Cross channels quickly and cautiously.
- Be aware of strong currents.
- Check the weather forecasts before heading out on the water.

Be Trail Smart

- Wear appropriate clothing and footwear, including a hat and sunscreen SPF 15 or higher.
- Drink lots of water.
- Carry snacks, identification and a map if you are going to a new area.
- Plan a route that fits your skill level. It takes the average person 15 minutes to walk one kilometer; the average cyclist travels about 18 km/h.
- For groups, assign a "sweep" to stay at the back to ensure that no one gets left behind.
- Let others know where you plan on going and when you expect to return.