



Help us keep the Bendix Woods NIMBA Bike Trail a great place to ride!

A helmet is required. Ride safe and within your abilities.



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This is a one-way trail. Do not ride the trail backwards.



Respect the trail. Do not cut new trails. When the trail is muddy, do not ride.

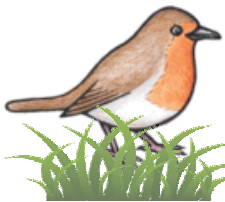
Do not ride on other park trails not designated for bicycling.



Yield to



hikers. Make each pass safe and courteous.



Protect the plants and animals. Stay on the trail to minimize plant damage. The park is also home to ground-nesting birds, mammals and other creatures. Please do not disturb them.

Keep it clean.



Do not litter.



Help maintain the trail. NIMBA schedules workdays to maintain area trails. Join us! www.nimba-bike.org

Problems with the trail? Contact: NIMBA.BIKE@gmail.com

For more information on mountain bike trail etiquette: www.imba.com