



## YOU ARE A VISITOR IN WILDLIFE'S HOME.

### ENJOY YOUR EXPERIENCE!

Tune in to nature and your surroundings. Be aware of the wildlife that surrounds you.

**Dogs and wildlife** don't mix! Have fun with your dog but always be in control.

### APPRECIATE THE BEAUTY!

**Stay on designated trails** to avoid damaging sensitive vegetation and trespassing on private land.

**"Leave no trace!"** Pack out your trash and dog waste.

### PROTECT NATURAL RESOURCES!

**Be alert** for, and avoid, small creatures on the trail.

**Keep off wet roads and trails.** Deep tracks or prints mean it's too wet and damages the trail.



### Support Carson Valley Trails Association!

Our non-profit relies on donations and volunteers to build and maintain trails for the public to enjoy.

Slow and Say Hello is a slogan to promote safe encounters between trail users and protect the environment. The key concept is to interact with others while passing to establish what would be safe at that moment and at that place on the trail.



Public lands have rules to protect the environment and the people.

**BE SAFE-BE LEGAL**



Common Goals are Trail Safety and Resource Protection



[www.carsonvalleytrails.org](http://www.carsonvalleytrails.org)

This brochure was developed in conjunction with Trail Partners Foundation [www.trailpartners.org](http://www.trailpartners.org)

slow & say  
**hello!**

**Promoting Safe Trails throughout Carson Valley**



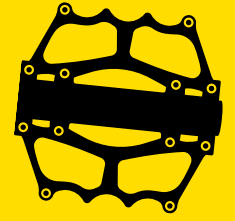
say  
hello!



and put  
yourself



in my  
shoes!



## WALKERS + HIKERS + JOGGERS

### SHARING THE TRAIL

**Stay alert.** Be on the lookout for faster trail users – bikers, runners, and equestrians.

**Allow room for others to pass.** If necessary, walk in single file and don't block the trail.

**Yield to horses.** All trail users are expected to yield to equestrians.

**Train your dog** to be accustomed to trail walking and other trail users.

Control your dog and obey leash law where required.

### SAFE COMMUNICATION

**Don't tune out.** Wear only one ear bud so you can hear others coming.

**Avoid startling other trail users.** If you are a runner, make your presence known, particularly when approaching from behind.

**Say "hello" to approaching bikers.** Let them know when and how it's safe for them to pass.

**Ask for an equestrian's direction to pass.** Stop, stay visible, and ask the rider if it is okay to pass. Your voice says you're a human, not a predator.

## EQUESTRIANS

### SHARING THE TRAIL

**Yield when it's safer to do so.** All other trail users are expected to yield to equestrians, but sometimes it's safer to yield to others.

**Pass Slowly.** Horses can be intimidating to others.

**Train your horse** to be accustomed to trail riding and other trail users. Stay calm. It helps your horse remain calm.

### SAFE COMMUNICATION

**Pay attention to your horse.** Horses hear and sense others before you do. Call out, "I'm on a horse; please say 'hello.'"

**Direct others how to pass.** Others may be unfamiliar with horses and horse safety, so take the lead to direct a safe passing.

**Help others to act safely.** Ask them to move to the downhill side of the trail so you can pass; horses perceive upslope creatures to be predators.

**Look ahead, look behind.** Be alert to other trail users behind as well as ahead so you can help others act safely around your horse.

## MOUNTAIN BIKERS

### SHARING THE TRAIL

**Yield to all other trail users.** If you're riding downhill, you should also yield to uphill cyclists.

**Obey speed rules.** Maintain safe speeds and control of your bike; slow to 5 mph when approaching other users and blind turns.

**Expect to encounter others moving slowly.** Always reduce your speed and stop if necessary for safe passing.

**Move to the side of the trail** when passing on narrow trails. Stop, if necessary before passing.

### SAFE COMMUNICATION

**Don't tune out.** Wear only one ear bud so you can hear others coming.

**Avoid startling other trail users.** Make your presence known, particularly when approaching from behind. Bells help at a distance, but your voice is better.

**Ask for an equestrian's direction to pass.** When you approach an equestrian, stop and say "hello", stay visible, and ask the rider if it's okay to pass. Your voice tells a horse you are human, not a predator.

There are many ways to say hello – a hi or a howdy – a wave, a smile, or a nod!