**NOTES FOR BIKERS**

- Helmets required.
- Always be prepared to stop.
- Full suspension bikes recommended.
- Watch for drainage ditches/water bars.

**SAFETY ADVISORY**

- For emergency help call (518) 251-3838 Saturday-Sunday 10am-4pm. Call 911 outside these hours.
- Stay on designated trails.
- Hikers always have right-of-way.

- Maintenance vehicles and/or heavy construction equipment are in operation on the mountain at all times.
- Do you have any allergies or illnesses? Remember your medications.
- Please be aware of disc golf in progress near Hardwood Forest and Bobcat Loops.