

## Benefits of These Basic Guidelines

### Public Safety & Protecting Natural Resources.

Remaining on designated trails and adhering to District speed limits helps reduce conflicts with other visitors, prevent injury to one's self and others, and avoid unnecessary erosion and resource damage to the landscape.

### Protecting wildlife.

The open space preserves provide permanent sanctuaries for native wildlife and vegetation. As pressures from the expanding human population increase, the preserves become even more important as refuges for wildlife. Nesting birds, stream life, reptiles, and mammals depend on the protection of open space.

## District Bicycle Programs

### Ranger bicycle patrol.

The District's ranger bicycle patrol program promotes the safe use of District trails for all user groups, and provides an opportunity for rangers to interact more directly and easily with preserve visitors. Rangers are assigned to bicycle patrol in 1-year increments.

### Volunteer Trail Patrol bicycle program.

Trail Patrol volunteers, which include bicyclists, equestrians, hikers, runners, and companion dog patrollers, patrol District trails, talk with preserve visitors about trail safety and etiquette, provide information, report trail conditions to staff, and monitor conservation easements. For more information about this program or if you're interested in signing up, please visit the District's Web site [www.openspace.org](http://www.openspace.org).

### Docent-led bicycle activities.

The District generally offers docent-led biking outings throughout the year. Check the *Outdoor Activities* schedule located inside the quarterly newsletter *Open Space Views* available from the District and on the District's Web site [www.openspace.org](http://www.openspace.org). The activities are free, though some require reservations.

## Emergency Contact Information

In the event that you experience an emergency on District lands (fire, accident, or other immediate threat to life or property), call 911 or contact the District's 24-hour emergency dispatch number for District rangers at 650-968-4411. This phone number is for emergency use only; for any other District business call the District's administrative office at 650-691-1200. This number is answered weekdays during regular business hours, and voice mail is available outside of regular hours.

## For Further Information

For further information, please call, write, or visit the District: Midpeninsula Regional Open Space District, 330 Distel Circle, Los Altos, CA 94022-1404. The telephone number is 650-691-1200, email may be sent to [info@openspace.org](mailto:info@openspace.org), or visit [www.openspace.org](http://www.openspace.org).

### MIDPENINSULA REGIONAL OPEN SPACE DISTRICT

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# Bicycle Access Guidelines



Monte Bello Open Space Preserve

There are many exciting and adventurous trails for you to enjoy on your mountain bike on Midpeninsula Regional Open Space District preserves. Sixteen open space preserves are open to mountain biking, and include designated trails at:

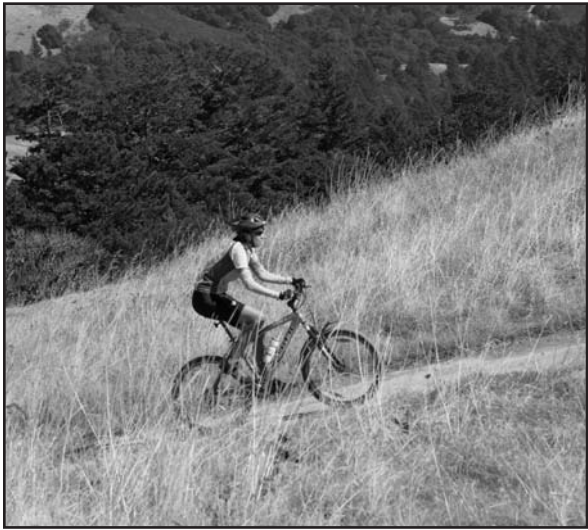
- Coal Creek Open Space Preserve
- El Corte de Madera Creek Open Space Preserve
- El Sereno Open Space Preserve
- Fremont Older Open Space Preserve
- Long Ridge Open Space Preserve
- Monte Bello Open Space Preserve
- Purisima Creek Redwoods Open Space Preserve
- Rancho San Antonio Open Space Preserve
- Ravenswood Open Space Preserve
- Russian Ridge Open Space Preserve
- Saratoga Gap Open Space Preserve
- Sierra Azul Open Space Preserve
- Skyline Ridge Open Space Preserve
- St. Joseph's Hill Open Space Preserve
- Stevens Creek Shoreline Nature Study Area
- Windy Hill Open Space Preserve

## Regional Open Space



## Bicycle Access Guidelines

The District is committed to providing an open space experience for every type of user. Most of the District's 220 miles of designated trails are unpaved "wildland" trails in steep, rugged terrain. Approximately 150 miles, or 66 percent, of these trails are "multiple use" trails and are open to bicycling use – this is the highest ratio of trails open to bikes among parks and open space in the Bay Area. Many of the trails are also single-track, providing bicyclists with a variety of trail experiences.



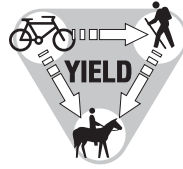
Karl Gahl

Russian Ridge Open Space Preserve

Before heading out to one of the multi-use preserves, please review the bicycle access guidelines below. Your cooperation and compliance with the following guidelines is essential to ensure your safety, resource protection, and an enjoyable experience for everyone using the trails.

### Sharing the trails.

The District offers low-intensity recreational use consistent with resource protection and preservation. Hikers, bicyclists, equestrians, runners, small children, senior citizens, dog-walkers, photographers, people in wheelchairs, bird watchers, and other nature study groups are all out on the trails exploring open space.



To help make multiple-use trails work, each user should keep in mind the needs of others. Bicyclists should always yield to all other trail users. On wide trails, slow down and pass with care. When encountering equestrians and hikers on narrow trails, make your presence known well in advance, particularly when approaching from behind. Stop and wait for them to pass or signal you through. Yield to other bicyclists traveling uphill.



### Helmets.

Bicyclists are required to wear helmets, even when riding uphill, that meet the standards of the United States Consumer Product Safety Commission Standard for bicycle helmets, or ANSI- or Snell-approved bicycle helmets on all District lands. Helmet straps must be securely fastened when riding.



### Speed limits.

Control your speed at all times and obey the 15 mph speed limit (5 mph when passing or on blind turns). Racing and reckless riding are strictly prohibited.



Karl Gahl

Sierra Azul Open Space Preserve

### Closed areas/off-trail use.

Ride on designated trails only (those shown on District maps for bicycle use). Closed area or off-trail use, including straying off the trail for jumps, "wallrides," and "woop-d-dos," is strictly prohibited.

### Safety.

Ride with a companion whenever possible to be better prepared in the event of an emergency.

Know your personal and physical limitations, particularly for beginning riders.

Plan your ride! Know the name of the preserve(s) you will be going to, the trail(s) you will use, including the trail mileage you will travel, and what to do if an emergency occurs on the trail. Being aware of the location of the closest phone or call box is recommended because cellular telephones may not have reception in the preserves. While on the trail, recognize gate numbers. If an emergency occurs, wait for incoming emergency responders.

### Trail Conditions/Seasonal Closures Information

Each year, the District seasonally closes certain trails to bicycle and equestrian use during wet conditions to ensure visitor safety, protect the trail tread, and prevent resource damage. Decisions to close trails are based on current and predicted weather conditions. Trails may also be closed temporarily throughout the year due to planning or resource conservation projects. When you visit the preserves, always look for trail closure signs. Violations of any official trail closures are subject to citation.

Before heading out on your ride, please check the District's trail conditions and seasonal closures information.

- Visit [www.openspace.org](http://www.openspace.org);
- Call the Trail Conditions Hotline at 650-691-2150 (enter Option 3);
- Call the District's administrative office at 650-691-1200.