

# SHARING THE TRAILS

*Guidelines For*  
**Bicyclists  
Runners  
Hikers  
Equestrians  
Trail Users With Dogs**



**Midpeninsula Regional  
Open Space District**



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Cover photo by Frank Crossman.



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## A SIMPLE REMINDER

Please respect the environment and be considerate of others. Thank you for doing your part.

## THE MIDPENINSULA REGIONAL OPEN SPACE DISTRICT

Created in 1972, the District is an independent special district that has preserved nearly 59,000 acres of public land and manages 26 open space preserves. The District's boundary extends from San Carlos to Los Gatos and to the Pacific Ocean from south of Pacifica to the Santa Cruz County line. The District's purpose is to create a regional greenbelt of unspoiled public open space lands in order to permanently protect the area's natural resources and to provide for public use and enjoyment.

Public lands managed by the District include wetlands, redwood forests, mountain vista points, creekside trails, historic sites, and more. Funding is provided by a small share of the annual total property tax revenues collected within District boundaries, except on the San Mateo County Coastside.

All preserves are open free of charge to the public 365 days of the year from sunrise to one half-hour after sunset. The preserves provide permanently protected wildlife habitat and plant communities, and are a respite for visitors seeking refuge from the pressures of urban life.

## 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 to [info@openspace.org](mailto:info@openspace.org), or visit [www.openspace.org](http://www.openspace.org).

## SHARING THE TRAILS

Welcome! For many visitors, the appeal of the open space preserves is the chance to get away from the hectic pace of everyday life. While the preserves offer peace and tranquility, it is likely that you will encounter other visitors enjoying a variety of recreational activities.

Several uses are permitted on some trails, while others are limited to a specific use. For the safety of all visitors and the protection of the open space preserves, please follow all District regulations. Following the basic trail etiquette guidelines in this brochure will allow everyone to enjoy the preserves. Here's how you can help:



- **Please be courteous to other trail users.** Always yield to equestrians. Allow other trail users to pass. When in a group, avoid blocking the trail.
- **Stay alert.** Horses and slower moving individuals may be startled by faster moving trail users. Make your presence known to other trail users well in advance, particularly when approaching from behind.
- **Stay on designated trails.** Prevent injury to one's self and damage to natural resources by staying on designated trails.
- **Observe trail speed limits.** A 15-mph speed limit is enforced on all trails (5-mph when passing). At no time may a trail user operate at a speed greater than is reasonable, prudent, or safe, as conditions warrant.
- **Observe District regulations.** You are responsible for knowing open space preserve regulations. A complete list of all District ordinances is available at the District office and on the District's Web site [www.openspace.org](http://www.openspace.org).

SPEED  
LIMIT  
15



## BICYCLISTS

- Bicyclists are required to wear ANSI- or Snell-approved bicycle helmets on all District lands.
- Control your speed at all times and obey the 15-mph speed limit. Slowly approach blind turns in anticipation of other trail users and obstacles that are beyond your view.
- Always yield to all other trail users. On wide trails, slow down and pass with care (5-mph speed limit when passing).
- Ride only on trails designated for bicycle use. Closed area or off-trail use is strictly prohibited.
- Racing and reckless riding are prohibited.
- Horses and slower moving individuals may be startled by faster moving trail users. Make your presence known to other trail users well in advance, particularly when approaching from behind.
- When encountering equestrians and hikers on narrow trails, stop and wait for them to pass or signal you through.
- Yield to other bicyclists traveling uphill.

## RUNNERS

- Slow down and allow oncoming hikers and equestrians to pass on one side of the trail.
- If you are approaching from behind, alert other trail users of your presence and pass carefully.
- Stop and wait for equestrians to pass or signal you through.
- When approaching bicyclists, slow down and pass when it is safe.

Contact the District or visit the District's Web site [www.openspace.org](http://www.openspace.org) for a copy of "Bicycle Access Guidelines," "Equestrian Access Guidelines," or "Dog Access Guidelines," or for maps and further information on preserves.

## HIKERS

- Always yield to equestrians.
- Be alert for approaching bicyclists and runners.
- If you are approaching from behind, alert other trail users of your presence and pass carefully.

## EQUESTRIANS

- Some visitors may be unfamiliar with and possibly frightened by horses. When you encounter other trail users on your horse, inform them of the safest way to pass.
- You are responsible for maintaining control over your horse at all times. If your horse is high-spirited, please alert other trail users.
- Ride only on trails designated for equestrian use. Closed area or off-trail use is strictly prohibited.

## TRAIL USERS WITH DOGS

- Dogs are currently allowed on all trails at the following open space preserves: Coal Creek, Foothills, Fremont Older, Pulgas Ridge, including an off-leash area, Sierra Azul (Kennedy-Limekiln Area), St. Joseph's Hill, and Thornewood, as well as designated trails at Long Ridge and Windy Hill Open Space Preserves.
- Dogs must be on a leash not to exceed 6 feet, or on a self-retracting leash with a maximum extended length of 25 feet. The self-retracting leash must have the capability of being retracted and locked in a position not to exceed 6 feet.
- Do not leave dog waste on the trails. Bag dog waste and take waste with you. Do not let dogs eliminate in or near water.
- Some trail users may be unfamiliar with and possibly frightened by dogs; communicate with others and always keep your dog under control.
- Because some dogs are unpredictable, step to one side of the trail with your dog to allow enough room for other trail users to pass.

