

## Thinking of mountain biking at SDSF?

- ✓ Know that any trail ride from the SDSF parking area covers at least 10 miles and over 2000 feet of climbing.
- ✓ Give yourself plenty of time to get out before dusk. Riders can be ticketed for being in the Forest after dark. The climb out from the end of any single-track trail is 3 to 4 miles uphill along Hihn's Mill Road to the parking area.
- ✓ Bring plenty of water and snacks every time you ride. There is no drinking water at SDSF.
- ✓ Be attentive and ride within your limits to avoid injuries. SDSF is very remote and help can take a long time to arrive if you have a problem. It's always a good idea to ride with others.
- ✓ Make sure your equipment is in good repair and you carry all the tools and parts you may need.
- ✓ Pack your trash, bury your waste and leave no trace.

### Know and follow all the SDSF rules, or you may be cited. It is important to remember:

- No night riding: the Forest is open for use from dawn to dusk.
- No fires of any kind, including: campfires, barbeques, or portable gas stoves.
- No electric bikes, pedal assist bikes, motorcycles or segways are allowed.

