

- ORANGE WEST TRAIL 6.3 MILES
- YELLOW TRAIL 8.3 MILES
- BLUE SOUTH TRAIL 2.9 MILES
- BLACK "OUT-N-BACK" 1.3 MILES
- BLUE NORTH TRAIL 1.2 MILES
- BROWN WEST TRAIL 1.5 MILES
- GREEN WEST TRAIL 0.7 MILES
- OLD COUNTRY LANE 2.5 MILES
- PURPLE N. CEMETERY HILL 2 MILES

- SINGLE TRACK
- MULTI TRACK
- PAVED

SKIDDING CAUSES EROSION AND CAUSES LAND MANAGERS TO CLOSE TRAILS

- Soil gets loosened up and then gets washed away in the next rain
- Use your front brake to prevent skidding

RIDING WET DIRT TRAILS CAUSES EROSION

- Tears up your drivetrain
- Ride dry or frozen trails only

UPHILL RIDERS HAVE THE RIGHT OF WAY

- Slow down for other trail users
- Call out to let other trail users know you are behind them and ask for permission to pass equestrians

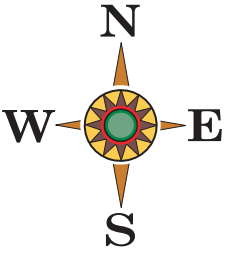
KEEP TRAILS OPEN BY SETTING A GOOD EXAMPLE

Ride responsibly and respect the environment

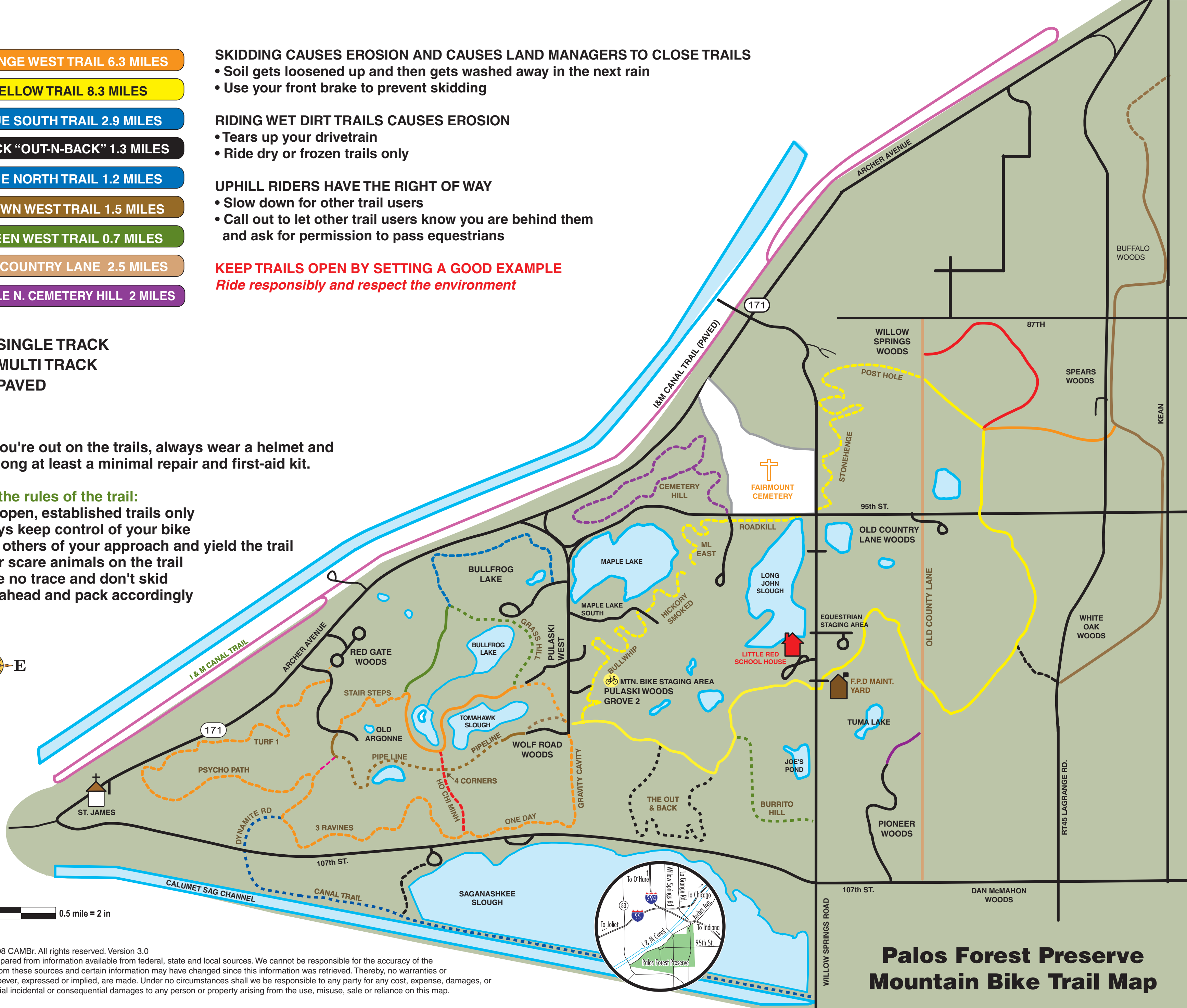
When you're out on the trails, always wear a helmet and bring along at least a minimal repair and first-aid kit.

Follow the rules of the trail:

1. Ride open, established trails only
2. Always keep control of your bike
3. Warn others of your approach and yield the trail
4. Never scare animals on the trail
5. Leave no trace and don't skid
6. Plan ahead and pack accordingly



0.5 mile = 2 in



CAMBr.org

chicago area mountain bikers

PALOS FOREST PRESERVE
BIKE TRAIL MAP

2008



INTERNATIONAL MOUNTAIN
BICYCLING ASSOCIATION

**Palos Forest Preserve
Mountain Bike Trail Map**

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