

- 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
- Ⓢ Ⓣ INTERSECTION MARKERS

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

**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

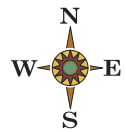
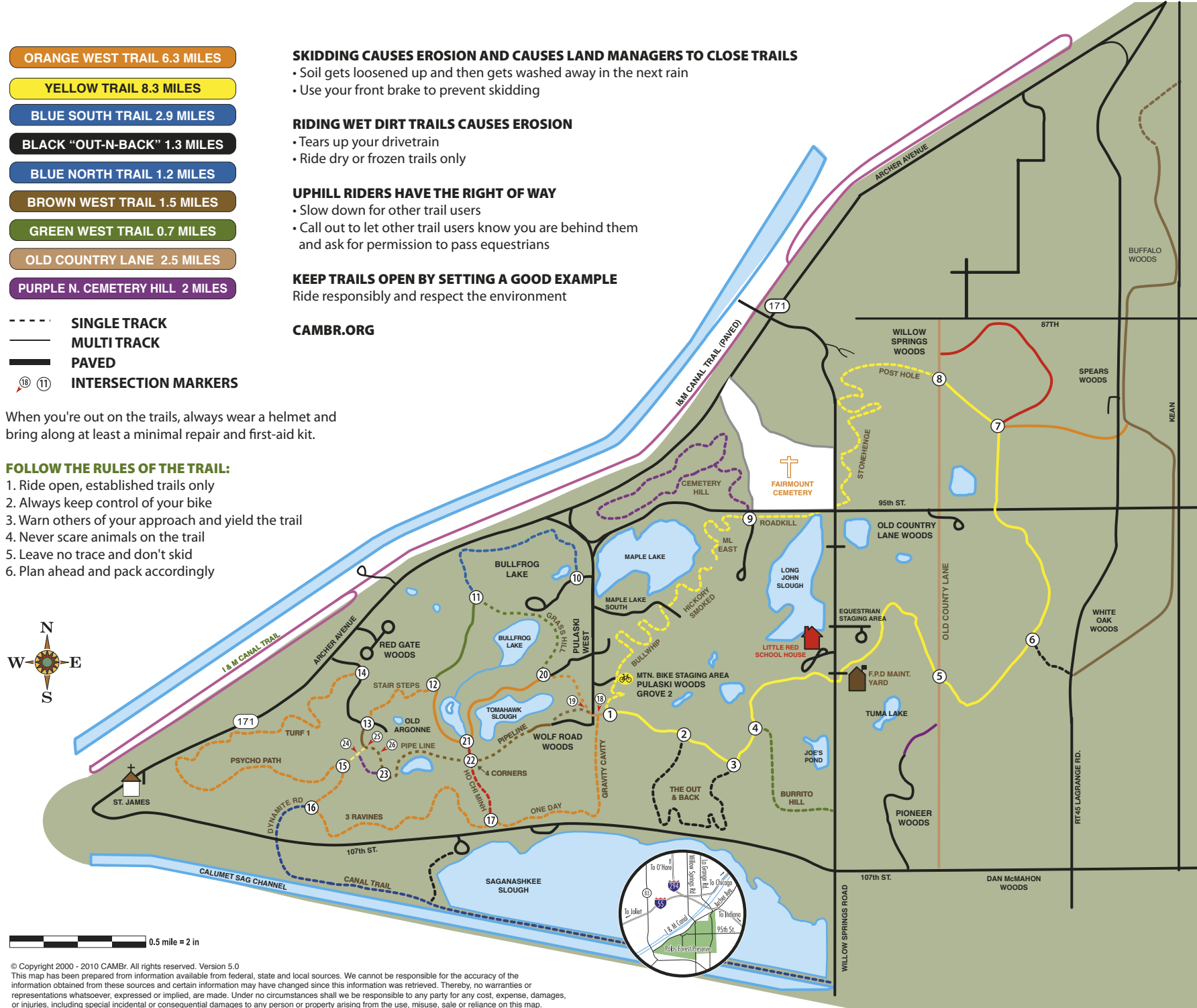
**UPHILL RIDERS HAVE THE RIGHT OF WAY**

- 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

**CAMBR.ORG**



© Copyright 2000 - 2010 CAMBr. All rights reserved. Version 5.0  
 This map has been prepared from information available from federal, state and local sources. We cannot be responsible for the accuracy of the information obtained from these sources and certain information may have changed since this information was retrieved. Thereby, no warranties or representations whatsoever, expressed or implied, are made. Under no circumstances shall we be responsible to any party for any cost, expense, damages, or injuries, including special incidental or consequential damages to any person or property arising from the use, misuse, sale or reliance on this map.



**PALOS FOREST PRESERVE**  
**Bike Trail Map 2010**

**CAMBR**  
 chicago area mountain bikers