

Rules & Regulations

1. Traveling in the Community Forest is only allowed on designated forest roads and trails. Shortcuts cause erosion, which damages forest resources.
2. **No camping or open fires** (Arcata Municipal Code 10004).
3. **At all times, dogs must be on leash** (Arcata Municipal Code 5207) and **licensed** (Arcata Municipal Code 5221).
4. Unauthorized **motorized vehicles** are **not allowed** in the forest.
5. Horses and mountain bikes are limited to all the roads and the following single track trails: Meadow (3), California (5), Lower Janes Creek (6), Upper Janes Creek (7), Vista (10), Ridge Loop (13) Short Trail (18), and Spruce City (19), S. Fork Janes Trail, Beith Creek Loop Trail, Arcata Ridge Trail.
6. Group events are allowed but must be approved with a permit from the Recreation Division at least thirty (30) days before the event.

The City of Arcata welcomes and thanks the many dedicated individuals and volunteers that donate time and/or money to the Arcata Community Forest trail system. If you or your organization is interested in volunteering call (707) 822-8184 or email eseservices@cityofarcata.org.

Etiquette for All

1. **Don't use wet trails.** If you are leaving prints (hoof, tire, or boot), the trail is too wet to use. When approaching muddy spots, go through the center of the mud to keep the trail narrow.
2. **Stay on designated trails.** Do not go off trail (even to pass), create new trails, or cut switchbacks. Narrow trails mean less environmental impact and happier critters.
3. **Respect.** It's a simple concept: If you offer respect, you are more likely to receive it. All user groups have rights and responsibilities to Arcata's trails, and to each other. Also respect the rights of adjacent property owners.
4. **Don't block trail.** When taking a break, move to the side of the trail.
5. **Both bicyclists and horseback riders should wear the appropriate safety equipment every time you ride.** Bicyclists, if you're under age 18, it's the law.
6. **Keep your bicycle in good condition.** Check brakes, tires, and handle bars every time you ride.
7. **Smile. Greet. Nod.** Every user on the trail is a fellow nature lover. Be friendly and expect to see other folks around every

What does "yield" mean?

Yielding means slow down, establish communication, be prepared to stop, if necessary, and pass in a safe, friendly manner.



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Equestrians



What can you expect?

Inexperienced trail users. While all trail users yield to horses, many users are intimidated by large horses, or they just don't know what to do.

What is your responsibility?

Manage your animals. Don't school green horses on high-traffic or shared-use trails. Familiarize horses with expected trail encounters (cyclists, dogs, backpack-wearing hikers, etc.)

Pets are required to be on leash on trails and trailheads.



Remove animal waste from parking areas and trailheads.

Negotiate safe passes.

1. *Greet* users early. Hikers and bikers yield to horses, but many novice trail-users are intimidated by horses or don't know what to do.
2. *Guide* trail users to move downhill of the trail.
3. *Continue* communication until the pass is complete.
4. *Expect* the unexpected. Small children and animals can be unpredictable or easily frightened by horses.

Hikers



What can you expect?

Faster trail users. Bikers, runners, and equestrians approaching from behind will often say, "On your left." This means you should stay to your right.

Bikers yield to hikers. It is the responsibility of cyclists to pass at a safe speed. Offer friendly communication to let the rider know when it's safe to pass: give a verbal acknowledgement, step to the side of the trail or wave the rider by on wider trail.

What is your responsibility?

Share the trail. When hiking in a group, hike single file or take no more than half a wide trail. Make sure that everyone in your group understands what actions to take when encountering hikers, bikers and horses.

Don't tune out. If you wear headphones, keep the volume down or only wear one earpiece so other trail users don't startle you.

Keep a short leash on your dog on your dog when passing (or being passed by) horses, cyclists, or other hikers. Remember that other trails users may be frightened by dogs or be unsure how to pass safely.

Yield to horses

1. *Stay downhill.* Spooked horses go up hill.
2. *Greet the rider.* Horses can perceive hikers wearing tall backpacks as dangerous predators. Your voice establishes your humanity.
3. *Ask how to proceed.* If hiking with a child, hold their hand when passing.

Mountain Bikers



What can you expect?

Surprised trail users. Fast moving users can startle others, especially when approaching from behind. Always ride under control, anticipate users around blind corners, and be friendly and communicative.

What is your responsibility?

Mountain bikers yield to hikers, horses and uphill traffic.

Passing Hikers:

1. *Greet* hikers early.
2. *Slow down* to about the same speed as the hiker.
3. *Pass slowly* and be prepared to stop if necessary.
4. *Expect the unexpected.* Humans and animals can be unpredictable and easily spooked by cyclists.

Passing Cyclists:

1. *Announce* your intention to pass with a friendly "Let me know when it's safe to pass."
2. *Use* the singletrack yield on narrow trail – stop to the side, put one foot down, and lean away from the trail.

Passing Horses:

1. *Stop* at least 30 feet from the horse.
2. *Greet* the equestrian *and* the horse to demonstrate that you are a human and not a predator.
3. *Ask* for instruction on how to pass safely. Offer to get off your bike.
4. *Pass slowly* and steadily, but only after the equestrian give you the go-ahead. Sudden movements can spook a horse.