



WELCOME TO HARTFORD TRAILS RULES & SAFETY TIPS

The Rules & Safety Tips set forth below have been established in accordance with Chapter 109 of the Medford Administrative Code, and any person, firm, corporation or other entity found to be in Violation of such rules shall be subject to those fines and penalties set forth at Section 109-5. All other Provisions of Chapter 109 which are not specifically set forth below are hereby incorporated by reference.

Bike Riders

- **The trail is best used by experienced riders** – Bike riding can be a hazardous activity. While there is no age limit for bike riders, this trail system is probably not the best place for someone to learn how to ride a bike. Only experienced riders should travel the trails.
- **Pass on the left** - Be sure that when you are passing someone on the trail, stay on their left side and move to the right after you have passed them. Call out "passing on your left" so you don't startle the person you are passing.
- **Pull completely off the trail if you need to stop** - By pulling off the trail, you are less likely to get hit by multi-use trail traffic and cause an accident.
- **Wear a helmet** - It's required for children under 18 years of age and it's a good idea for adults as well.
- **Pay attention when you ride** - Don't wear headphones and make sure you keep your eyes on the trail to look for potential hazards. .
- **Ride in single file** - Even if you are in a group, riding single-file helps keep the trail clear of congestion and reduces the chances of an accident.
- **Speed limit** - The trail is not designed for extreme biking and too much speed can be a hazard to you and those around you.
- **Stay on the trail** - Bicycles are not allowed in other areas of the dedicated Hartford Trails area
- **No Riding in the dark** – Due to the natural hazards surrounding this trail, including but not limited to tree limbs and/or roots, wildlife, and open fields, as applicable, and in accordance with Chapter 109 of the Medford Administrative Code, the trails are closed between the hours of 8:30 PM and 7:00 AM during the months of May through October; and between the hours of 6:00PM and 7:00 AM during the remaining months of the calendar year.

Pedestrians

- **Use the left shoulder when necessary** – While this is a Bike trail, joggers and walkers are permitted to use the trails. When encountering bicycles, pedestrians should stay on the shoulder off the trail to minimize the chance of an accident.

- **Stay single file** - This reduces the chance of people straying onto the trail and potentially being involved in an accident. If you want to walk with a group of people, it is recommended that you either walk single file or two by two if no bikes are on the trails..
- **Keep your dog on a short leash** - Dogs are not allowed to be off-leash within the Hartford Trail Park. The maximum length of a leash is six feet. This includes retractable leads. All dog waste must be picked up and properly disposed of.

Prohibited Trail Traffic

- **No motorized traffic** - No motorized vehicles of any kind are permitted on the trails.
- **No Equestrians**

Other Trail Rules & Safety Tips

- 1) **This is a Carry In/Carry Out Park Facility.** NO littering. For the enjoyment and safety of all users, please pick up after yourself, and clean up after your pets
- 2) Don't disturb wildlife and local vegetation.
- 3) If possible, move off trail surface when stopped.
- 4) Please yield to law enforcement, maintenance and emergency vehicles.
- 5) Respect surrounding private property and stay on the trail.
- 6) Drugs & alcohol are not permitted.
- 7) Carry a fully-charged cell phone.
- 8) Take the Right Stuff- A tire patch kit, spare tube, mini-pump and some basic bike tools come in handy in emergencies or for quick adjustments on the fly.
- 9) Give your bike a quick inspection before hitting the trail by checking tire pressure, brakes, shifting gears, etc.
- 10) Carry a water bottle or two, and have a first aid kit readily available.
- 11) Please apply bug spray and sunscreen, and it is highly recommended to wear a helmet/hat, long sleeve shirts and long pants. This area is known to have ticks and chiggers.

If you have an emergency while on the trail, please call 911. Be sure to let them know your location on the trail by reading the closest color trail marker to you and reporting it to emergency personnel.

**To Report Any Trail Issues, please contact
Medford Div. of Parks & Open Space ***** 609-654-2608**