


# Know Your Limits













**E**very year, more than 200 people have to be rescued while hiking in parks and preserves. Make an informed decision on which trail to hike. Choose a trail that is within your ability and your hike will be more enjoyable.

Be sure to **ALWAYS**:

- Stay on designated trails.
- Tell someone where you are hiking and when you expect to return.
- Carry enough water for your entire hike. Remember water for your dog.
- When your water is ½ gone, turn around and return to the trailhead.
- Carry a cell phone.
- Don't hike alone.
- Wear appropriate footwear and clothing for hiking.
- Use maps, know where you are going and what kind of terrain you are hiking on.

## Trail Rating Guide

 NOTE: During the hotter months when the temperature and/or humidity are higher, trails will be rated at least one level higher.

Rating Symbol	Brief Definition	Surface	Grade	Obstacles/Steps
 Easiest	Paved Accessible Trail	Paved or hard and smooth		None
 Easy	Mostly smooth and wide	Dirt with occasional unevenness		2" or less, rocks and ruts
 Moderate	Mostly smooth, variable width	Dirt with occasional unevenness		<8" rocks and ruts, loose material
 Moderate Difficult	Mostly uneven surfaces	Dirt and rock		<12" rocks and ruts, loose material
 Difficult	Long rocky segments with possible drops and exposure	Dirt and loose rock with continual unevenness		12" or taller, loose rocks, exposure to drops
 Extremely Difficult	Long rocky segments with possible drops and exposure	Dirt and loose rock with continual unevenness		12" or taller, loose rocks, exposure to drops and excessive heat >90F

