

# Trail Etiquette

## The Unspoken Rules of the Trails

[www.NJSelfAdvocacyProject.org](http://www.NJSelfAdvocacyProject.org)

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### LEAVE NO TRACE

- This means there should be no evidence that someone was on the trail.
- Take all garbage with you.
- You can even be helpful and pick up other trash you find along the way.

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### STAY ON THE TRAIL

- Trails are set up to guide you and keep you safe.
- When you go off trail the terrain gets hard and dangerous. You could even get lost.
- You can also encounter wild animals off the path. You may even stumble across a wild den.

3

### RESPECT WILDLIFE

- Remember that these animals live in the place you are hiking. They were here first and you need to respect them.
- Wildlife also include plants and rocks. Animals use these items as food and shelter. Leave them be.
- Respecting wildlife helps keep you safe.



### NICETIES:

#### Say 'Hi'

A simple nod or wave is a pleantry people exchange on the trail.

#### Keep Pets on Leashes

All pets should be leashed when walking out on trails. This keeps them safe and other walkers safe. You should also check to make sure pets are allowed on the trail before you go.

#### Inform Others

If you see something dangerous, or even cool, let other hikers know when you pass them. Warnings about animals are also something you should share.

4

### KNOW THE RIGHT OF WAY

- If no one else is on the path you can spread out along the path.
- If other hikers are coming the opposite direction you should move to the right. If the path is wide enough you can keep walking. If it is narrow move over and let them pass.

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### CHECK ACTUAL RULES

- All trails and parks have official rules. These are usually posted at the beginning or end of each trail. They might also be posted online.
- Rules will include the times that the trail is open, warnings about wildlife, and events happening in the area.

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### SLOWEST HIKER LEADS

- To make sure the group you are hiking with stays together the slowest or least experienced hiker should lead or stay in the middle of the pack.
- This ensures everyone stays together and no one gets lost along the trail.

**\*\*DO NOT MESS WITH TRAIL MARKERS OR CHANGE SIGNS\*\***