

HB Flow Trails Rules

Blue Steel and **Green Flash** are bike only, downhill only **flow trails**. No hikers. No pushing bike uphill.

Forge Ahead is a multi-use, multi-directional trail. Bikers, please ride courteously and respect hikers and trail runners.

Do not ride beyond your skill level. Pre-ride. Re-ride. Free-ride.

Please do not ride bike flow trails when muddy! This ruins the trails for everyone.

RULES:

- Ride at your own risk.
- Mountain biking is a high risk activity and accidents could result in injury.
- Ride to your ability - Progress slowly.
- Stay on the trails.
- Helmets are required. Pads are recommended.
- It is encouraged that you do not ride alone.
- Observe all warnings and directional signage
- Downhill flow trails are one way **downhill**.
- Do not walk or push your bike up the flow trails.
- Flow trails are for downhill **bike traffic only**.
- No motorized vehicles.
- Wait for the rider in front of you to pass the first turn **before** leaving the start mound.
- Always be courteous to other riders and hikers
- Maintain a safe distance.
- Call out when passing.
- Open Dawn to Dusk, conditions permitting
- **Do not ride flow trails when muddy.**

