



Rancho Simi

RECREATION AND PARK DISTRICT

PRESS RELEASE

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FOR RELEASE: 6/24/22

RANCHO SIMI RECREATION AND PARK DISTRICT'S TRAIL TIPS FOR HIKERS, BIKERS AND RIDERS

The Rancho Simi Recreation and Park District encourages residents to enjoy the great outdoors this summer with these helpful trail tips to ensure a safe, fun and relaxing excursion whether you're hiking, biking or riding horses.

YIELD THE RIGHT OF WAY

- **Hikers coming uphill have the right of way.** Hikers that are descending on the trail should step aside and give space to hikers climbing up.
- **Bikers yield to hikers and horses.** Bikers should come to a full stop and step to the side and allow hikers and horses to pass. Note that electric, battery-operated bicycles with no pedal assist feature are prohibited on District trails.
- **Hikers yield to horses.** Slowly and calmly step off to the downhill side of the trail. If you approach from behind, calmly announce your presence and intentions. Horses and other pack stock can frighten easily, so avoid sudden movements and loud noises.

BE PREPARED

- Carry a fully charged cell phone with you.
- Let someone know where you're going and when you expect to return.
- Bring more water than you think you'll need, and a few snacks.



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DRESS APPROPRIATELY

- Wear sturdy hiking boots or shoes with good ankle support and tread.
- Wear sunscreen and a long-sleeved shirt to reduce sun-damage.
- Wear a hat and sunglasses for protection from the sun.

BE AWARE OF YOUR SURROUNDINGS

- Avoid poison oak. Learn to recognize vegetation. Wash clothing after hiking.
- Do NOT approach wildlife. Learn to recognize snakes and NEVER handle them.
- Be aware of current weather conditions. Avoid going out in extreme heat/cold.

BE SAFE

- Don't hike alone. Stay together. Those in the lead should stop at any fork in the trail so those behind can catch up. Children should stay with adults at all times.
- Do NOT overexert yourself. Know when to take a break or turn around.
- Do NOT mix alcoholic beverages with hiking, biking or riding.

BE RESPONSIBLE

- Keep dogs on a leash at all times to protect pets and people.



For more information or to obtain a Trail Guide with a complete list of trails in both Simi Valley and Oak Park, visit www.rsrpd.org, call (805) 584-4400, or email info@rsrpd.us.

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