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**Here are a few basic rules of Trail Etiquette**

**- Shared by our friends at the Capital Trail**

* Be respectful and alert
* Stay to the right, pass on the left, and give audible warnings
  + *Give a friendly “On your left" when approaching or getting ready to pass. If you hear “On Your Left,” move to the right side (outside edge) of the Trail so the approaching person can pass safely.*
* Limit distractions; don’t impair your hearing
* *Stay aware of your surroundings and be mindful of other Trail users by wearing only one headphone; this will help you hear better, especially in high-traffic areas*
* Obey all Trail and road signs
* Use safe speeds for current conditions (recommended speed not to exceed 20 mph)
  + *Use slow speeds when vision is impaired, in congested areas, or when necessary for the safety of others.*
* If you’re on wheels, yield to pedestrians
* Pull off the Trail when stopped
* Keep dogs on short leashes and clean up after your pet
* Maintain single file when passing or being passed
* No unauthorized motorized vehicles
* E-bikes Type 1 and 2 with motor assist that cannot exceed 20 MPH are allowed on the Trail