



Be Careful Out There!

Most accidents in the park happen when people are hiking, bicycling, or exploring the shore.



Hiking the Trails

- Watch your step!
- Beware of rocks and slippery surfaces.
- Wear sturdy shoes.
- Stay on the trail.



Bicycling the Carriage Roads

- Wear a helmet.
- Keep your speed down. Be ready to stop.
- Watch for loose gravel, especially on curves and hills.
- Stay to the right and yield to walkers and horses.



Exploring the Shore

- Be careful while walking along cliffs and the shore.
- Watch for loose gravel and wet rocks.
- Stay away from the edge.
- Watch for big waves that can sweep you out to sea.

No matter what your activity, always:

- Bring a map, food, water, and extra clothes.
- Tell someone your plans.
- Know your equipment and your limitations.
- Take your time, enjoy the scenery, and think safety!