Trail Safety – Trail conditions can change daily at Fort Ord. Ride at a safe speed so you can accommodate these changes. Traveling at a high rate of speed also endangers other trail users and damages trails.

Always be in control of your bike.

Let fellow trail users know you are coming and the number of riders in your group.

Anticipate other visitors around corners or in blind spots. Slow Down.

Refrain from wearing headphones that do not allow you to hear what is going on around you.

Be prepared, bring a map. Many of the trails at Fort Ord have been given nicknames, knowing the trail numbers as well, will help in an emergency. Emergency personnel are provided trail maps with numbers and names. Nicknames vary, numbers don't.



Things to Consider -

Fort Ord is a high use area. Many visitors come each day to enjoy the trails. You may come upon hikers, dog walkers, and equestrians at any time during your ride.

During certain times of the year you may encounter sheep grazing in the grassland areas.

Fort Ord hosts a wide variety of animals. Be aware of your surroundings and the time of day you choose for your ride. Many animals hunt at dawn and dusk. Keep these things in mind when planning your trip.

Rattlesnakes -

Rattlesnakes have been seen at Fort Ord. On warm, sunny days they can be found on the roads and trails. If you have been bitten by a rattlesnake, seek medical assistance as soon as possible.

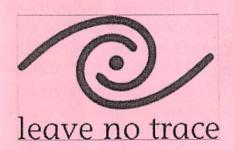
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Mountain Bike Guide



Fort Ord
National Monument



Presented by:
Bureau of Land Management
Fort Ord Project Office

Remember - while visiting Fort Ord National Monument practice your

Leave No Trace Outdoor Ethics!



This brochure outlines simple things you can do to protect yourself, other trail users and the trails while visiting Fort Ord National Monument.

About the trails -

There are 83 miles of trail at Fort Ord that are open for hiking, biking, and equestrian use. All trails are multi-use trails, meaning all three user groups can be on any trail at Fort Ord. Proper trail courtesy at Fort Ord is that all bikers yield to equestrians and hikers. It must be a group effort on everyone's part to share the trails and get along. All open trails are marked and numbered. All unmarked trails are not available for public use. Game trails are not authorized trails and are not available for use. Trails that are named and on green signs are generally wider, more-stable routes. Trails that are numbered and on brown signs are generally single-track trails.

Trail Protection -

Serious damage can happen to the trails during the rainy season. Please consider rescheduling your visit if trails are saturated. Look behind you, if tire tracks are visible, trail damage is occurring. If you must ride your bike, stay on hard packed roads.



Bicyclists are expected to yield to all other trail users.

When bikes meet horses on trails from behind -

- 1. Slow down!
- 2. Talk to the rider let them know you are there.
- 3. Establish eye contact with rider

Night use at Fort Ord -

The Fort Ord Public Lands open 1/2 hour before sunrise and close 1/2 hour after sunset. At this time night use, including night riding, may be allowed by permit. Contact the BLM for more information.

Watch For Traffic -

The roads at Fort Ord are not open to the public. However, that does not mean there are no vehicles on the roads. BLM staff, volunteers, researchers and the public, during special events, all share the roads.

Watch out for vehicles.

Ticks -

Ticks are most abundant at Fort Ord from mid-April to mid-July. Usually found along edges of trails, they wait on grass and weeds for a suitable host to brush against the vegetation. Once on the host, they crawl upward, seeking a place to attach and take a blood meal. After hiking, check your entire body for ticks. If a tick is found, remove it by tweezing. Watch for a red ring around the bite location. If ring appears, seek medical attention.

Poisonous Plants-

Poison oak is found all over Fort Ord. It is a small tree or shrub with leaves that can be red or green in color. Each branch has three leaflets from which the saying, "Leaves of three, leave it be" originated from. It is the oils of the plant that can cause a rash that can last up to two weeks. You can still get a rash from the plant while it is dormant. Be sure to shower in cool water after riding. There are products available to help prevent poison oak, but the best way to avoid getting the rash is to stay away from the plant when possible.

