Trail Rules & Safety Information

- Wear a helmet.
- Carry in, carry out. Leave no trace. Respect wildlife.
- Ride only open trails; observe, respect and obey all signage.
- Stop at all road crossings, slow down at intersections.
- Ensure water crossings are safe.
- Stay in control at all times. Pass with care.
- Share the trail. Yield to pedestrians and other trail users.
- Riding a loop may require riding along the shoulder of a public road. Sight lines on roads are limited, please watch for traffic.
- Many of our trails are remote, plan ahead, ensure equipment is working properly and you have spare parts and basic tools.
- Don't count on cell phones. Please let someone know where you are going and when you plan to be back. Ride in groups if possible.
- Always ride with food and plenty of water.

Emergency Information

- In the event of a medical emergency, first attempt to use a cell phone to call 911.
- If riding in a group of three or more, have at least one person stay with the injured person.
- Mark the location of the injured person on a map, and if possible use a GPS to get a coordinate.
- DO NOT attempt to move the injured person if a head, neck or back injury is suspected.
- Attempt to keep the injured person warm and dry.
- Assist the injured person to the nearest road if the injury is not to the head, neck or back.

Thank you Landowners

- Without the permission of public and private landowners, our trail system would not be possible. We Thank You!
- Please respect landowners. Ride only on marked trails.
- This trail system is a work in progress. In time we plan to expand the network throughout the area.

Please note:

- The user of this map bears full responsibility and assumes all risk for his or her safety. Midcoast Region NEMBA, the Town of Camden, the Coastal Mountains Land Trust, and affiliates will not accept responsibility for personal injury and/or property damage while using this map.

Mountain Bike Trail Map

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mcnemba.com