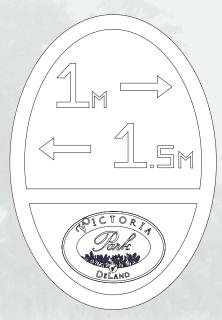
Navigating The Trail



The distances shown on the trail mile markers represent the maximum distances to be traveled in either direction to arrive at the main entry point.

Trail Essentials:

- •Bring plenty of water (One quart for short hikes-more for longer hikes).
- •A water pack is preferable for you to keep your hands free while hiking.
- •Wear appropriate footwear, preferably hiking boots.
- •Wear light-colored, comfortable clothing.
- •Bring a hat and sunblock (SPF 15 minimum).
- •Basic first aid supplies.
- •Cell phone.

General Safety & Etiquette

- •Tell someone where you will be hiking and when you expect to return.
- Having a trail map is recommended.
- •Know where you are going and know what kind of terrain you will be hiking on. It is important to remember that the Victoria Gardens trails are Wilderness Trails. Hikers can encounter unstable terrain, rattlesnakes and other potential hazards native to Florida.
- •Don't hike alone it's safer and more fun to do the trail with a friend.
- •ALWAYS stay on a designated trail. Victoria Park land management requirements prohibit trailblazing.
- •Use common sense and courtesy while on the trails. Announce your intentions and slow your pace when passing someone on the trails.
- •Do not litter.
- •Destruction or removal of plants, animals, historical, prehistoric or geological sites are prohibited.
- •Do not chase or harass wildlife.
- •Remember the 3 C's: Courtesy, Communication and Common Sense.

What to do when you need help:

- •If you need help, notify St. Joe by calling (###)###_####; for emergencies call 9-1-1.
- •Know your location. Look for the nearest trail marker or any noticeable landmark such as a bench, wash or tree.
- •Identify the emergency situation (Be specific regarding the condition of an injured person).

For Further Information:

www.*********.com



