

# THE NATURE - FITNESS TRAIL

## Guidelines for the use of this pedestrian trail

- Be courteous of all other users regardless of their sport, speed or skill level.
- Faster users yield to the right of way of slower users.
- No smoking or alcoholic beverages.
- No campfires or overnight camping.
- Please do not litter – IF you bring it in, Bring it out.
- Keep pets under control and please pick up after your pet.
- Observe the wildlife but follow these guidelines as suggested by NH Fish & Game:
  1. **Enjoy wildlife from a distance.**
  2. **Never chase or harass animals.**
  3. **Don't pick up orphaned or sick animals.**
- Please be advised the trail is very steep between Stations #15 and #17, with limited accessibility.
- The second loop known as the “Hiking Path” does not have an improved surface and has steep slopes and uneven ground, which may limit accessibility.
- Motorized Vehicles and Motorized recreational vehicles are prohibited from these trails, with the exception of Other Power Driven Mobility Devices (OPDMD) by individuals who can provide a credible assurance that the mobility device is required because of the person’s mobility disability. Our goal is to provide equal access and to treat everyone with dignity and respect.

No Power Driven Mobility Devices shall be powered by gas powered internal combustion engines, nor shall it move at a speed not greater than that of a pedestrian walking on similar terrain. The OPDMD shall meet the March 15, 2011 Department of Justice ruling and standards of a Power Driven Mobility Device, as updated and/or amended.

The Town of New Hampton prohibits gas-powered internal combustion engines on all its public owned recreational and forest reserve properties.

- Report vandalism to the New Hampton Police Department – 744-5423.
- This area is utilized by hunters during the applicable hunting seasons – take the necessary precautions during these times.

**NOTE THAT ALL USERS OF THE TRAIL ARE SOLELY RESPONSIBLE FOR THEIR OWN SAFETY! THE NATURE-FITNESS TRAIL IS NOT LIABLE FOR ANY INJURIES OR DAMAGES INCURRED THROUGH USE OF THE TRAIL.**