

# FISH CREEK PROVINCIAL PARK

## PARK NOTES

# Bikes in the Park

## Your Park, Your Pathways

With the rise in popularity and technology in bicycles, the Park has experienced a dramatic increase in the volume and use patterns of cyclists. Alberta Parks and Protected Areas has been working to establish guidelines for this activity including legislation that requires all cycling activities to occur on designated paved, granular, or single-track pathways.

Over the next two years, several of Fish Creek's popular single track trails will be upgraded, signed, and deemed a designated single-track pathway. These pathways will accommodate both pedestrians and cyclists.

## Slow Pace Makes a Bike Ride Safe

The Park has an existing designated pathway system that allows for wide exploration. These were never designed for high-speed travel and cyclists should recognize the limitations of these pathways.

Natural hazards, wildlife, other cyclists, and pedestrians are often on these shared pathways - please be mindful and respectful of them.

## On the Trail, Out of Trouble

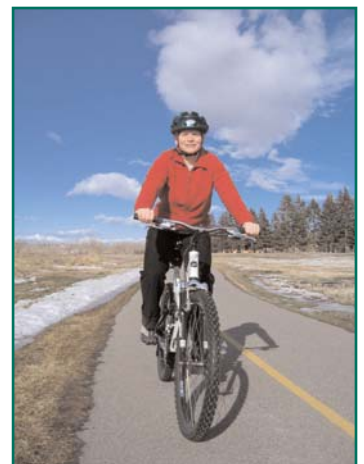
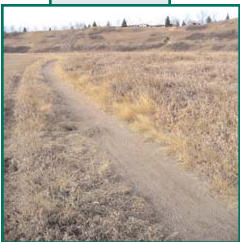
First and foremost, provincial protected areas are set aside to preserve Alberta's plants and wildlife. Off-trail cycling can have devastating consequences on the landscape including: increased erosion, loss of natural vegetation, invasion of non-native plant species, and destruction of habitat.

If you cycle in the Park, follow these tips:

- Stay on designated pathways
- Do not create new trails, jumps, drops, or physical structures for free riding - doing so could result in charges laid
- During wet periods, avoid pathways on steep slopes with visible soil loss, exposed roots, or muddy sections
- When descending steep slopes, gently pump on both the front and back brakes so that you don't lock your wheels and unnecessarily tear up the soil
- Keep pathways from getting wider by staying on them
- Join the Friends of Fish Creek or participate in the Park's programs and services to learn more about the Park, the pathways, and its rich cultural and natural resources



*Repeated descents on steep terrain cause erosion.*



### For more information contact:

Fish Creek Provincial Park  
15979 Bow Bottom Trail SE  
Box 2780  
Calgary, Alberta T2P 0Y8  
Phone: (403) 297-5293  
Fax: (403) 297-5284

Website: [www.fish-creek.org](http://www.fish-creek.org)

Alberta

April 2006

ISBN: 0-7785-30914

# FISH CREEK PROVINCIAL PARK

## For Your Safety

- Wear a helmet - it is the law in Alberta if you are under 18 and a wise thing to do at any age
- Advise others of your activity, destination, and return time
- Do not walk your pet while riding your bike - the leash can get tangled with the wheels
- Maintain your bike in good working order - travel with a basic repair kit
- Use lights at night - it is a safe thing to do
- Use a pack or rack to keep your hands free for riding
- Lock your bike when you leave it unattended
- Consider wearing bright or reflective clothing for improved visibility



## Share the Trail

- Slow down when approaching others from either direction
- Install a bell on your bike and use it to warn others of your approach and call out 'passing on your left' and 'thank-you' to those who give way
- Yield right of way to pedestrians and mounted horse patrols by the Park Conservation Officers and the Calgary Police Service
- Keep on the right side of the trail
- Stay on designated pathways



## Park Regulations

Contravening these and other regulations may result in charges laid under the Provincial Parks Act.

- All cycle travel must be on designated trails
- Pets must be leashed at all times. Pets are not allowed at Sikome Lake and inside Park buildings (with the exception of bona fide guide dogs)
- Leave only footprints, take away only litter and pictures. Everything in the park - both living and non-living - is protected
- Do not feed or harass wildlife
- Liquor is not allowed anywhere in the Park

## Trail Care

**The Friends of Fish Creek Provincial Park Society** launched this exciting program in September 2003. The project seeks to strike a balance between environmental concerns and the recreational needs of people who use Fish Creek Provincial Park. Groups interested in hands-on reclamation work in Fish Creek Provincial Park are encouraged to contact them and participate.

To learn more about *Trail Care*, visit [www.friendsoffishcreek.org](http://www.friendsoffishcreek.org) or telephone (403) 238-3841.

