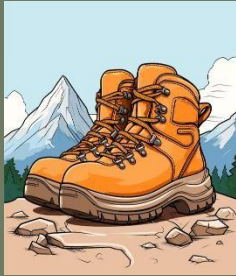


Trail Safety Tips



When hiking,
wear appropriate
footwear .



Let someone know
where you are
going and when
you expect to
return.



Carry water
and leave
extra water in
your vehicle.



Use insect
repellent.



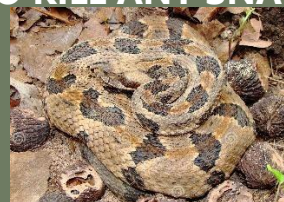
Carry a
whistle.



In the event of a lightning storm, stay low. Return to your car as safely as possible. Do not hide under a tree. If necessary, squat close to the ground on the balls of your feet, minimizing ground contact.

Snakes are rarely seen on the trail. If you see one, keep your distance.
Copperheads and Timber Rattlesnakes are the only two venomous snakes on the trails.

IT IS ILLEGAL IN TENNESSEE TO KILL ANY SNAKE.



You are hiking in wilderness. Fairfield Glade is surrounded by over 97,000 acres of Wildlife Management areas. Black bears, coyotes, bobcats, raccoons, wild pigs, and skunks are just a few of the land mammals that inhabit our forest.

If a bear does approach you on a trail, **DO NOT RUN** , facing the bear, back away slowly, make loud noises (use your whistle), make yourself appear bigger than the bear by spreading your arms, coat, or branches .

If a mother and cubs are spotted, **DO NOT** place yourself between them!