

*Always wear a helmet and safety equipment that is approved for off-road bicycle use.



NEW MOUNTAIN BIKE FUN*

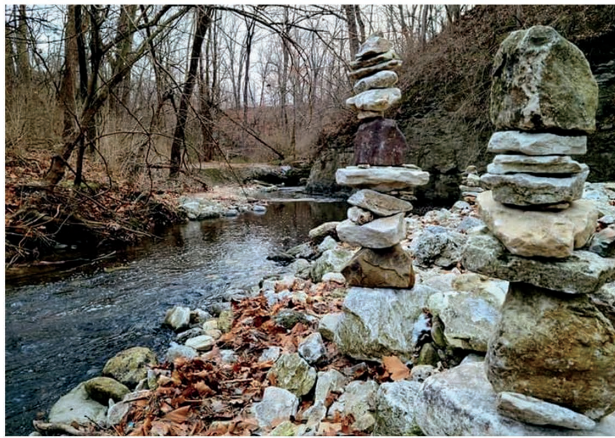
Mountain biking is an adventurous and fun activity, which involves riding a bicycle off-road. Mountain Bike access to the trails are brand new addition to the nature trails of Parker Heights and Gardner Parks.

While mountain biking is a thrilling sport, it's also a great way to reconnect with nature. This means days of riding out in an unspoiled wilderness refuge, pedaling at your own pace, with nature views as far as the eye can see.

ON THE TRAILS!



*Always wear a helmet that is approved for off-road bicycle use. Riding a bike involves risks and can result in very serious injury or even death. However, it is your responsibility to judge the inherent risks that arise. Take responsibility for the quality and condition of your equipment: use a mountain bike that is built for the kind of riding that you do. Regularly check your bike and equipment for any mechanical defects.



NATURE TRAIL CONTRIBUTIONS

IF YOU WOULD LIKE TO HELP KEEP THE NATURE TRAILS MAINTAINED, OR JUST SIMPLY ENJOY THE BEAUTY AND PEACEFUL TRANQUILITY THEY PROVIDE FROM THE HUSTLE AND BUSTLE OF DAILY LIFE.

A TAX DEDUCTIBLE CHECK MAY BE MADE TO: THE FRIENDS OF THE TRAILS, A 501 (C)(3) ORGANIZATION, ON THE MEMO SECTION PUT "NATURE TRAILS" AND MAIL IT TO:



FRIENDS OF THE TRAILS
1231 BONASINGA DRIVE
QUINCY, IL 62301



Quincy Park District Office
1231 Bonansinga Drive • Quincy, Illinois 62301
217-223-7703 • quincyparkdistrict.com



EXPLORE NATURE TRAILS

GARDNER PARK • SUNSET PARK
PARKER HEIGHTS • NATURE TRAILS EAST



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