

WEAR A HELMET

IN ORDER TO REDUCE OR PREVENT THE RISK OF SERIOUS HEAD INJURY OR DEATH, STATE LAW REQUIRES THAT ALL BICYCLISTS UNDER AGE 18 WEAR AN APPROVED HELMET WHILE RIDING ON TRAILS AND ROADWAYS. THE DISTRICT ALSO STRONGLY RECOMMENDS THAT ALL EQUESTRIANS AND BICYCLISTS WEAR HELMETS AT ALL TIMES.

**Contra Costa Canal Trail
Iron Horse Regional Trail-Hwy. 4 to Treat Blvd., Concord (North)**

POLICE, FIRE, MEDICAL EMERGENCY **9-1-1**
 CONTRA COSTA COUNTY TRAILS (925) 687-3419
 ALAMEDA COUNTY TRAILS (510) 790-2612
 EBRPD HEADQUARTERS (510) 635-0135
 WEBSITE www.ebparks.org



East Bay Regional Park District
 2950 Peralta Oaks Court, P.O. Box 5381
 Oakland, CA 94605-0381 (510) 562-PARK
<http://www.ebparks.org>

