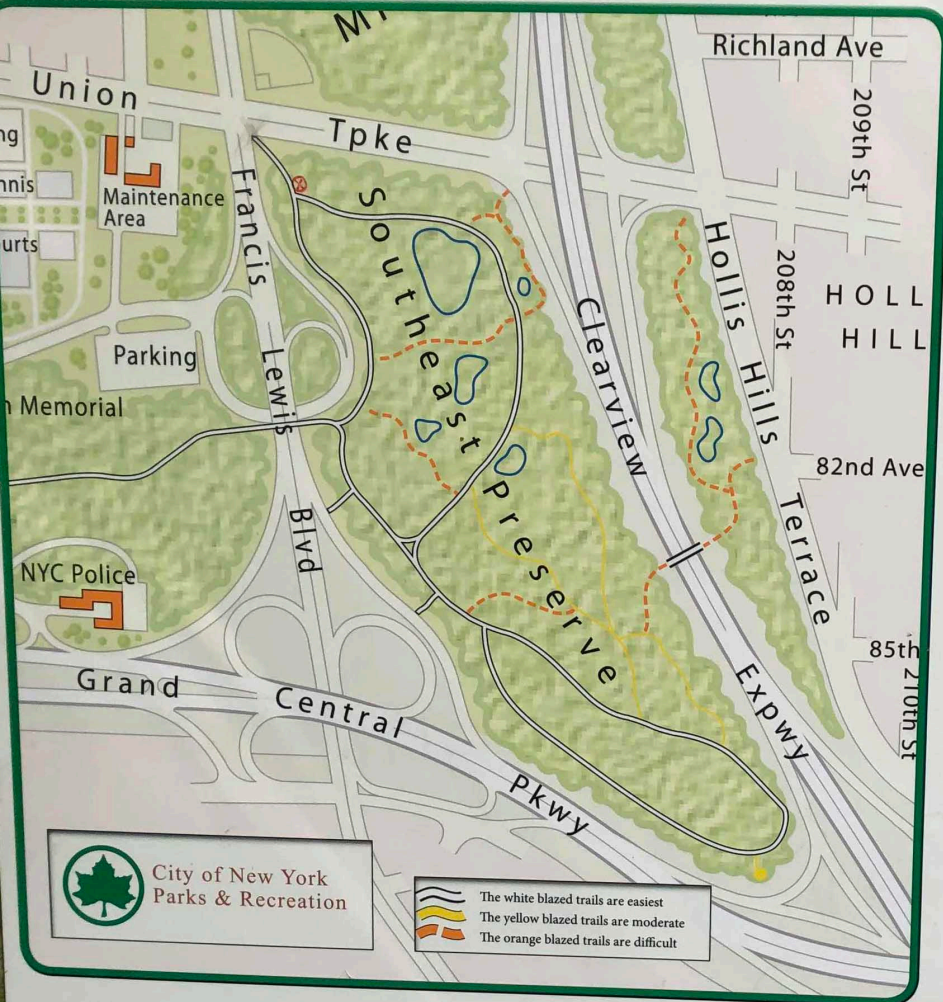




Welcome To Cunningham Park

South East Preserve's National Recreation Trail



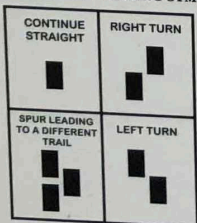
These urban trails take the visitor through some of the most undisturbed natural areas in New York City abundant with oaks, native wildflowers, flowering dogwood and ferns.

Along the trails you will find interpretive panels that teach nature lessons about the ecology within the preserve.

TRAIL ETIQUETTE TIPS

- ✓ Please stay on the trail and do not make short cuts. Do not damage any plants along the trail. Stay in the middle of the trail or you may get ticks or poison ivy.
- ✓ Take nothing but photos, leave nothing but foot prints. You can smell the flowers but please don't pick them! Leave them for the next hiker to enjoy.
- ✓ If you carry it in, please carry it out! Take all of your trash with you and if you should find someone else's trash be a good person and take it with you. Pitch in to help keep your preserve clean.
- ✓ Be peaceful! Keep the loud noise to a minimum. People go hiking in nature for the tranquility it can offer. Do not chase or harass wildlife that lives here.
- ✓ Stay to the right on wider paths. Pass on the left. When overtaking someone, let them know you are approaching and will be passing on their left.
- ✓ Whenever you stop for a view or a rest do not block the trail. Make sure you do not step on the delicate trail side plants or they may be damaged.
- ✓ Greet people you meet on the trail. This makes sure they know you are there and is polite. A simple "Hi" or "Nice Day" is appreciated.
- ✓ When hiking in a group, hike single file or take no more than half of a wide trail. We want to keep the trails narrow because it brings us closer to nature.
- ✓ Avoid hiking alone, hike in a group of at least two fellow hikers. In case of an accident, one person will be able to stay with the injured person while the other goes for help.
- ✓ Trail sections may be closed for re-routing or to protect habitats. Please stay off and let it re-grow. Do not build or modify trails without permission.

UNIVERSAL TRAIL BLAZING SYMBOLS



Trails are blazed using 3x5 painted rectangles; to follow the trails, check out the universal blazing symbol explanation above.

WARNINGS AND SAFETY INFO:

- ☑ USE THESE TRAILS AT YOUR OWN RISK!
- ☑ WATCH FOR HIDDEN DANGERS AS WELL AS ROOTS, LOGS, HOLES, UNEVEN TRAIL SURFACES, FALLING TREES AND BRANCHES, ETC.
- ☑ DO NOT ENTER DURING WINDY OR STORMY CONDITIONS
- ☑ STAY OFF TRAILS IF MUDDY OR WET
- ☑ CALL 911 TO REPORT EMERGENCIES
- ☑ CALL 311 TO REPORT VANDALISM OR HAZARDOUS TRAIL CONDITIONS

Please Volunteer

To help maintain these trails contact:

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(718) 776-0500

www.friendsofcunninghampark.org

