Safety Considerations and Area Rules:

- Obtain a good map and compass; plan your route; and leave word with someone—just in case you do get lost.
- Travel with a companion.
- Streams and creeks should be crossed with caution when there are no footbridges.
- Flash flooding occurs occasionally in the valleys, so seek high ground during periods of heavy rain.
- Camping is permitted anywhere on National Forest land, provided campers are at least 200 feet from all roads, streams, trails, and trailheads. Practice Leave No Trace Outdoor Ethics. Leave a clean camp for those who follow you. When traveling, no matter what means, make an effort to stay on trails. Carry out all trash.
- Campfires may be built, but with extreme caution. Only streams and creeks should be crossed with caution when there are no footbridges.
- Pets must be under your control at all times.
- Erecting and maintaining structures is prohibited.
- Motor vehicles are restricted to roads and parking areas.
- Pack Snow is not permitted in the campgrounds.
- Dress for the weather. Be prepared for sudden changes.
- Wear proper footwear.
- Bring drinking water; otherwise treat water from streams and springs before drinking or cooking to kill harmful pathogens.
- During hunting seasons, bikers are encouraged to wear high visibility clothing.

In Case of Emergency:

The following phone numbers will be useful:

- Emergencies: 911
- Safety Considerations and Medical Center, Lewisburg, (304) 647-4411
- Pathogens.
- Outdoor Ethics. Leave a clean camp for those who follow you.
- Wear proper footwear.
- Bring drinking water; otherwise treat water from streams and springs before drinking or cooking to kill harmful pathogens.
- During hunting seasons, bikers are encouraged to wear high visibility clothing.
Lake Sherwood Area Trails

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