

FIVE RIVERS METROPARKS

TIPS, RULES & SAFETY

On the Twin Valley Trail (TVT)

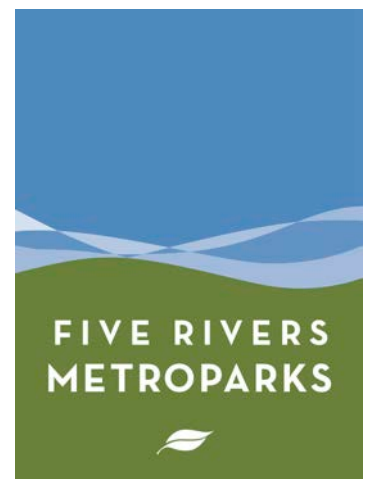


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FINDING YOUR WAY

The Twin Valley Trail is marked by a backpacker icon located on posts placed along the trail. At some points the backpacker icon will be painted on pavement to mark the trail. Other trails within Germantown and Twin Creek MetroParks are marked in various colors which are all loops and do overlap each other where applicable. These other trails offer you options to customize your route if desired.

IF YOU BECOME LOST, STAY CALM

STOP ; Sit, Think, Observe, Plan. If on a trail, stay on it, proceeding in one direction. If unable to find a trail, walk downhill until you find a stream or road. Above all, conserve your energy and stay warm. Periodically give distress signals in groups of threes; answers to distress signals are given in groups of twos. If forced to camp, stay within view of the trail, because rescuers will be using it when looking for you.

RANGER ASSISTANCE

Contact the Montgomery County Sheriff Department dispatcher at (937) 535-2580. For emergencies call 911. Park Staff can be found during open hours at the Park Office at 7101 Conservancy Rd.

WATER

- Seasonal Potable Water: Available at Hopewell Trailhead in Twin Creek MetroPark, 8502 Chamberlin Road.
- Seasonal Stream: Germantown Old Mill, Twin Creek Tecumseh, Geronimo and Little Turtle
- Pond: Germantown Oak Ridge
- Dry: Germantown Shimp's Hollow, Cedar Ridge, and Twin Creek Pine Ridge

Open water sources are easily contaminated by human or animal wastes. The purity of water sources identified on this map and on the Trail cannot be guaranteed. Always treat water found along the Trail, preferably by bringing it to a rolling boil. Because water sources are unreliable during dry seasons, always carry plenty of water.

FOR YOUR SAFETY, REMEMBER

- File a trip plan with friends so that someone will know where you are and who to contact in case of emergency.
- Watch for sudden changes in weather.
- Be aware of common nuisances such as ticks, biting gnats, and poison ivy.
- Plan your trip carefully, allowing plenty of time and energy for rugged terrain.
- Familiarize yourself with the symptoms and treatment of hypothermia.
- Carry extra food, dry clothes, and a map.
- When walking on or crossing roads be careful of vehicle traffic.
- Please respect private property.

NOTICE TO ALL TRAIL USERS

The purity of water from unprotected water sources cannot be guaranteed by Five Rivers MetroParks or any other jurisdiction with which the Trail falls. All agents expressly disclaim liability for any impurities in such water. To be safe, all water should be purified by boiling or chemically treated before use.

BACKCOUNTRY REGULATIONS

For your own and other's safety and enjoyment, please be aware of the following regulations in addition to the standard MetroParks rules that can be found at trailhead kiosks.

- No motorized vehicles, bicycles, horses, or pack stock are permitted on the Twin Valley Trail.

- A camping permit is required for all overnight use and must be in the trip leader's possession at all times.
- Camping is permitted only at designated locations.
- Maximum stay per camp is two nights.
- Backcountry campsites are limited to two small backpacking tents per site.
- Frontcountry camping areas (Old Mill, Shimp's Hollow and Twin Creek Tecumseh, Geronimo and Little Turtle) are available to backpackers with at least one week notice.
- Overnight parking for backpackers is only available at the Germantown Trailhead & Sledding Hill, 6206 Boomershine Rd. and the Main Park parking lot, 7101 Conservancy and the High View Trailhead, 9688 Eby Road, in Twin Creek MetroPark
- Fires are not permitted in the backcountry camps (Oak Ridge, Cedar Ridge, Pine Ridge).
- Scouring the landscape for wood can be decimating, fire scars are a long lived eyesore. Use a backpack stove or carry cold foods.
- Fires are permitted in the frontcountry camps at the designated rings (Old Mill, Shimp's Hollow and Twin Creek Tecumseh, Geronimo and Little Turtle).
- Carry out your trash. Burning, burying, or leaving trash is prohibited. Do not place trash in pit toilet.
- Keep creeks clean and available for wildlife. Do not use any type of soap within 200 feet of a water source.
- Let wildlife remain wild. Do not feed, touch, or interfere with wildlife. This kind of behavior is detrimental to animals. Please suspend food and garbage above ground to lessen the chance of theft by animals and holes in your tent or pack.
- Stay on trail, shortcutting causes erosion.
- If you must bring a dog it should be leashed and under control at all times.
- No alcohol

3/1/2016