



Lake Roland Bicycle Rules

Where to ride

- Approved bike trails include the Red Trail, Blue Trail, boardwalk and the paved areas. Bike trails are clearly delineated on the Lake Roland Trails Map available at [Trail Maps](#).
- Respect trail and road closures.
- Be aware that bicycles are not permitted in the serpentine barren (pine tree/grassland area) and other environmentally sensitive areas.
- Stay on existing trails and do not create new ones.

Respect other trail users – they will respect you

- Let your fellow trail users know you're coming, a friendly greeting or bell ring are good methods.
- Use a wide berth – especially families with children - pass at a walking pace (it won't slow your ride down that much)
- Bicyclists traveling downhill should yield to ones headed uphill.
- When passing pedestrians with dogs, use special care.

Trail notes

- Wet and muddy trails are more vulnerable to damage than dry ones. When the trail is soft, consider other riding options.
- Do not trespass on private land.
- Ask a Park Ranger for clarification if you are uncertain about the status of a trail.
- Be sure to pack out at least as much as you pack in.

Other

- Help keep the park and trails safe for everyone – report any concerns to a ranger
- Always wear a helmet and appropriate safety gear.