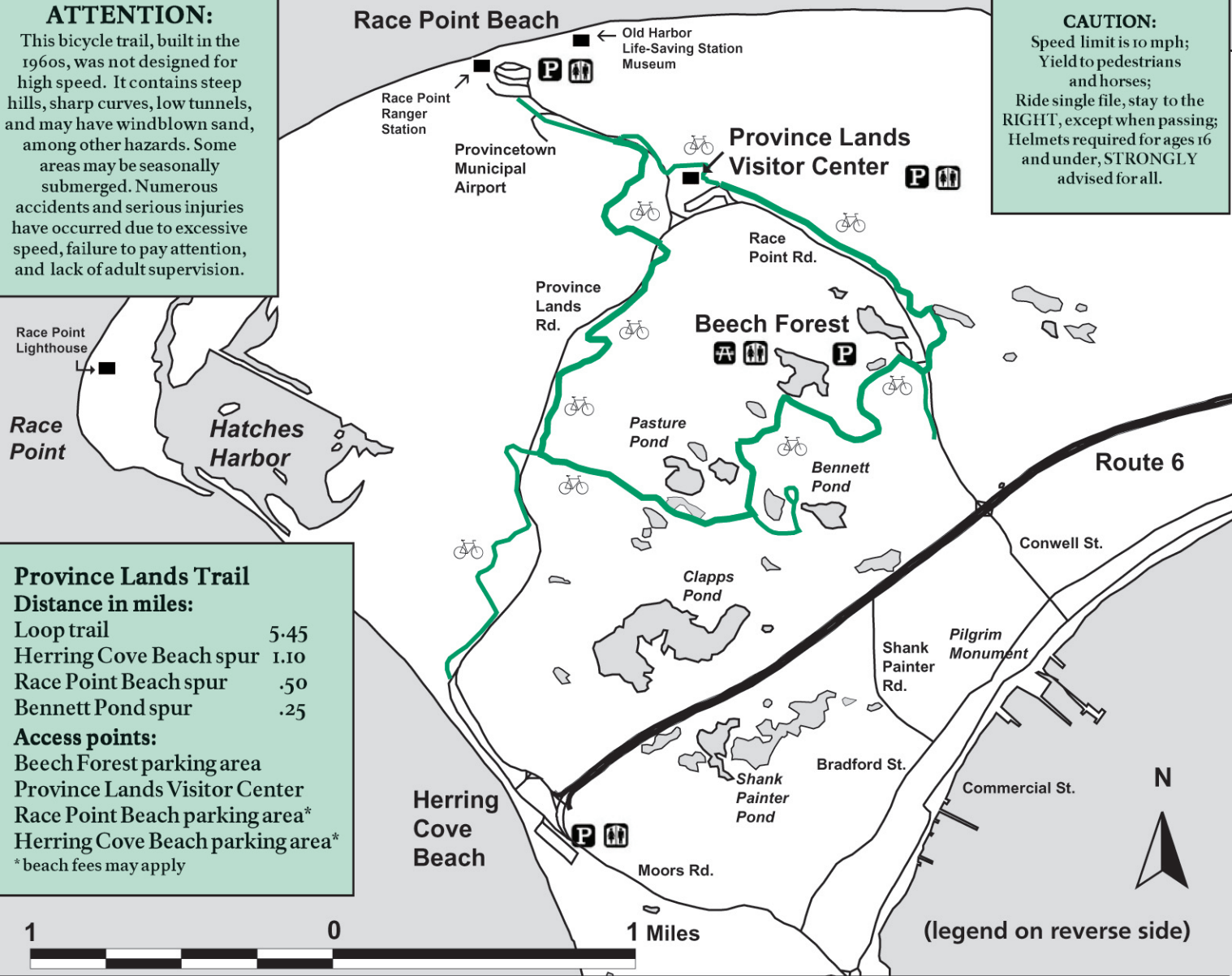


ATTENTION:

This bicycle trail, built in the 1960s, was not designed for high speed. It contains steep hills, sharp curves, low tunnels, and may have windblown sand, among other hazards. Some areas may be seasonally submerged. Numerous accidents and serious injuries have occurred due to excessive speed, failure to pay attention, and lack of adult supervision.

CAUTION:

Speed limit is 10 mph;
Yield to pedestrians and horses;
Ride single file, stay to the RIGHT, except when passing;
Helmets required for ages 16 and under, STRONGLY advised for all.



Province Lands Trail

Distance in miles:

Loop trail	5.45
Herring Cove Beach spur	1.10
Race Point Beach spur	.50
Bennett Pond spur	.25

Access points:

- Beech Forest parking area
 - Province Lands Visitor Center
 - Race Point Beach parking area*
 - Herring Cove Beach parking area*
- * beach fees may apply