

HIKE AND BIKE WITH COMMON SENSE

By God's grace, our family became stewards of Six Sigma Ranch twenty years ago. It's a pleasure for us to share this incredible piece of nature, and we hope you'll enjoy your tours here. (Learn more about the place in our books *Folks Who Walked the Land of Six Sigma Ranch* and *Oaks of Six Sigma Ranch*.)

Although we can't guarantee a 100% trouble-free experience, we'd like to share some common-sense advice for your comfort and safety.

- Choose a trail that works well with your fitness level, and dress according to the weather.
- Bring plenty of water to drink.
- Stay on the trail and keep dogs on leash.
- Keep an eye out for poison oak – leaves-of-three, let them be!
- Protect against ticks and insects – wear long pants and boots or closed-toe shoes. Check your skin and clothing after the tour.
- Snakes will usually slither away before you notice them. If you should see one, leave it plenty of space. Do not climb rocks, and don't put your hands and feet where you can't see them.
- Bears will usually walk away before you spot them. If you should ever be faced with one, lift your arms and make yourself look as big as you can. Back off slowly, don't run.
- What about mountain lions, you may wonder? We have spotted mountain lions on our trail cameras, so we knew they were here, but it would take 20 years before we personally got a glimpse of one. Again, use common sense – hike and bike in broad daylight, stay with the group, and keep children close.

Kaj & Else