

- **Wear a helmet and highly visible fluorescent clothing**
- **Keep to the right and ride single file with the flow of traffic**
- **Have working head and tail lights and reflectors**
- **Be sure bike is in good riding condition with good brakes**
- **Use extreme caution in heavy traffic areas**
- **Ride defensively and be seen**
- **Never race with vehicles**
- **Ride from sunset to sunset – plan to be off the road by dark**
- **Observe all traffic regulations and laws**
- **Never carry other rider or items that obstruct your view**
- **Always carry food and water**
- **The use of a bike is prohibited except on designated roadways, do not ride on footpaths.**
- **Contact Park Rangers for additional information, such as camping areas for bicyclists**
- **Carry a cell phone, ID and medical cards in case of an emergency.**
- **Let someone know your itinerary**

## **National Park service Natchez trace Parkway**

***-ENJOY THE RIDE-  
-BE ALERT-  
-ARRIVE ALIVE-***

2680 Natchez Trace Parkway  
Tupelo, Mississippi 38804

Information:  
(800)-305-7417

EMERGENCY  
(800)-300-PARK  
(800-300-7275)

E mail: [NATRSuperintendent@nps.gov](mailto:NATRSuperintendent@nps.gov)

**National Park service**  
**Natchez trace Parkway**