



DAY USE OF USFS TRAILS

Always use good judgement when using or traveling over trails and roads. Some are not maintained and may be hazardous. Weather and other conditions can change without notice, so carry clothing for rain and cold temperatures. Always carry adequate water for all hikes and never drink trailside water from lakes and streams unless marked "potable" by the Forest Service. Food, matches, first-aid kit, flashlight, compass and maps are also essential. Deschutes and Willamette National Forest Maps, the McKenzie River National Recreation Trail Map, and the Three Sisters, Mt. Washington, and Mt. Jefferson Wilderness maps are available at Forest Service Stations. Mosquito repellent should also be carried along in late spring and summer months. As a safety precaution, always let someone know where you are going and when you expect to return. Dogs should be on a leash or controlled by voice command. Be sure to have appropriate parking and trail permits for specific destinations. *The Sisters Area Chamber of Commerce and its members are not responsible for losses or injuries incurred when utilizing this information.*

Wilderness Areas and US Forest Service Land Uses

Wilderness Areas have a delicate state of natural balance. Careless acts by people can upset this balance, resulting in destruction of the wilderness environment. The following practices will help preserve the wilderness for everyone's enjoyment.

1. **Travel to avoid impacts:** When using trails go single file in the middle of the trail. Avoid making new or multiple trails
2. **Water:** protect water by washing at least 200 feet from water sources using biodegradable soaps. In addition, keep food and garbage out of lakes, rivers and streams.
3. **Human Waste:** Always bury human waste and toilet paper in a 6 inch deep hole.
4. **Make and Leave a No-Trace Camp:** Camp on durable or already impacted sites. Pick up every trace of litter. Make only small fires. Erase all signs of fire. Pack out all trash, yours and others, especially tin foil.
5. **Dogs:** please keep your dog under control at all times.
6. **Obey all signs:** the signs posted are there for the protection and safety of the land, animals and humans.
7. **Permits:** be sure to carry appropriate parking, wilderness, snow park or State Park permits as required for the location.
8. **Cell phone coverage** can be spotty in some areas, such as the Metolius Basin. Do not depend on cell phones; plan ahead for emergencies.

The US Congress defines Wilderness as: A Wilderness, in contrast with areas where man and his own works dominate the landscape, is an area where the earth and its community of life are untrammelled by man, where man himself is a visitor who does not remain. Back country ethics are important in keeping Wilderness wild. Minimum impact hiking and camping are vital to help preserve and protect natural features we all seek.



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