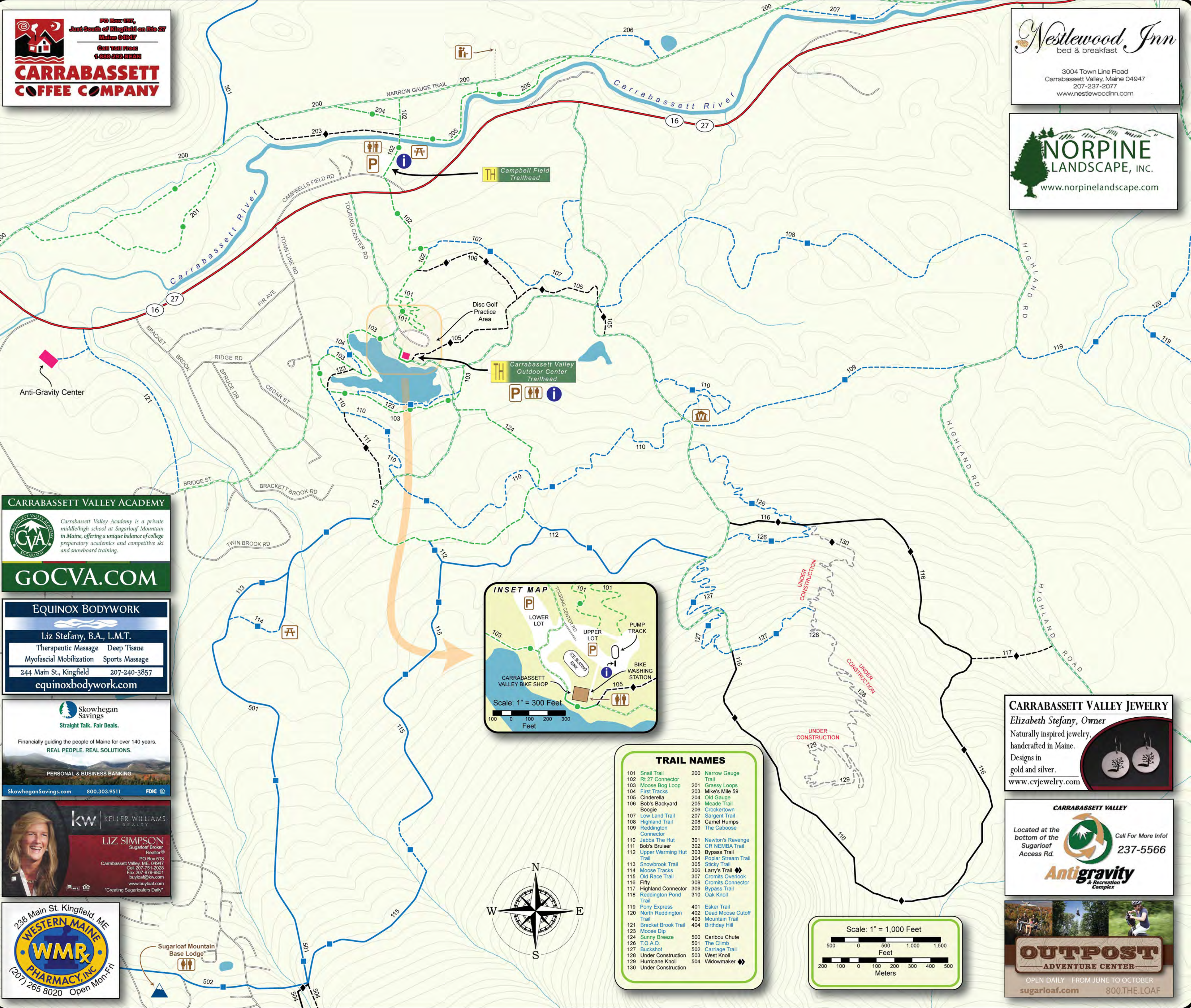


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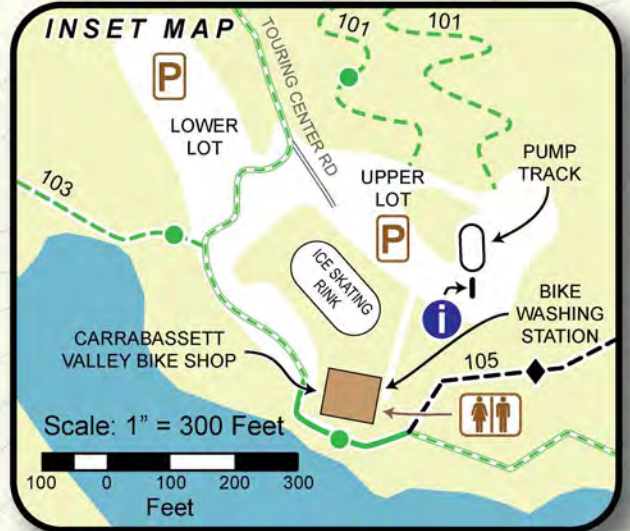
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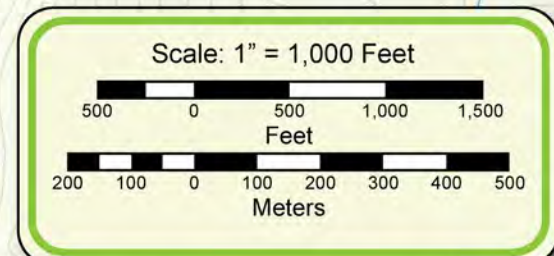
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TRAIL NAMES

101 Snail Trail	200 Narrow Gauge Trail
102 Rt 27 Connector	201 Grassy Loops
103 Moose Bog Loop	202 Mike's Mile 59
104 First Tracks	203 Old Gauge
105 Cinderella	204 Meade Trail
106 Bob's Backyard Boogie	205 Crockettown
107 Low Land Trail	206 Sargent Trail
108 Highland Trail	207 Camel Humps
109 Reddington Connector	208 The Caboose
110 Jabba The Hut	301 Newton's Revenge
111 Bob's Bruiser	302 CR NEMBA Trail
112 Upper Warming Hut Trail	303 Bypass Trail
113 Snowbrook Trail	304 Poplar Stream Trail
114 Moose Tracks	305 Sticky Trail
115 Old Race Trail	306 Larry's Trail
116 Fifty	307 Cromits Overlook
117 Highland Connector	308 Cromits Connector
118 Reddington Pond Trail	309 Bypass Trail
119 Pony Express	310 Oak Knoll
120 North Reddington Trail	401 Esker Trail
121 Bracket Brook Trail	402 Dead Moose Cutoff
122 Moose Dip	403 Mountain Trail
124 Sunny Breeze	404 Birthday Hill
126 T.O.A.D.	500 Caribou Chute
127 Buckshot	501 The Climb
128 Under Construction	502 Carriage Trail
129 Hurricane Knoll	503 West Knoll
130 Under Construction	504 Widemaker



Trail Rules & Safety Information

- Wear a helmet.
- Carry in, carry out. Leave no trace. Respect wildlife.
- Ride only open trails; observe, respect and obey all signage.
- Stop at all road crossings, slow down at intersections. Ensure water crossings are safe.
- Stay in control at all times. Pass with care.
- Share the trail, yield to pedestrians and other trail users.
- Many dirt roads are within working forests. Please watch out for and yield to logging trucks.
- Many of our trails are remote, plan ahead, ensure equipment is working properly and you have spare parts and basic tools.
- Don't count on cell phones. Please let someone know where you are going and when you plan to be back. Ride in groups if possible.
- Always ride with food and plenty of water.

Emergency Information

- In the event of a medical emergency, first attempt to use a cell phone to call 911.
- If riding in a group of three or more, have at least one person stay with the injured person.
- Mark the location of the injured person on a map, and if possible use a GPS to get a coordinate.
- DO NOT attempt to move the injured person if a head, neck or back injury is suspected.
- Attempt to keep the injured person warm and dry.
- Assist the injured person to the nearest road if the injury is not to the head, neck or back.

Thank You Landowners

- Without the permission of public and private landowners, our trail system would not be possible. We Thank You!
- Please respect landowners. Ride only on marked trails.
- This trail system is a work in progress. In time we plan to expand the network throughout the Carrabassett Region.
- Landowners will not accept responsibility for personal injury and/or property damage while using this map.

Please note:

- The user of this map bears full responsibility and assumes all risk for his or her safety. Carrabassett Region NEMBA, the town of Carrabassett Valley, and Carrabassett Valley Mountain Bike Trail Map do not assume any liability for personal injury and/or property damage while using this map.

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