

# News Release



**For Immediate Release**  
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## **Mount Diablo State Park Invites Visitors to “Help Make 2018 Accident Free”** *Ride, Drive and Hike Safely in the New Year*

*MOUNT DIABLO, Calif.*— California State Parks invites visitors of [Mount Diablo State Park](#) (Mount Diablo) to join its New Year’s Resolution to “Help Make 2018 Accident Free.” Sharing the road, taking precautions for both cyclists and vehicles, and prioritizing safety measures can greatly enhance your visit at this popular outdoor destination.

The public is encouraged to come and participate in a safety awareness event on January 1, 2018 at the Mount Diablo Summit Visitor Center from 9 a.m. to 1 p.m. Professional safety experts will be on hand to provide visitors with tips and free bike inspections. Thanks to the generosity of the Mount Diablo Interpretive Association, safety equipment and food will also be available (while supplies last). Lastly, individuals will have the opportunity to add their signature to the Road and Trail Safety New Year’s Resolution Board posted within the state park. If you can’t attend in person, you can join the resolution online at [www.parks.ca.gov/MountDiablo](http://www.parks.ca.gov/MountDiablo).

Towering over the Bay Area, Mount Diablo is known for its dramatic views and unique geology. The state park encompasses over 22,000 acres of diverse habitat surrounding the mountain. Rolling foothills, dramatic rock formations and amazing wildflowers invite visitors to experience this nature sanctuary. Mount Diablo State Park was established in 1921 as one of the first state parks in California. Today, the park’s visitor centers, trails and interesting historic sites host many thousands of visitors each year.

Public safety is a priority to California State Parks. Within the past year, a number of safety enhancements have been implemented such as double yellow line striping on the roads, designating passing areas, repaving portions of the road, improving safety signage and installing designated bike turnouts.



“Since implementing these safety improvements, there have been no accidents between cyclists and vehicles,” said Ryen Goering, Contra Solano Park Superintendent. “If each visitor helps, we can keep this trend going and reduce accidents even further.”

Here are some tips to keep your visit safe and enjoyable:

### All Users

- Check the weather, bring water and wear layers.
- Don't forget sunscreen.
- Obey park rules.
- Park in designated areas.
- Tell someone where you are going and when you plan on returning.
- Help us keep animals wild by viewing them from a safe distance. Do not touch or feed them.

### Drivers and Cyclists

- Observe posted speed limits.
- Stay in your lane on blind curves and do not cut corners.
- Do not pass on double-yellow lines and until you have a clear view of oncoming traffic and it is safe to do so.
- Wearing headphones that cover both ears is illegal. Wear only one headphone if you have to.

### Hikers

- Use the “buddy system” – hike with a friend or family member.
- Drink and carry plenty of water (a minimum of 1 quart every 2 hours).
- Wear sturdy, comfortable, closed-toed shoes to help prevent injury.
- Stay within designated trails. Do not walk off-trail or enter closed areas.

### Equestrian Riders

- Check the weather, bring water and know where to find water. Bring snacks for you and your horse.
- Know your level. Trails can be beginner, intermediate and advanced.
- Groom and condition your horse before leaving the barn.
- Bring your own first aid kit and cell phone. Attach it to your body, not your horse or saddle.
- Ride with a buddy.
- Wear a helmet and protective clothing.
- Carry a compass and a trail map.
- Although the rule is that cyclists and hikers yield to horses, be prepared for that not to happen.
- If your horse kicks, tie something red in its tail.
- Make sure to leave enough distance between horses. You should be able to see the hooves of the horse in front of you.



Be sure to share the road and your photos on social media and tag us with the hashtag **#ShareMtDiablo**.

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**About [Mount Diablo Interpretive Association \(MDIA\)](#)**

*MDIA is a non-profit organization devoted to providing interpretive, scientific and educational experiences for visitors to Mount Diablo State Park. MDIA produces the Park's publications, develops interpretive displays and provides volunteers to the Park. MDIA's history includes development of visitor facilities, such as the Summit and Mitchell Canyon Visitor Centers; creation of interpretive trails and displays; and hosting many educational programs.*

**California State Parks**

*Provides for the health, inspiration and education of the people of California by helping to preserve the state's extraordinary biological diversity, protecting its most valued natural and cultural resources, and creating opportunities for high quality outdoor recreation. Learn more at [www.parks.ca.gov](http://www.parks.ca.gov).*

