

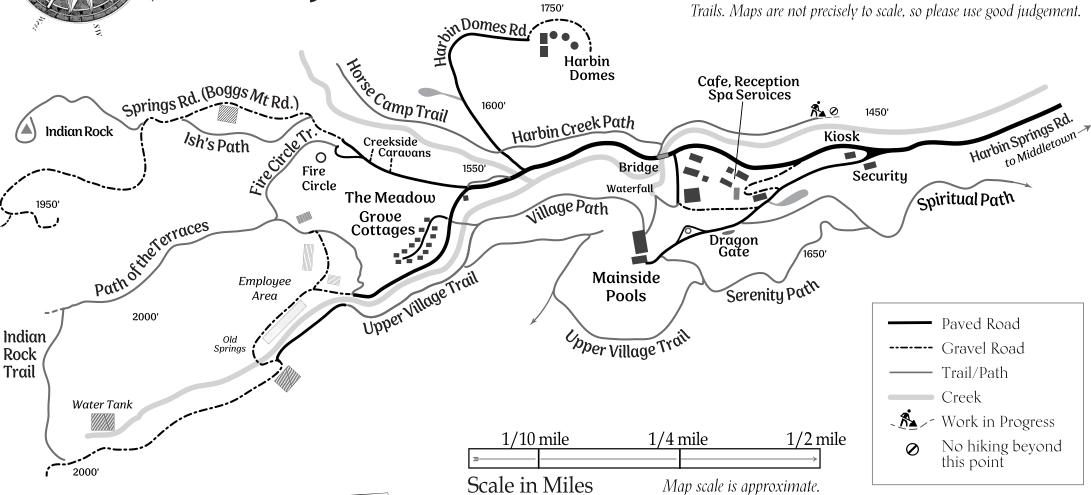
#### FOR YOUR SAFETY

- · For emergency use, carry a cell phone while hiking.
- Begin your hike earlier in the day to avoid the mid-day heat & to make sure that you can return before dark.
- · Carry water, electrolytes and a snack for longer hikes.
- A hat, sunscreen and flashlight are recommended. Wear sturdy shoes and socks for Moderate or Difficult Trails.
- Dress warmly on cold and damp days to guard against hypothermia.
- · Respect our neighbors and residents by staying on the trails and obeying 'Private' signs.
- Communicate your hiking plans & expected time of return to a friend or the Reception Office.
- Stay far away from all forestry treatment areas.
- · Poison oak is green or red and is shiny.
- Ticks can be tiny and are prevalent in Spring. Keep well covered throughout the year.
- Call 911 in case of emergency, then call Harbin Security for assistance at 1-707-987-2004.



# Central Paths & Trails

Harbin's boundaries encompass more than 1700 acres of undeveloped nature. The roads and trails on our property range from leisurely fifteen minute strolls to strenuous hikes of many hours. This Trail Guide is provided as a guide to our Central Trail System. The reverse side of this page shows the Extended





Adult ticks climb to the tips of vegetation and wait for a host to brush against them. Protect yourself by tucking pants into boots or socks, and shirt into

pants. Wear light-colored clothing (to spot ticks easily) and check yourself often. To remove ticks, grasp firmly with tweezers or a tissue, as close to the skin as possible, and pull gently straight out without twisting or squeezing. Disinfect the bitten area and wash hands.



## Poison Oak

Its powerful oil penetrates the pores of skin and develops hosts of tiny itching blisters, followed by a burning swelling (anywhere from 12 to 20 hours later) that can last for up to 2 weeks. Stay on trails, and wash

thoroughly with a non-oily soap after a walk. If contacted, wash the area with mud or dry earth immediately. Soda solutions, alkaline lotions, epsom salts and non-oily soaps may be helpful. Avoid using the pools.



#### Mountain Lions

Mountain lions are important members of the natural community and may be found in this area. Lions typically live alone and hunt between dusk and dawn. Adult lions are

generally wary of people and try to avoid contact. In the rare case of an encounter:

- Face lion, back away slowly, do not run.
- Appear 'large', raise arms, open jacket, shout.
- Keep children close, pick up children without bending.
- If attacked fight back.



## Rattlesnakes

Rattlesnakes may be found in this area and are active throughout the year. They are important members of the natural community, as they help keep rodent and

other small animal populations under control. Rattlesnakes are not aggressive, but will strike to defend themselves if disturbed. Rattle Snake bites must be treated immediately. Sit quietly with little movement, call the emergency number and send your hiking partner for help.



# Black Widows

The female black widow is normally shiny black, with a red hourglass marking on the underside of the abdomen. The body of an adult female is about

1/2 inch long. The black widow is commonly found in woodpiles, under stones, in hollow stumps, and in rodent burrows, and in dark corners of bathroom, and sheds. Black Widow spiders build loose and irregular mesh-type webs. They do not produce the symmetrical web typical of orb weaving spiders.

6.22.2025