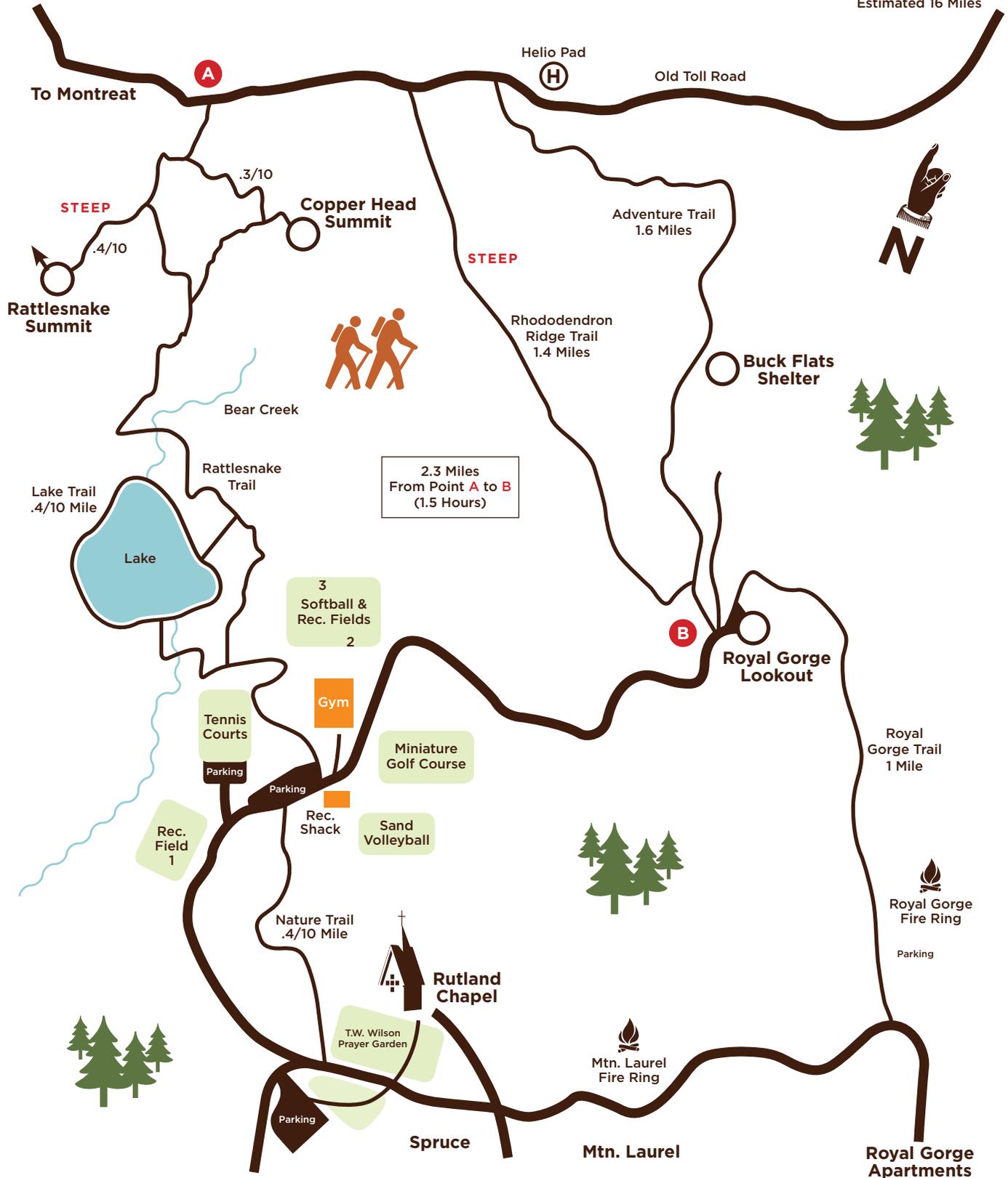


# RIDGECREST

## TRANQUILITY TRAIL SYSTEM

To Mount Mitchell  
Estimated 16 Miles



### What to do if you meet a black bear:

1. Don't run. Remain calm, continue facing the bear, and slowly back away.
2. Keep children and pets close at hand.
3. Make lots of noise. Yell, whistle, and back away.
4. Travel in groups.
5. Stand upright. Do not kneel or bend over. Wave arms, jackets or other materials.
6. Never offer food to bear.
7. Be aware of the presence of cubs and never come between a bear and its cubs.