

Appendix C: OPRHP Trail Standards

Introduction

A primary goal for all State Park Trails Systems is to develop sustainable trails that have minimal impacts on the environment, require little maintenance, and meet the needs of the users. Standards and guidelines are provided here for design, development, and maintenance techniques that help ensure a sustainable trail system, including guidelines for signage, accessibility, trail monitoring, and trail closure.

Trailheads, Kiosks, Signage

It is important that trail users have access to information regarding trails to enhance their experience. Trail information can be disseminated in a wide variety of formats, including kiosks, brochures, websites, guidebooks, and on-trail signs and blazes. But even with good trail guides and websites available, trail signage is indispensable. If trail users are uncertain about trail location or direction, they may become disoriented, or they may create new trails that damage the environment and become a challenge to rehabilitate.

A standardized sign system is a means of creating a cohesive and consistent image for the Park, enhancing its overall appearance, and providing simple guidelines that managers can follow to sign trails. The design and usage of all trailhead and kiosk signage and trail markers will be guided by the *Trail Signage Guidelines for the New York State Park System*. This document includes information on naming and assessing trails, etiquette and safety, materials and techniques, trail symbols, types of signage, kiosks, sign maintenance, and other resources.

Design

Trails should be developed using appropriate design standards based on desired uses. Considerations should be made for either a single or multiple treadway, tread width and surface, corridor and vertical clearance, sight distance, grades, and turning radius to provide an appropriate trail experience for expected users and levels of use.

Trail development and maintenance will be guided by design standards as provided in the table below for various types of uses. These standards should be used as a starting point and modified as necessary to address the natural characteristics of the resource and specific needs.

Table 1 - Trail development standards

Trail Type	Vertical Clearance	Corridor Clearance	Treadway Width	Surfacing Materials	Trail Length	Sight Distance	Slope	Turning Radius	Users/ Mile
Biking Class1 (Path)	8-10 feet	5-6 ft. (1 lane) 8-10 ft. (2 lane)	2-3 ft. (1 lane) 6-8 ft. (2 lane)	Smooth pavement, asphalt, concrete, crushed stone, clay or stabilized earth.	Min. – 5 mi. loop (1.5-2 hour) 15-25 mi. of linear or loop trails (day trip)	Min. of 50 ft. up to 100 ft. on downhill curves or road crossings	0-5% Max: 5-10% sustained 15% shorter than 50 yd. Outslope of 2-4%	8-14 feet depending upon speed.	40
Mountain Biking	8-10 feet	1.5 – 6 ft. (1 lane)	Novice-36 in. Intermediate-24-30 in. Advanced-12-18 in.	Firm natural surface including soil, rocks, wood; hardened surface for wet areas.	Min. – 5 mi. loop (1.5-2 hour) 15-25 mi. of linear or loop trails (day trip)	Min. of 100 ft. up to 150 ft. on downhill curves or road crossings	Over all grade not to exceed 10%. Climbing turns not to exceed 7-12%. Out slope of 3-5%	Novice/ Intermediate - 8 ft. min. Advanced – 6 ft min.	10
Cross-country Skiing	8-10 ft. above snow depth. (10-12 ft in summer)	8 ft (1 lane) 10-12 ft. (2 lane)	4-6 ft. (1lane) 7-8 ft. (2lane) 8-10 ft. (up and down hill)	Snow with underlying bare soil, rocks or wood chips. Outsloped underlying material. Can be groomed or ungroomed.	0.5-3 mi. loops up to 4-8 mi. (2-4 hour trip)	Down hill runs, stream or road crossings 50 ft. Otherwise not critical	0-5% Max – 10% sustained 15-25% shorter than 50 yd. 25-40% shorter than 50 yd., experts only Outslope – 0-2%	Avoid sharp turns. Never locate a turn at the base of a downhill run. Min. - 50 ft. Preferred – 100 ft.	5-30
Hiking (Developed Interpretive, group or connector)	8-10 ft	4 –8 ft	4-6 ft	Bare soil, rocks, stone dust, or wood chips. May have hardened surface (concrete, asphalt or boardwalks) in high use areas.	0.25 – 5 mi. (1/2 day) 5-15 mi. (full day)	Not critical barrier on reverse curves may be used	0-5% Max – 15% sustained 40%+ shorter than 50 yd. Outslope – 4% max	N/A	0-30
Hiking (Primitive Back-packing)	8-10 ft.	4-6 ft.	18 –30 in.	Bare soil, rocks, gravel, wood; hardened surface for wet areas.	Min – 5 mi. 5-15 mi. (full day) 15 – 25+ mi. (multi-day)	Not critical	1-5% Max - 15% sustained 40-50% shorter than 50 yd.	N/A	1-5
Snowshoe	8-10 feet above snow depth (10-12 ft. in summer)	8 ft. (1 Lane) 10-12 ft. (2 Lane)	4-6 ft. (1 Lane) 7-8 ft. (2 Lane) 8-10 ft. up and down hill	Snow with underlying bare soil, rocks or wood chips. Outsloped underlying material. No grooming is needed.	0.3 mi. loops; 4-8 mi. (2-4 hr. trips)	N/A	0-5% Max. - 10% sustained 15-25% shorter than 50 yds. for experienced snowshoers	N/A	5-30

Accessibility

New trails and altered trails connected to an accessible trail or designated trailhead should be designed to improve accessibility for persons with disabilities. Trail conditions, including topography, geology, and ecology, and expected experience will limit the number of fully accessible trails. The *Draft Final Accessibility Guidelines for Outdoor Developed Areas* (AGODA), published in 2009 by the federal Architectural and Transportation Barriers Compliance Board (“Access Board”), contains the most recent standards used to design and construct pedestrian trails to be accessible, and to assess accessibility. There are some departures permitted from the technical provisions. Although the AGODA only applies to federal agencies or for trails that are designed or constructed using federal funds, OPRHP will follow the proposed guidelines as closely as practicable and apply standards consistently on all State Park pedestrian trails. For further details, refer to the AGODA at <http://www.access-board.gov/outdoor/index.htm>. The following is an abbreviated listing of the proposed standards without the exceptions:

- Surface – The trail surface shall be firm and stable.
- Clear Tread Width – The clear tread width of the trail shall be 36 inches minimum.
- Openings – Openings in trail surface shall be of a size that does not permit passage of a ½ inch diameter sphere. Elongated openings shall be placed so that the long dimension is perpendicular or diagonal to the dominant direction of travel.
- Protruding Objects – Protruding objects on trails shall have 80 inches minimum clear head room.
- Tread Obstacles – Where tread obstacles exist, for concrete, asphalt or boards, they shall not exceed ½ inch in height; for all other surfaces, they shall not exceed 2 inches in height.
- Passing Space – Where the clear tread width of the trail is less than 60 inches, passing spaces shall be provided at intervals of 1000 feet maximum. Passing spaces shall be either 60 inches minimum by 60 inches minimum space, or an intersection of two walking surfaces which provide a T-shaped space provided that the arms and stem of the T-shaped extend at least 48 inches beyond the intersection.
- Slopes – Slopes shall comply with the following:
 - Cross Slopes – For concrete, asphalt or boards, the cross slope shall not exceed 1:48; for all other surfaces, the cross slope shall not exceed 1:20.
 - Running Slope – Running slope of trail segments shall comply with one or more of the provisions of this section. No more than 30 percent of the total trail length shall exceed a running slope of 1:12.
 - The running slope of any segment of a trail shall not be steeper than 1:8.
 - Where the running slope of a segment of a trail is steeper than 1:20, the maximum length of the segment shall be in accordance with the table below, and a resting interval shall be provided at each end of the segment.

Running Slope of Trail Segment		Maximum Length of Segment
Steeper than	But not Steeper than	
1:20	1:12	200 feet (61 m)
1:12	1:10	30 feet (9 m)
1:10	1:8	10 feet (3050 mm)

- Resting Intervals – Resting intervals shall be 60 inches minimum in length and shall have a width at least as wide as the widest portion of the trail segment leading to the resting interval. Where the surface is concrete, asphalt, or boards, the slope shall not be steeper than 1:48 in any direction; for all other surfaces, the slope shall not exceed 1:20 in any direction.
- Edge Protection – Where edge protection is provided along a trail, the edge protection shall have a height of 3 inches minimum.
- Signs – Newly constructed and altered trails and trail segments that are accessible shall be designated with a symbol at the trail head and all designated access points. Signs identifying accessible trail segments shall include the total distance of the accessible segment and the location of the first point of departure from the technical provisions.
- Where gates or barriers are constructed to control access to trails, gates and barriers shall provide a clear width of 32 inches minimum.

In all cases, it is recommended that basic information about trail characteristics be displayed at the trailhead. This allows the trail user the opportunity to determine if the trail is appropriate for their abilities. This information should be available for all trails regardless of whether they meet the accessible guidelines.

The following is a recommended list of information that should be displayed at the trailhead:

- Trail Symbol
- Total trail length (in linear feet)
- Length of trail segments meeting accessible standards (in linear feet)
- Location of the first point of exception to accessible standards
- Running slope (average and maximum)
- Maximum cross slope
- Minimum clear tread width
- Surface type, firmness, and stability
- Tread obstacles that limit accessibility
- Elevation (trailhead, maximum, and minimum)
- Total elevation change

Maintenance

Maintenance of the trails will be conducted by Park staff as well as in partnership with various trail user or Friends groups. Trail maintenance standards will utilize acceptable practices and methods in the maintenance of trails to the particular uses of the trails. Maintenance activities include:

- Maintaining drainage structures
- Water management such as development of knicks, rolling grade dips to divert water off of a trail
- Surface treatment
- Clearing and grubbing to maintain height and width clearances
- Maintaining bridges and other structures
- Maintaining signage
- Using established trail construction and maintenance techniques to control water flow and stabilize trail surfaces.

These activities should be coordinated with the park manager. Activities that go beyond normal maintenance will require the approval of the park manager. Park staff will maintain the parking lots and support facilities.

The following manuals may be used as resource guides for trail maintenance:

- *Trail Planning, Design, & Development Guidelines*. State of Minnesota, Department of Natural Resources, 2007. Trails and Waterways Division. <http://www.dnr.state.mn.us/index.html>
- *Trail Maintenance Manual, 7th Edition Revised*. 2007. New York-New Jersey Trail Conference, Inc. <http://www.nynjtc.org/volunteers/vresource.html>.
- *Trail Construction and Maintenance Notebook*. 2007 Edition. Forest Service, US Department of Agriculture. <http://www.fhwa.dot.gov/environment/fspubs/07232806/index.htm>.
- *Lightly on the Land: The SCA Trail-Building and Maintenance Manual*. 2006. Robert C. Birkby, The Student Conservation Association. <http://www.thesca.org/>
- *Trail Solutions: IMBA's Guide to Building Sweet Singletrack*. 2004. International Mountain Bicycling Association. <http://www.imba.com/index.html>

Trail Closure

Sometimes it is necessary to close or reroute a trail due to poor initial design, overuse, illegal use, or other natural factors having caused some type of degradation. Reclamation strategies include closure, stabilization, recontouring, revegetation, and monitoring. Each site should be evaluated individually for its potential to be rehabilitated. Trail restoration needs to be carefully planned, and the consequences of each strategy should be evaluated. Restoration can be as simple as blocking a closed section of trail and passively allowing the vegetation to recover, or include more complex projects, such as removing any trace of the tread, actively planting native vegetation, and constructing check dams to help stop erosion. Careful monitoring of a restored section of trail is then needed to ensure that little evidence remains of the old trail.

All plantings will be with native, non-invasive species. Vegetation should be allowed to grow on the abandoned trail where it intersects with a designated trail. Brush, rocks and other natural material should be placed on the abandoned trail for a distance so the linear characteristic of the trail can not be readily identifiable. These abandoned trails should not be identified on trail maps.

The *OPRHP Guidelines for Closing Trails* provides the detailed process to be taken to close trails in state parks.

Evaluation, Assessment and Monitoring

The following guidelines will be utilized in the review and approval process for new trails or the re-alignment of existing trails and implementation of a monitoring system.

New Trails and Re-alignment of Existing Trails

There is a specific procedure for the reroute and development of trails and the annual maintenance of trails. Chart 1 outlines procedures to follow for the reroute of existing trails and the development of new trails. The scope and associated impacts of the proposed project will determine the extent of the review process. Larger proposals that may have an impact on environmental or cultural resources will require the review of the Agency's Resource Management Group (RMG). A SEQR determination will be made to determine if an Environmental Assessment would be required.

Annual maintenance encompasses routine functions, such as minor drainage control, trimming, and treadway maintenance. In most cases, this is reviewed and approved at the Park level (Chart 2).

For some trails, State Parks partners with trail organization(s) for development and/or maintenance. It is important that clear lines of communication are maintained among all involved parties. This will ensure that the work that is performed has gone through the review process and is under the direction of the park manager.

Chart 6: Procedures for Reroute / Relocation / New Trail Project

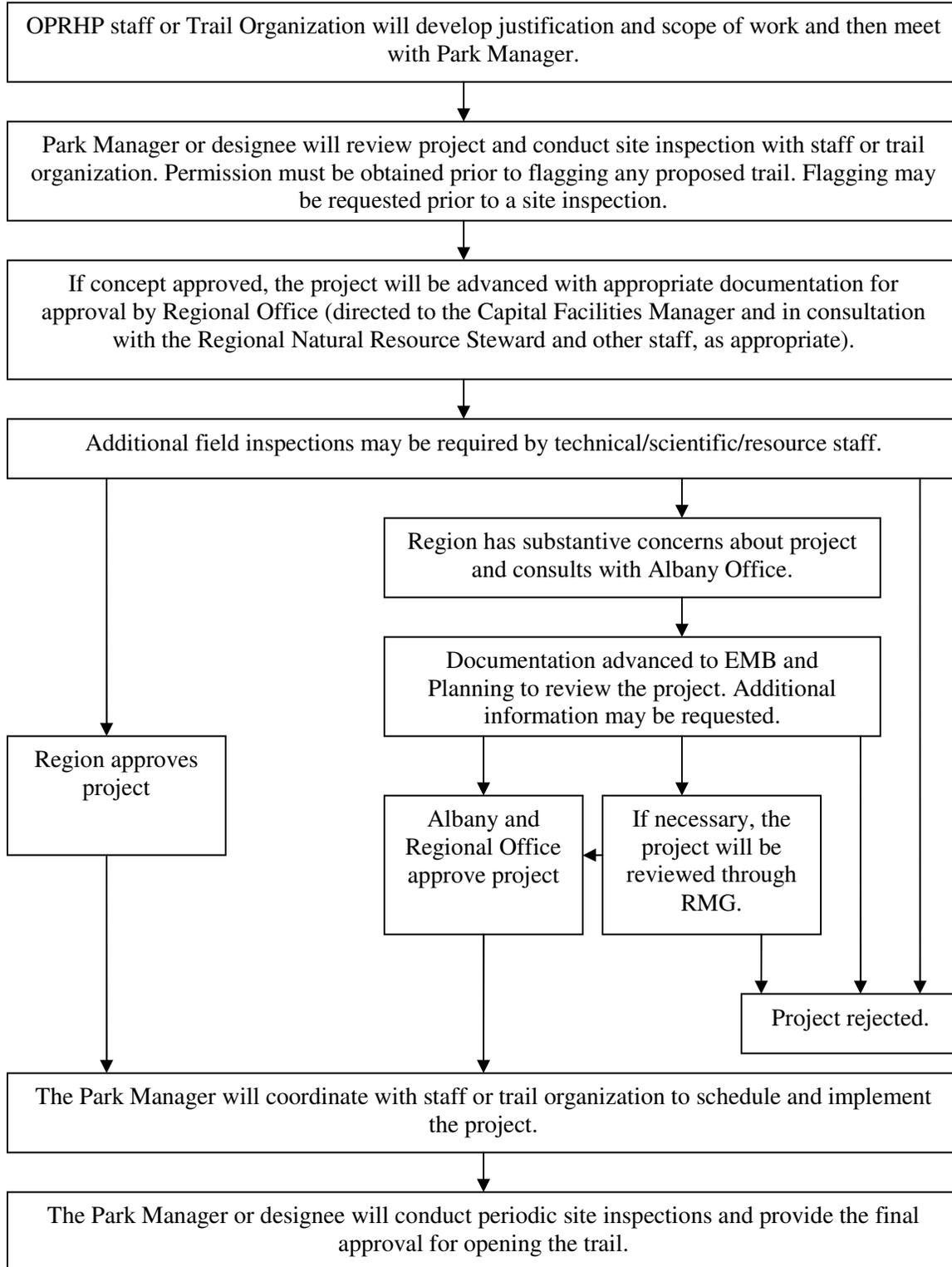
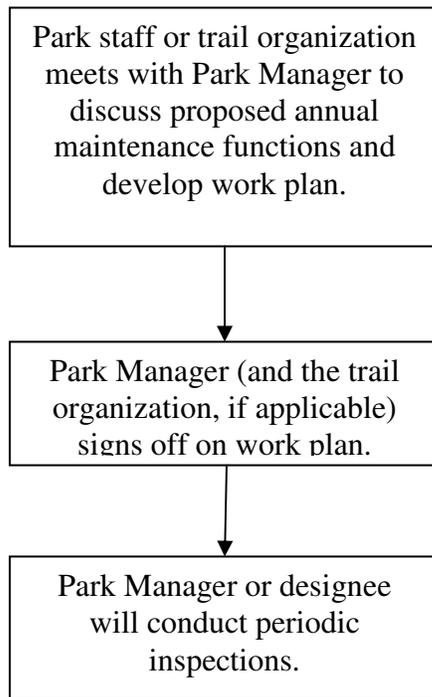


Chart 7: Approval for Trail Maintenance



2. Monitoring Program

A monitoring program should be utilized to monitor trail conditions. A monitoring program will include an annual inspection of all trails and periodic inspections of trails throughout the year. Volunteers may aid in this process in many cases. The monitoring program should include:

- Monitoring trail use to avoid user conflicts and to ensure sustainability.
- Monitoring trail conditions, educating trail users, and utilizing other methods to identify and report the locations of invasive species.
- Where overuse is occurring, providing remediation through the use of water control and trail hardening techniques, by relocating sections of trail, and/or by limiting trail use.