



WOMEN'S COMMITTEE OF CINCINNATI PARKS

FRILUFTSLIV HIKING CHALLENGE

THINGS TO KNOW BEFORE YOU GO

Please remember:

- To practice safe social distancing while on trails.
- Parks are open from 6am-10pm.
- Most restrooms and water fountains in Cincinnati Parks are closed during the winter months so plan accordingly.
- Please check the weekly attached trail map for trail closure information provided by the Cincinnati Park Board.
- Each recommended hike is intended to last approximately one hour. Included are accessibility options and additional trails to extend your hike should you wish.
- Hike at your own risk. Winter hiking, while beautiful, can present hazardous conditions like ice and slippery surfaces. Be careful and check the weather before you go.
- Dress accordingly and bring a water bottle. We recommend an all-weather jacket, insulated hiking boots or gym shoes with treads, warm socks, hats and gloves.
- Dogs must be leashed.
- Don't miss the weekly "SELFIE CHALLENGE" noted in each hike. Each tagged @cincyparksfoundation post on social media enters you into a weekly chance of winning a "Parks Supporter" cabin mug AND the grand prize - an ULTIMATE winter survival kit. One selfie challenge winner will be announced weekly. One grand prize winner will be announced on January 25th. All winners are randomly chosen.

Week #5: Step back in time at French Park! Don't forget your galoshes!

Located in Amberley Village, French Park offers miles of hiking trails, creeks, meadows and wooded hillsides, and a distant view of downtown Cincinnati. Sitting in the middle of the park is the French House - the focal point of this beloved 275-acre neighborhood park.

*Source: cincinnatiiparks.com

Hiking Level - Easy to moderate; stairs and some muddy hillsides required; approximately 45 minutes; dogs are welcome on a leash; see accessibility option below at different park.

Park at the eastern most lot near the shelter area; 3012 Section Road, Cincinnati, OH 45237

1. **Lois and Phil Cohen Trailhead Dedication** - Our winter hike begins at this special trailhead marker (B). In August of 2017, the Cohen, Michelman and Shifman families made a generous gift to the Cincinnati Parks Foundation to restore the hiking trails system in French Park, including the construction of new bridges, steps and reopening sections of trail closed due to fallen trees, debris and erosion.
2. **Trail Marker** - Veer left at the trail marker to stay on red Trail B and follow the paths down to the creek.
3. **Trail Marker** - Cross the creek bed and climb the stairs to follow red Trail B.
4. **Trail Marker** - At the trail marker, take a left to follow green Trail C.
5. **Trail Marker** - At the trail marker, veer right to stay on green Trail C toward yellow Trail D.
6. **Trail Marker** - At the trail marker, take a left to follow yellow Trail D.
7. **Trailhead End** - At the end of the trail, take a left to follow the paved road up the hill toward the French House.
8. **French House** - Built in the early 20th century, this two-story brick estate holds a timeless charm with its outdoor terraces, lawns, gardens, and gazebo. Keep this beautiful location in mind for your future private function or impromptu French picnic! Oui Oui!

SELFIE CHALLENGE SPOT (details in the "Things to Know" flier)

EXTEND YOUR HIKE: Follow the paved exit road down to hiking trailhead E – the Sierra Trail – and meander through the woods back up towards the shelter and parking area.

ACCESSIBILITY OPTION: John G. and Phyllis W. Smale Riverfront Park

West Mehring Way, 45202; park in garage near Anderson Pavilion.

Smale Riverfront Park is a park for the generations—a compelling recreational, entertainment and leisure resource for the entire Greater Cincinnati community. Here you will find walkways and park features designed to be enjoyed by all. The park is served by several elevators and accessible routes to and along the river. CPF raised \$40 million dollars which supported the planning and development of this 23-acre riverfront oasis.

ALTERNATE SELFIE CHALLENGE SPOT (THE LABYRINTH)



French Park

3012 Section Road
Cincinnati, OH 45237

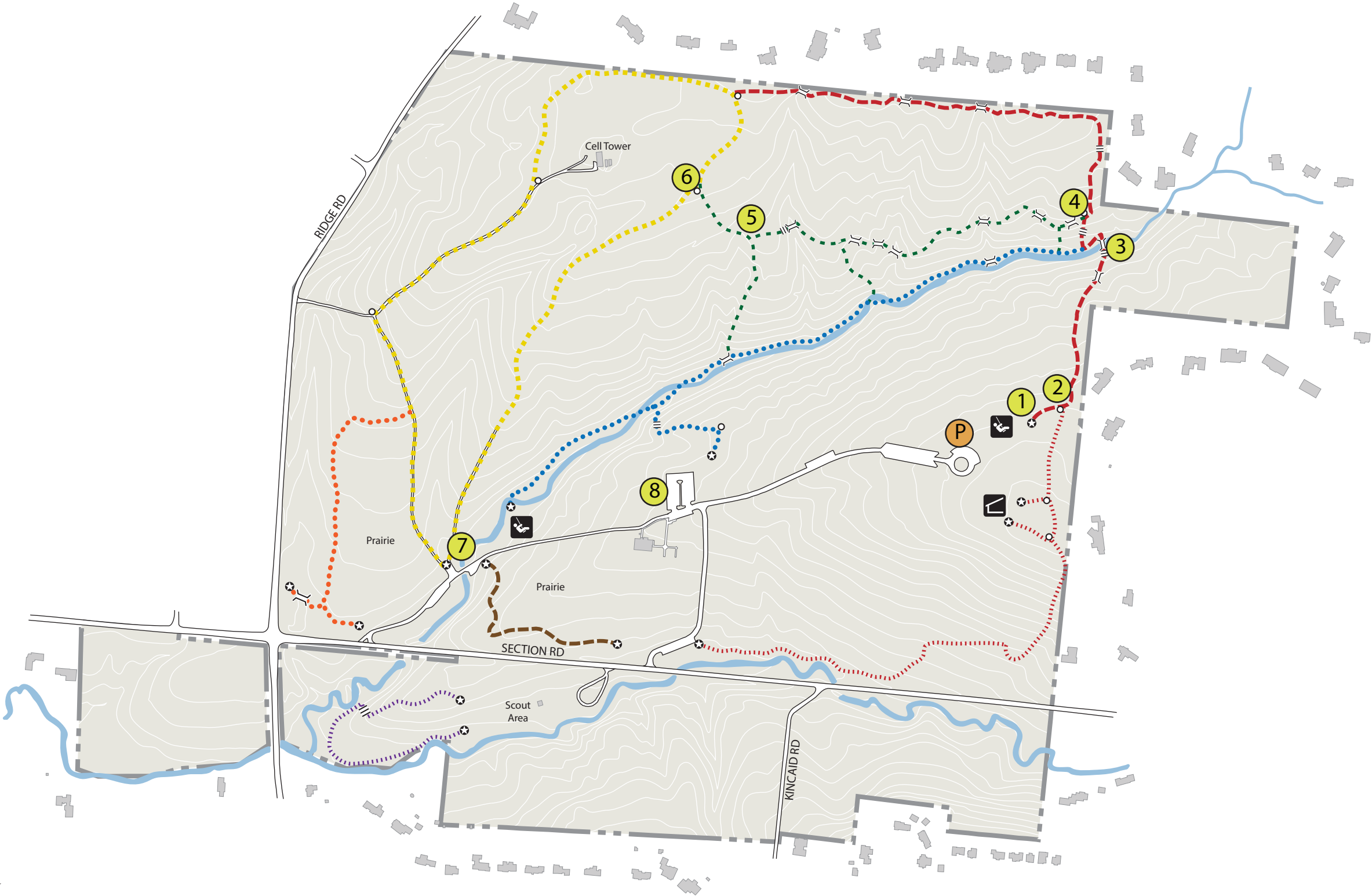


LEGEND

- Park Property
- Shelter
- Restroom
- Playground
- Buildings
- Special Feature
- Trailhead
- Bridge
- Steps
- Trail Marker

NATURE TRAILS

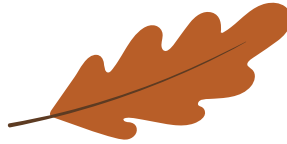
- Creek Trial (A)
0.65 miles
- Hiking Trail (B)
0.65 miles
- Hiking Trail (C)
0.60 miles
- Hiking Trail (D)
1.16 miles
- Sierra Trail (E)
0.60 miles
- Prairie Trail
0.29 miles
- French House Trail
0.19 miles
- Scout Trail
0.28 miles



0 500'
Scale: 1" = 500'

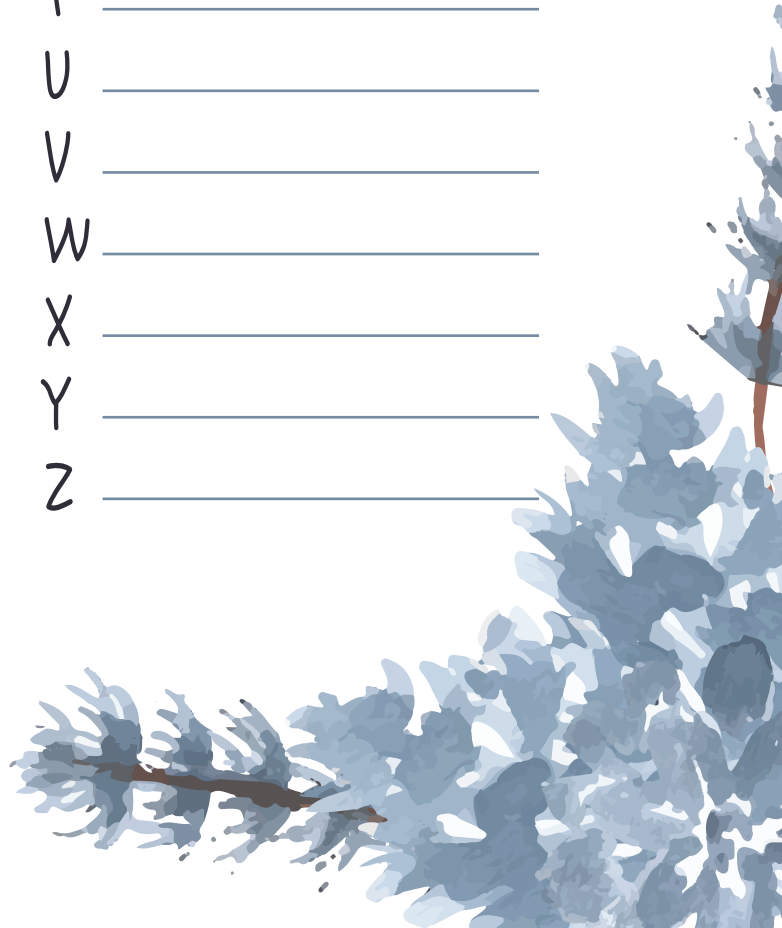
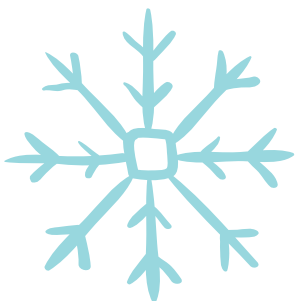
FRILUFTSLIV HIKING CHALLENGE

Find things in nature that begin with the letters:



A _____
B _____
C _____
D _____
E _____
F _____
G _____
H _____
I _____
J _____
K _____
L _____
M _____

N _____
O _____
P _____
Q _____
R _____
S _____
T _____
U _____
V _____
W _____
X _____
Y _____
Z _____



RIVER PLAY

Fountains for children and families to enjoy and play in, and meandering rocks for hopping across the water.

ROSENBERG SWINGS

A series of shade pergolas, each containing two porch-size swings, are positioned along the upper river walk with great views of the river. Sets of swings are found on the east side of the park at the Duke Energy Garden and above the great lawn on the west side of the park.

SCHMIDLAPP EVENT LAWN & STAGE

With sweeping views of the river and park, this area is ideal for yoga, concerts and sunny days.

#cincyparks



PARK FEATURES

- 1 Rosenberg Swings
- 2 Duke Energy Garden
- 3 Fath Fountain
- 4 Black Brigade Monument
- 5 Riverwalk
- 6 Labyrinth (Inspired By Barr Foundation)
- 7 Schmidlapp Event Lawn & Stage
- 8 Pichler Fountains
- 9 Heekin Family/PNC Grow Up Great Adventure Playground
- 10 P&G go Vibrantscape
- 11 Carol Ann's Carousel
- 12 Anderson Pavilion
- 13 The Great Lawn
- 14 Ohio River Trail
- 15 Gardner Family Grove and Rose Garden
- 16 Castellini Esplanade
- 17 Picnic Grove
- 18 Gardens
- 19 Water Play
- 20 Moerlein Lager House



Cincinnati
Parks

C. *Creating economic
impacts*

A. *Advancing
conservation*

R. *Rejuvenating
health & wellness*

E. *Enhancing
quality of life*

S. *Sustaining
social equity*

