



WOMEN'S COMMITTEE OF CINCINNATI PARKS

# FRILUFTSLIV HIKING CHALLENGE

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## 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 are NOT allowed this week!
- **Don't miss the weekly "SELFIE CHALLENGE" noted in each hike. Each public tagged @cincyparksfoundation selfie on social media enters you into a weekly chance to win a warm CPF hat and the Ultimate Parks Supporter Grand Prize from the Women's Committee of Cincinnati Parks!** Winners will be chosen randomly and announced the following week. One grand prize winner will be announced on February 1<sup>st</sup>.



## WEEK 2: Immerse Yourself in Nature at California Woods!

With its 113 acres of forest and year-round education programming, California Woods Nature Preserve offers something for all nature lovers. Nestled in the southeast corner of Cincinnati, this park features a variety of hiking trails, 53 species of trees, more than 200 species of plants, and a designated important Birding Area adjacent to nearby Magrath Preserve. (Source: [cincinnatiiparks.com](http://cincinnatiiparks.com))

Have your little hikers enjoy Explore Nature's Story Walk this week! (See number 5)

**Hiking Level - Easy to Moderate; stairs required; approximately 45 min; not fully accessible (see option below in alternate park). NO PETS ALLOWED! To help preserve nature, this preserve does not allow access to any furry family members.**

Park at the parking area near the Nature Center.

**1. Marian J. and Charles D. Lindberg Nature Center** - Our walk begins at the heart of California Woods! The nature center was built in 1938 as a pool house. Over the years the building was used as a day camp, later to become a nature center. A second floor was added in 1950, the east wing in 1968 and the front deck in 1987. Despite all the alterations, the building still reflects the Modern approach taken by original architects Hubert M. Garriott & John W. Becker. The pool was filled in to create a parking lot in the early 1990s.

**2. Lick Run Creek** - Veer right past the Nature Center and cross the path at Lick Run Creek. This scenic creek meanders through the heart of the preserve, and is home to kingfishers, snapping turtles, small fish, myriad invertebrates and the occasional visit from grebes, mallards, wood ducks and beavers. Can you identify any colder-weather creek dwellers?

**3. Little Shelter** - Follow the paved path to make a stop at this enchanting log cabin - a story-worthy dwelling for kids of all ages.

**4. Ridge Trail (R) Trailhead** - Continue on the paved path to the Ridge Trail Trailhead, a scenic and popular hiking loop at California Woods. Be on the lookout for pileated woodpeckers and even great horned owls among the tall sycamores.

**5. Explore Nature's Story Walk** - At the top of the stairs, veer right at the intersection to begin a self-guided winter story, "In the Snow: Who's Been Here", by Lindsay Barrett George. People of all ages can be nature detectives trying to solve the clues of who's been there in the story. The naturalists at Cincinnati Park's Explore Nature program hope this sparks your own adventure of finding signs of animal life along your hike. (Make sure to visit [cincinnatiiparks.com/explore-nature/](http://cincinnatiiparks.com/explore-nature/) to see their full calendar of events).

**6. Trail Marker** - Veer right at each intersection to hike the entire Ridge Trail (R) that will eventually loop back to the parking area.

**7. Austin E. Knowlton Council Ring** - Near the trail's end, take a moment of respite and listen to the sounds of the woods that surround you.

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

**8. Trailhead End** - Continue down the stone steps to exit the trailhead. Cross the scenic Little Run Creek bridge and walk to the right to return to the parking area.









**EXTEND YOUR HIKE:** There are many trails at California Woods to discover. Specified trails are designated Wildlife Management Zones for portions of the fall and winter in order to sustain the natural resources and wildlife within the parks. Please observe guidelines on all trail signs.

## **Week 2 ACCESSIBLE OPTION: Bettman Sensory Garden and Pathway**








Located in O'Bryonville, this historical outdoor space provides a series of accessible walkways, easy access to an overlook, an accessible picnic table and raised planting beds. CPF raised funds to support the design and development of this treasured park's accessibility features. The Bettman Natural Resource Center is home to Cincinnati Parks rich collection of books and other materials regarding its history. Located at 4 Beech Lane, Cincinnati, OH 45208



LEGEND

-  Park Property
-  Shelter
-  Buildings
-  Trailhead
-  Bridge/Boardwalk
-  Steps
-  Trail Marker
-  Stream

NATURE TRAILS

-  Junction Trail (J)  
1.05 miles
-  Trillium Trail (T)  
0.50 miles
-  Moon Ridge Trail (Y)  
0.30 miles
-  Twin Oaks Trail (O)  
0.16 miles
-  Thicket Loop Trail (K)  
0.34 miles
-  Ridge Trail (R)  
0.60 miles
-  Meadow Trail (P)  
0.36 miles

