



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 #3: Over the River and Through the Woods to Mt. Airy Forest We Go!

Spanning 1,459 acres, Mt. Airy Forest is the largest Cincinnati Park, constituting nearly 30 percent of the Park Board's total acreage. The Forest is considered a pioneering effort as the first municipal reforestation in America. It features miles of hiking trails, bridle trails, a multi-use mountain biking trail, a wheelchair accessible treehouse, a popular disc golf course, and several picnic shelters.

The Cincinnati Parks Foundation's work at Mt. Airy Forest includes adaptive programming for children with disabilities, invasive species removal, tree plantings, enhancements to the arboretum, new accessible pathways, improvements to the picnic areas and trails, and soon a new bike skills course.

Hiking Level – Moderate; stairs required; approximately 30 min; dogs are welcome on a leash; accessible option listed below.

Park at the parking area near Everybody's Treehouse.

1. Everybody's Treehouse (temporarily closed for structural inspection) – Our walk begins underneath the only public universally-accessible treehouse in the Tri-State area. Follow the downhill path under the treehouse's walkway to the trailhead marker.

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

2. Trail marker – At the trail marker, stay straight on Trail H toward the Oval.

EXTEND YOUR HIKE: Instead of staying straight; veer right and cross the bridge at the creek to explore Area 2-3. Follow the trail map to explore The Nati Disc Golf course, voted the best disc golf course in the city. Return on either yellow Trail H trailhead to return to point 2.

3. Trail marker – At the trail marker, veer right to stay on Trail H.

4. Trail marker – At the trail marker, veer left to hop on Purple Trail G toward the Oval

5. Deer Enclosure Area – This fenced-in zone was constructed to study how deer populations affect the forest. This research helps the Natural Resource Management Division of Cincinnati Parks, who is responsible for the conservation of park forests, trees and greenspaces.

6. Trail End

7. Oval Open Picnic Shelter – Cross the paved circle toward the Oval to explore this historic wood-shingled shelter that is listed on the national register of historic places. The structure was built in 1931 with funding from President Roosevelt’s WPA (Works Progress Administration). The shelter is enclosed with a cedar log balustrade giving it a distinctive rustic character. Check out the exposed timber roof and massive stone corner piers!

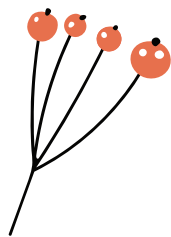
EXTEND YOUR HIKE: There are miles of trails in Mt. Airy to explore. Specified trails are designated Wildlife Management Zones for portions of the fall and winter in order to sustain the natural resources and wildlife within the parks. Please observe guidelines on all trail signs.

Week #3 ACCESSIBLE OPTION: Mt. Airy Arboretum

(No dogs allowed.) The 30-acre Mt. Airy Arboretum is a magnificent collection of trees, shrubs and flowers, displayed alongside the beauty of nature, whatever the season. From the parking area, enjoy the accessible Lilac Collection loop (marked as #7 on the Arboretum map). Use the accessible roadway (or park at the additional parking area) to access the Meyer Conifer Garden (#9) – a collection of rare and unusual evergreens and dwarf conifers. Take the accessible path on the left that leads to the picturesque gazebo and spring-fed pond.

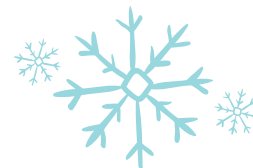
ALTERNATE SELFIE CHALLENGE SPOT (details in the “Things to Know” flier)





WOMEN'S COMMITTEE OF CINCINNATI PARKS

FRILUFTSLIV HIKING CHALLENGE



Mt. Airy Senses Scavenger Hunt

THINGS TO LOOK FOR

- | | | |
|----------------------------------------------|---------------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Pinecone | <input type="checkbox"/> Forest animals | <input type="checkbox"/> Two types of trees |
| <input type="checkbox"/> Berries on a branch | <input type="checkbox"/> Creek rocks with fossils | <input type="checkbox"/> Frozen puddles |
| <input type="checkbox"/> Seed pod | <input type="checkbox"/> Different cloud shapes | <input type="checkbox"/> Bird feathers |
| <input type="checkbox"/> Animal tracks | <input type="checkbox"/> Your breath | <input type="checkbox"/> Wooden bridge |

THINGS TO SMELL

- | | |
|------------------------------------|------------------------------------------------------------------------|
| <input type="checkbox"/> Tree bark | <input type="checkbox"/> Pine tree |
| <input type="checkbox"/> Snow | <input type="checkbox"/> Fresh air (discuss what makes it smell fresh) |

THINGS TO LISTEN FOR

- | | |
|---------------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> Birds chirping | <input type="checkbox"/> The wind |
| <input type="checkbox"/> Wood pecker searching | <input type="checkbox"/> Water dripping/rivers flowing |
| <input type="checkbox"/> Critters running in the leaves | <input type="checkbox"/> Crunching ice (puddles) |
| <input type="checkbox"/> Owl hooting | |

THINGS TO FEEL

- | | |
|----------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Chilly cheeks | <input type="checkbox"/> Snow or snowflakes |
| <input type="checkbox"/> Tree bark | <input type="checkbox"/> Last year's leaves |
| <input type="checkbox"/> Ice | <input type="checkbox"/> Mud |



Mt. Airy Forest - East Section

5083 Colerain Av
Mt. Airy / Westwood
West District

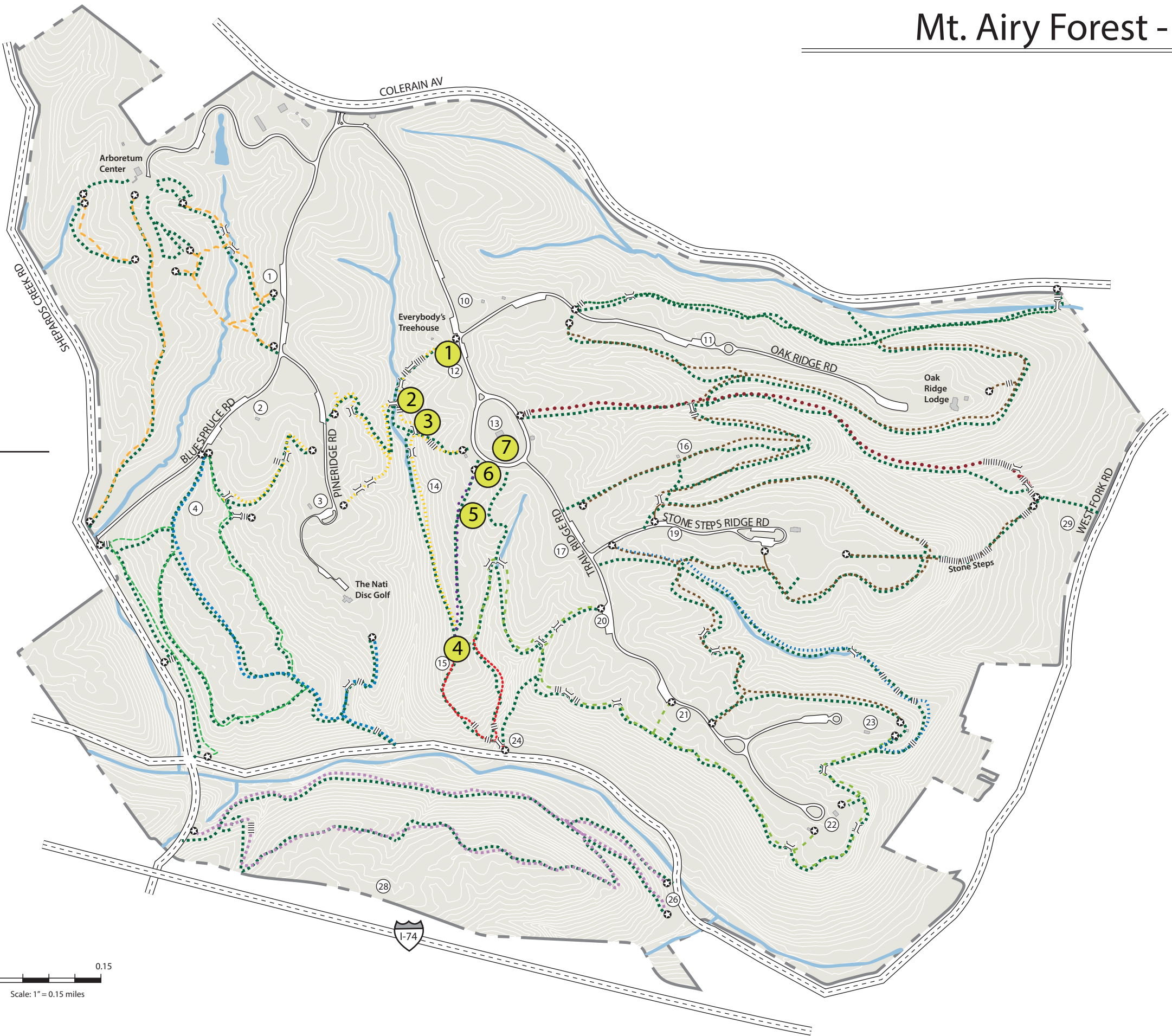


LEGEND

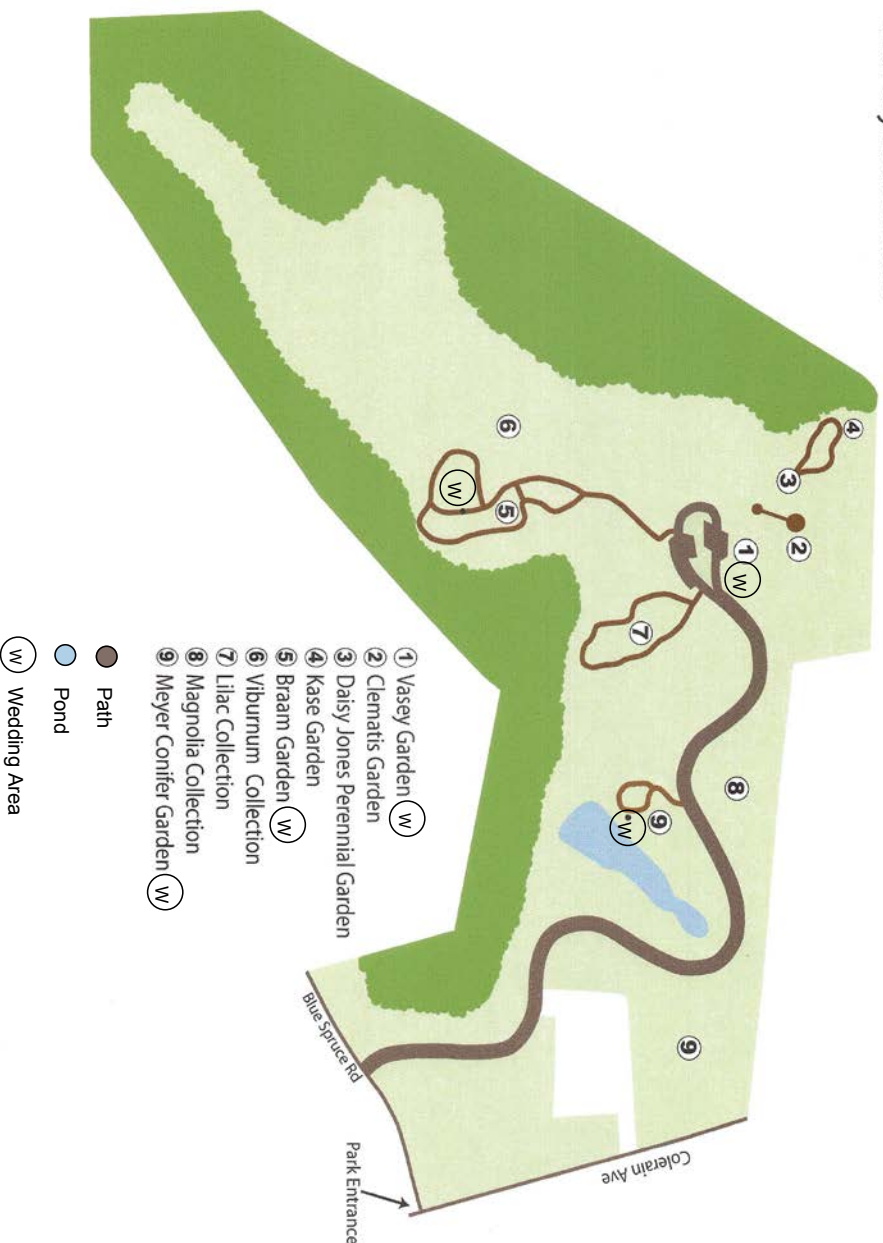
- Park Property
- Buildings
- Picnic Areas
- Trailhead
- Bridge/Boardwalk
- Steps
- Trail Marker
- Stream

NATURE TRAILS

- Colerain Trail (A)
0.74 miles
- Ponderosa Trail (B)
3.76 miles
- Red Oak Trail (C)
0.82 miles
- Quarry Trail (D)
2.48 miles
- Furnas Trail (F)
1.46 miles
- Twin Bridge Trail (G)
0.25 miles
- Beechwood Trail (H)
1.15 miles
- Blue Spruce (J)
0.78 miles
- Lingo Trail (K)
1.41 miles
- Cedar Trail (L)
0.37 miles
- Arboretum Trails
1.24 miles
- Diehl Ridge Trail
1.81 miles



Mt. Airy Arboretum



Wedding areas can be reserved by calling **357-2604**.

1 Vasey Garden

A patio surrounded by a vine covered trellis and beds of perennials, annuals and flowering shrubs. The perfect place to rest and relax.

2 Clematis Garden

A variety of Clematis provide a display of blooms throughout the growing season; surrounded by a mixed border of shrubs and perennials.

3 Daisy Jones Perennial Garden

Beds of mixed plantings feature old favorites, along with new and unusual perennials.

4 Kase Garden

Features a display of Rhododendrons, Dogwoods and Redbuds; blooming throughout spring.

5 Braam Memorial Garden

A rustic gazebo in the midst of a collection of Rhododendrons, Azaleas and other ericaceous and woodland plants; that perform well in the Cincinnati area.

6 Viburnum Collection

Over 60 varieties of these lovely, spring flowering, shrubs.

7 Lilac Collection

Over 50 species and cultivars of shrub and tree lilacs. Including reliable older varieties and new introductions.

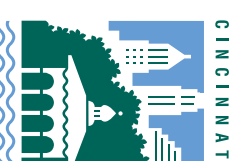
8 Magnolia Collection

Over 50 species and cultivars of magnolias, some over 80 years old. See which magnolias do well in Cincinnati.

9 Meyer Conifer Garden

Beds of rare and unusual evergreens, dwarf conifers and deciduous trees; adjoin a picturesque spring-fed pond.

#cincyparks



Cincinnati Parks

Creating economic
impacts

Advancing
conservation

Rejuvenating
health & wellness

Enhancing
quality of life

Sustaining
social equity

PARKS