



WOMEN'S COMMITTEE OF CINCINNATI PARKS

FRILUFTSLIV HIKING CHALLENGE

Welcome to the "Friluftsliv Hiking Challenge", presented by the Women's Committee of Cincinnati Parks. We hope you find fresh air, wonder, and respite as you embrace winter in our Parks! Each Monday you will receive a printable self-guided hike, trail map, and scavenger hunt in your inbox.

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 allowed on most of our selected trails but must be on a 6-foot leash.
- **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.**





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FRILUFTSLIV HIKING CHALLENGE

WEEK 1: EDEN PARK

Take a winter stroll through iconic Eden Park - Home to many of our city's landmarks, centrally located Eden Park features the Cincinnati Art Museum and newly installed Art Climb, Cincinnati Playhouse in the Park, Seabrook Pavilion, the Krohn Conservatory, and the future site of Tom Jones Commons.

Hiking Level - Easy to Moderate; some stairs and hills required; Accessible paths on most of hike; Approximately 1 hour.

Park at the parking area near Mirror Lake on Fulton Avenue.

1. Springhouse Gazebo - Our walk begins at the icon of the entire Park system. Designed by architect Cornelius M. Foster and completed in 1904, it is the oldest enduring park structure in the Cincinnati municipal parks system and appears in the logo of the Cincinnati Park Board. It was constructed in the Moorish style, with brightly painted arches and ball finials.

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

2. Mirror Lake - Follow the paved, accessible path around Mirror Lake, a reflection pool that once was the site of a 96-million-gallon reservoir that supplied water to the city. In 2006, CPF raised the funds to install an accessible paved path from Mirror Lake at the Gazebo, through the Hinkle Gardens, and with connectivity to Krohn Conservatory.

3. View of Future Site of Tom Jones Commons and the Reservoir Wall Remains - Follow the paved, accessible path around the Springhouse Gazebo and look to your right to see the remains of the old reservoir wall (recreationally used today by rock climbers), and the future site of Tom Jones Commons - home to a play environment, a shelter, new landscape, wetlands and a boardwalk, and a welcome kiosk which will depict the rich history of the reservoir.

4. Hinkle Magnolia Garden - Follow the paved, accessible path as it meanders past a grove of magnolia trees, slumbering garden beds, and a picturesque gazebo.

5. Krohn Conservatory - Cross Martin Drive to continue toward the Krohn Conservatory - a Gothic Revival and Art Deco-style greenhouse completed in 1933 and named in honor of Irwin M. Krohn who served on the Board of Park Commissioners. It contains plant species from all over the world. This year's holiday show, "A Very Merry Garden Holiday" is temporarily closed to the public as part of the City of Cincinnati's COVID-19 Emergency response efforts. You can still see the barnyard animals at the outdoor Nativity Scene sponsored by Western and Southern Life Insurance.

ACCESSIBILITY OPTION: The remainder of this hike includes stairs. Instead, continue on sidewalk past Krohn Conservatory to explore the paved loop, impressive overlook, and public art around Twin Lakes.

6. Eden Park Standpipe (Water Tower) - At the crosswalk in front of Krohn, cross Eden Park Drive and climb the stairs. Take the path on the right toward the tower, standing 172 feet tall and 1,000 feet above sea level. It was built in 1894 to supply sufficient water pressure throughout Walnut Hills.

7. Vietnam Veterans Memorial Garden - Continue on the path and cross Cliff Drive near the historic Melan Arch Bridge toward the Memorial. CPF fostered a gift to add the memorial garden to the existing memorial that now features an accessible pathway and serves those who suffer with PTSD.

EXTEND YOUR HIKE: Cross the historic Melan Arch Bridge to explore the paved loop, impressive overlooks, and public art around Twin Lakes.

8. Presidents' Grove - Go back on the same path and meander through the Presidents' Grove trail - a row of trees planted in honor of U.S. presidents. The first tree, an oak planted in 1882, honors George Washington. At the six-point path intersection, take the "Cincinnati Parks Foundation Past Presidents" walkway to return to the parking area on Fulton Avenue. (Includes stairs without handrails. Use caution.)

EXTEND YOUR HIKE: Cross Fulton Avenue at the roundabout to follow the sidewalk on Eden Park Drive toward Gilbert Avenue. Cross the street at the crosswalk to visit the newly installed Art Climb. There are currently three outdoor sculptures on view including two works from the Pyramid Hill Sculpture Park & the Cincinnati Art Museum's collection.

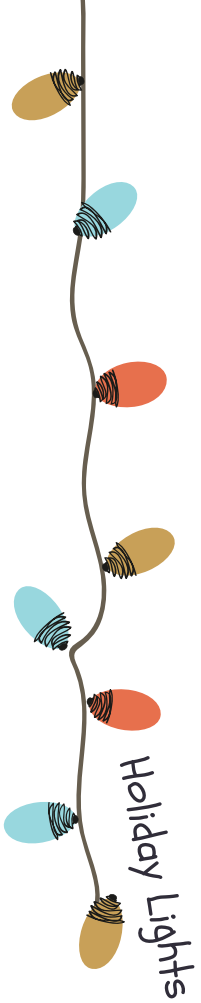


Eden Park



FRILUFTSLIV HIKING CHALLENGE

Eden Park Scavenger Hunt



Holiday Lights



Red Cardinal



Wreath



Fallen Oak Leaf



Deer



Pine Tree



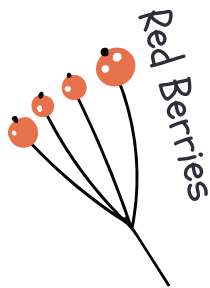
Winter Hat



Snowflakes

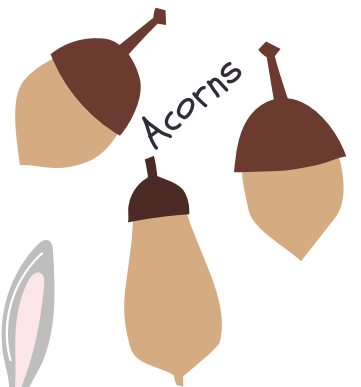


Gazebo

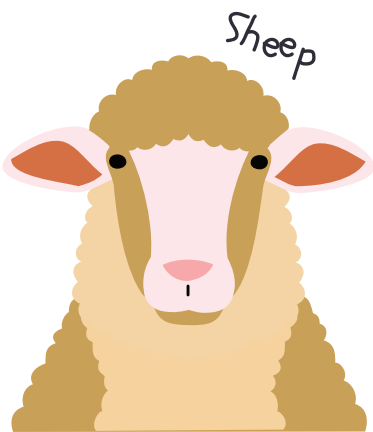


Red Berries

Poinsettia



Acorns

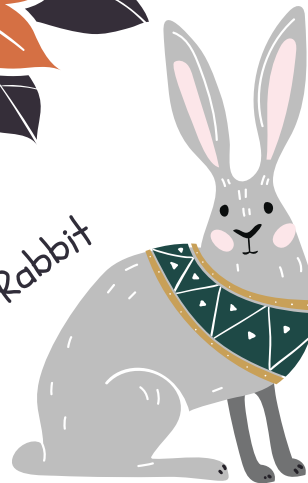


Sheep



Ornament

Rabbit



Floral Clock

