



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 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 #6: Sing it with me, “Why do you build me up, Buttercup Baby!”

Now that we have that song stuck in your head, it’s time for the final stop in our 6-week hiking challenge – Buttercup Valley Nature Preserve and Parker Woods. This 27-acre park is located in the Northside community of Cincinnati and features a beautiful piece of forest that has been untouched since the pioneer days. Some of the trees in the valley are over 200 years old!

Buttercup Valley is a hiker’s dream, with some steep elevation changes and an expansive view of the forest thanks to invasive honeysuckle removal. Attached to Buttercup Valley is Parker Woods, which offers both a paved and woodland trail. The Parker Woods trails are great for the beginning hiker or someone looking for a small walk through the woods.

Thank you for embracing nature in YOUR Cincinnati Parks this winter! We hope you enjoyed the Friluftsliv Hiking Challenge, presented by the Women’s Committee of Cincinnati Parks.

Learn more about joining our Women’s Committee of Cincinnati Parks on our website at: <https://www.cincinnati-parksfoundation.org/womens-committee/>

Hiking Level – Moderate to strenuous; some steep inclines; approximately 45 minutes; dogs are welcome on a leash; see accessibility option below at Parker Woods

*Buttercup Valley Preserve, Park on the street near entrance, 1558 Stanford Drive, Cincinnati, OH 45223*

1. **Trailhead B** – Our final winter walk begins at this yellow trailhead marker. Buttercup Valley is home to various flora and fauna. Be on the look out for a siege of winter resident Great blue herons!
2. **Trail Marker** – Veer left at the yellow trail marker (B) loop to explore the creek area OR continue straight to avoid steep incline.
3. **Trail Marker** – Veer left to follow yellow Trail B toward Parker Woods.
4. **Trail Marker** – At the trail marker, stay straight to follow yellow Trail B. Try to locate one of the many old growth trees while you’re deep in the forest.  
**SELFIE CHALLENGE SPOT (details in the “Things to Know” flier)**

5. **Trail Marker** - At the trail marker, veer left to take the yellow Trail B Loop.
6. **Trail Marker** - At the trail marker at the top of the hill, take a right to return to Buttercup Valley on yellow Trail B.

**EXTEND YOUR HIKE:** If you want to explore more of Parker Woods, veer left at the top of the hill and then veer right to continue on yellow Trail B to Parker Woods.

7. **Trail Marker** - At the trail marker, veer left to follow the red Trail A Loop.
8. **Trailhead A End (Stanford Drive)** - YOU DID IT!

### **ACCESSIBILITY OPTION: Parker Woods**

*Park in the rear lot of Parker Woods Montessori School, 4370 Beech Hill Avenue, Cincinnati, OH 45223*

Parker Woods offers both a paved and woodland trail. The Parker Woods trails are great for the beginning hiker or someone looking for a small walk through the woods. The paved trail is wheelchair friendly with moderate inclines in some areas.

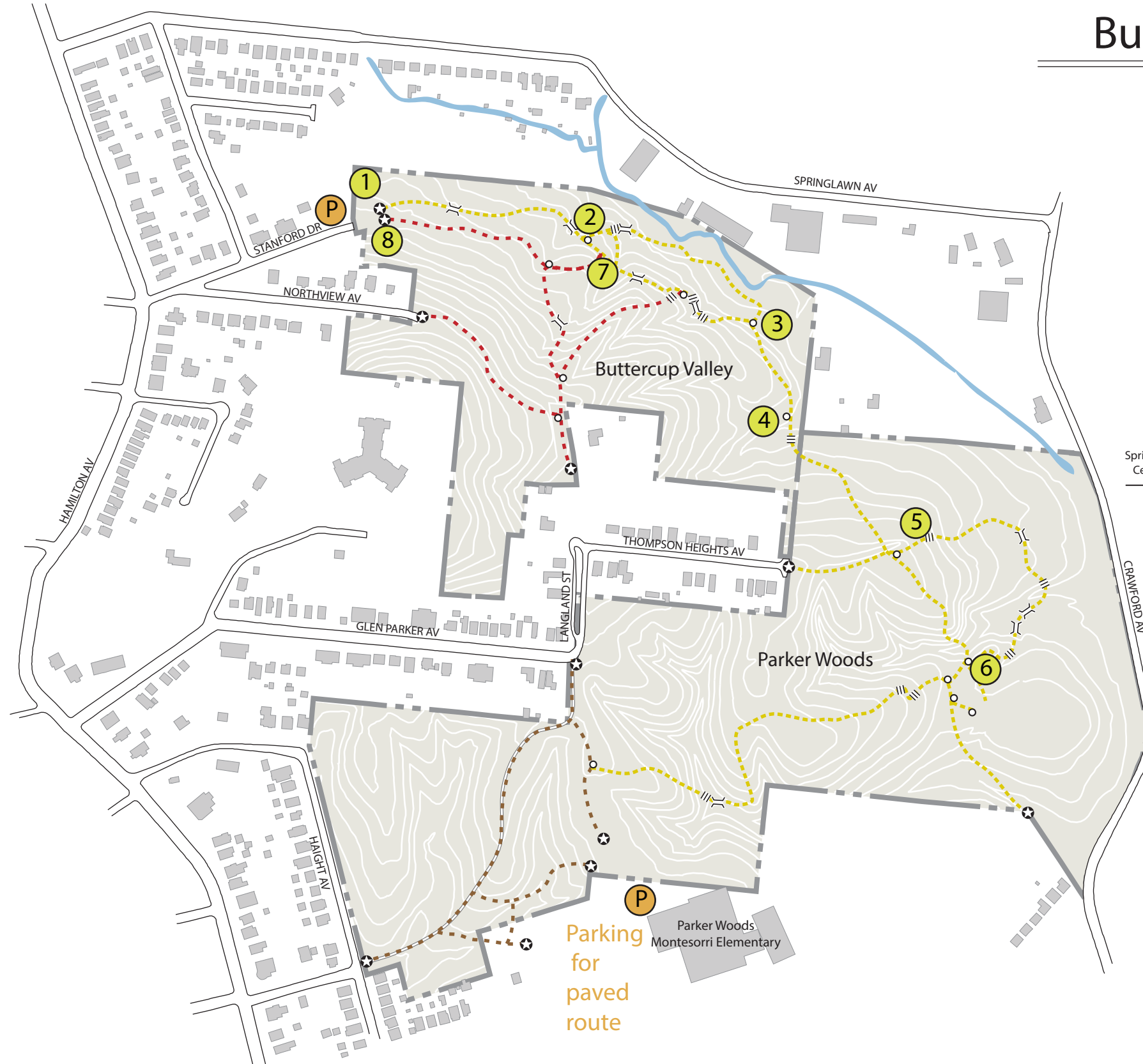
**ALTERNATE SELFIE CHALLENGE SPOT (your favorite tree)**

# Buttercup Valley & Parker Woods



(Buttercup Valley)  
1558 Stanford Drive  
Cincinnati, OH 45223

(Parker Woods)  
4500 Langland Street  
Cincinnati, OH 45223

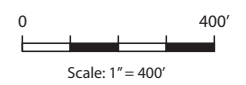


## LEGEND

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

## NATURE TRAILS

- A Loop Trail (A)  
0.50 miles
- B Loop Trail (B)  
1.42 miles
- Hiking Trail  
0.50 miles



WOMEN'S COMMITTEE OF CINCINNATI PARKS

# FRILUFTSLIV HIKING CHALLENGE

# B I N G O



snowflake



dog



fallen branch



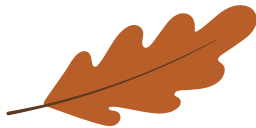
birds flying



mittens or gloves



cardinal



fallen leaves



squirrel



the sounds of leaves rustling



deer



clouds in the sky



trees with green

FREE



the sounds of birds chirping



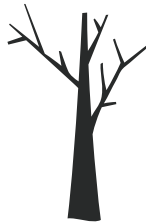
pinecones



fungus (don't touch)



tree stump



trees with no green



red berries



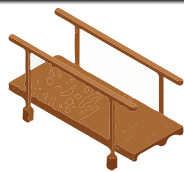
other hikers



green leaves



acorns



wooden bridge



rabbit



the sounds of birds chirping