



AN AGE-FRIENDLY GUIDE TO OUTDOOR RECREATIONAL TRAILS

AGE-FRIENDLY TRAILS
IN NORTHEAST AND
SOUTHWEST OHIO



ENCORE CLEVELAND

January 2024

Explore the Beauty of Winter

Legacy Leaders are staying active during the winter months. The winter months can be challenging. However, despite the colder temperatures, fewer daylight hours or snowy conditions, the Cleveland Metroparks offers Snowshoeing or Cross-Country Skiing on all purpose trails, that have not been plowed.

The Cleveland Metroparks can adapt many programs to be accessible to anyone who would like to participate assuming they meet the essential eligibility criteria. Reasonable accommodation can also be made. Cleveland Metroparks offers snowshoeing and cross-country ski rentals, programs, and opportunities to explore on your own.

Whether indoors or outdoors, continue to use this age-friendly trail guide to be as active as you can this winter and have fun!

Claudia Y. Owens
Cleveland Leadership Center

Leigh A. Sempeles
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About

According to the National Institutes of Health, older adults with an active lifestyle are less likely to develop certain diseases, have longer lives, and are happier.

In an effort to promote the health benefits of recreational walking, jogging, and biking on trails throughout Ohio, The Dayton Foundation's Del Mar Encore Fellows teamed up with the Cleveland Leadership Center's Legacy Leaders to offer you a statewide Age-Friendly Guide.

The vision for this project is to identify outdoor recreational trails from Northeast to Southwest Ohio with the goal to encourage physical fitness and healthy lifestyles.

We encourage you to use this guide as a personal tool and to engage others in accessing some of Ohio's beautiful outdoor age-friendly trails.

Happy Trails!

Claudia Y. Owen, DM
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Disclaimer

The contents of this guide are for informational purposes only and are accurate to the best of our knowledge as of May 2023.

All routes should be evaluated by each person based on their level of experience, comfort level, and existing road, weather, and trail conditions. Cleveland Leadership Center (CLC), The Dayton Foundation and project partners provide no warranties regarding the conditions or safety of any depicted sites, trails, or other features shown in this guide. Persons make use of all such facilities at their own risk.

Be prepared to stop, walk or turn around if you encounter conditions beyond your skill level or capability.

Trail Etiquette*

Please keep in mind trail etiquette as you explore the beauty and accessibility of Ohio Outdoor Recreational Trails.

- Faster trail users yield to slower trail users.
- Keep to the right, pass on the left. Signal with bell or voice when passing
- Respect the fragile nature of the environment by staying on the trails.
- Enjoy the natural environment; avoid disturbing local wildlife.

Hiking Checklist

- Always wear a helmet if you are riding a bike.
- Plenty of water
- Food (snack-lunch)
- Appropriate clothing
- Prescription medications as needed
- Guide or trail map
- Mobile phone
- Insect repellent
- Emergency whistle
- Camera
- Emergency contact information and (if applicable) list of medications

*Source: Cleveland Metroparks and Hamilton Conservation Authority

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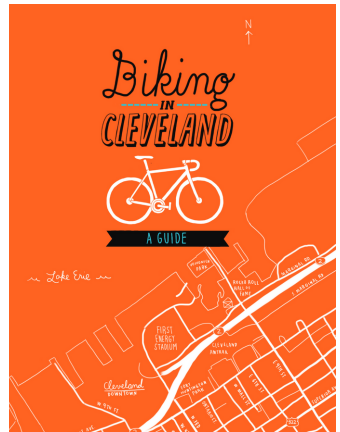
Thank you....

The first five outdoor recreational trails were compiled by Jacob VanSickle, Executive Director of Bike Cleveland. Bike Cleveland's mission is to create a region that is sustainable, connected, healthy, and vibrant by promoting bicycling and advocating for equitable transportation for all.

Bike Cleveland advocates for policy and infrastructure that makes biking enjoyable for people of all ages and abilities.

General questions:
info@bikecleveland.org

Bike Cleveland
3000 Bridge Avenue, Suite 1
Cleveland, OH 44113
216-245-3101



Lakefront Bikeway West

Detroit Shoreway, Cleveland, OH

Streets connected to the park:

Rt. 2, Lake Ave., W. 25th/Washington

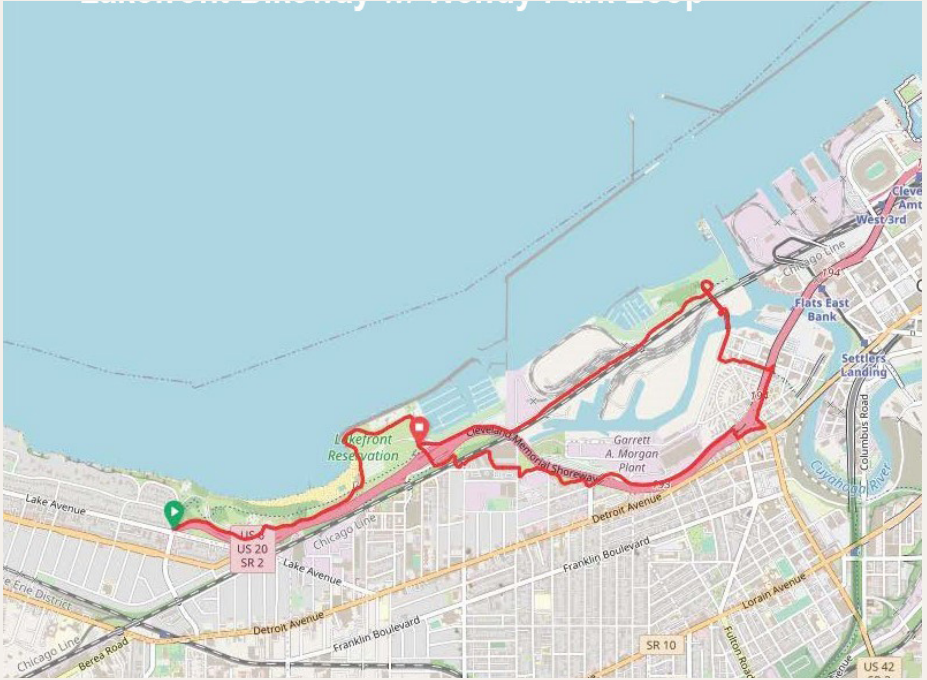
Located in the Cleveland Lakefront Reservation at Edgewater Park, the Lakefront Bikeway is 2.8 miles long. Starting at the west the trail goes through Edgewater Park which includes restrooms, water, parking, concessions, and a beach. Past Edgewater Park the Trail follows Rt. 2 with views of Lake Erie and Downtown. There are some hills with an elevation gain of 155 ft.

Services and Amenities

- Benches with arms to support getting up and down
- Cluster of seating at regular intervals along pathways/trails
- Drinking fountain
- Public washrooms
- Rest areas
- Shade trees, gazebo
- Pleasant scenery and views
- Water feature



Lakefront Bikeway West



Walking: Yes

Scooter/wheel: Yes

Biking: Yes

Public transit: Yes, accessible via GCRTA Route 55, 55B, 55C (Cleveland State Line).

Driving: Yes, parking available at Lower Edgewater Park off Rt. 2 or from W. 73rd. Parking also available at upper Edgewater Park via Upper Edgewater Drive.

Bike and Hike Trail

Northfield/Kent

Trail end points: Alexander Rd., 0.25 mile west of Dunham Rd. (Northfield) and Judson Rd. & Hudson Rd. (Kent)

To reach the northern trailhead on Alexander Road in Northfield: From I-271 N, take Exit 23. Turn left onto Broadway Ave., and in 0.1 mile turn left onto Oak Leaf Road. From I-271 S, take Exit 23 for OH 14 W. As you exit the interstate, you merge with Oak Leaf Road. In 1 mile, turn right onto Alexander Road (a sign at the intersection indicates that this is toward Walton Hills). Drive 2.7 miles west on Alexander Road to the trailhead and parking lot.

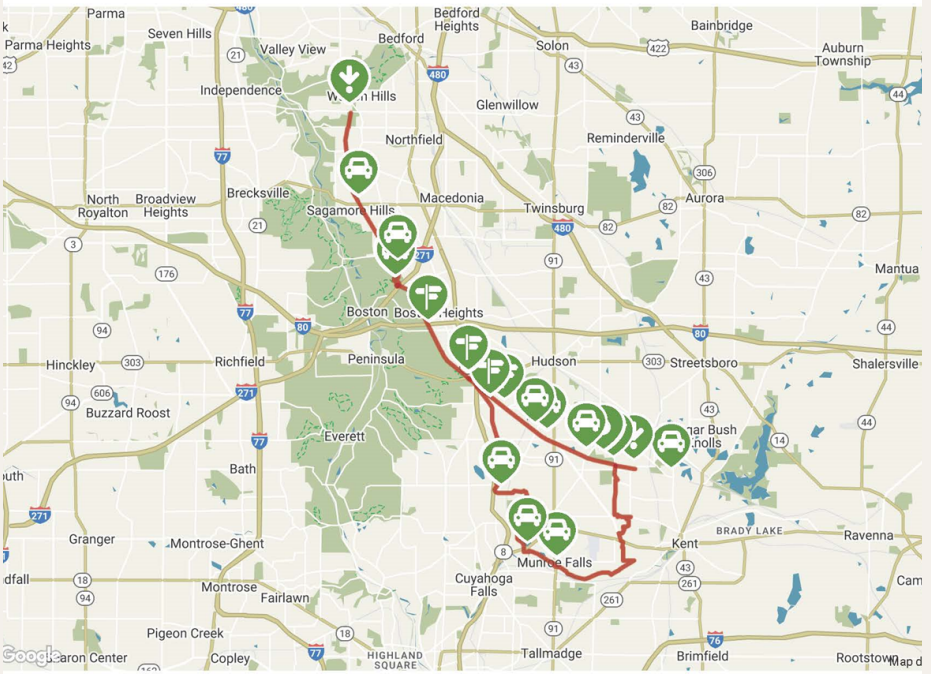
To reach the southern trailhead in Munroe Falls: From I-76, take Exit 27 for OH 91N. Continue north 0.3 mile to OH 91 and turn right (north). Follow OH 91N for 5.3 miles (it becomes Main St. north of Tallmadge) to the parking lot and the trailhead, located on the right immediately after crossing the Cuyahoga River.

Services and Amenities

- Shade trees, gazebo
- Pleasant scenery and views



Bike and Hike Trail



Walking: Yes, in some places

Scooter/wheel: No

Biking: Yes

Public transit: No

Driving: To reach the northern trailhead on Alexander Road in Northfield: From I-271 N, take Exit 23. Turn left onto Broadway Ave., and in 0.1 mile turn left onto Oak Leaf Road. From I-271 S, take Exit 23 for OH 14 W. As you exit the interstate, you merge with Oak Leaf Road. In 1 mile turn right onto Alexander Road (a sign at the intersection indicates that this is toward Walton Hills). Drive 2.7 miles west on Alexander Road to the trailhead and parking lot.

To reach the southern trailhead in Munroe Falls: From I-76, take Exit 27 for OH 91N. Continue north 0.3 mile to OH 91 and turn right (north). Follow OH 91N for 5.3 miles (it becomes Main St. north of Tallmadge) to the parking lot and the trailhead, located on the right immediately after crossing the Cuyahoga River.

Morgana Run Trail

Slavic Village, Cleveland, OH

Trail: E. 49th St. just east of I-77 and Jones Rd. east of Broadway Ave

The 3.1 mile Morgana Run Trail runs on a former Wheeling and Lake Erie Railway corridor through Cleveland's historic Slavic Village neighborhood. The paved rail-trail connects residents to Cleveland Metroparks' Garfield Park Reservation to the south, where trail users can view Mill Creek Falls, Cuyahoga County's largest waterfall. (Be aware that the link to Garfield Park includes a short stretch of travel on busy Broadway Ave.) At the trail's northern end, Washington Park and its new golf course is just a short trip away.

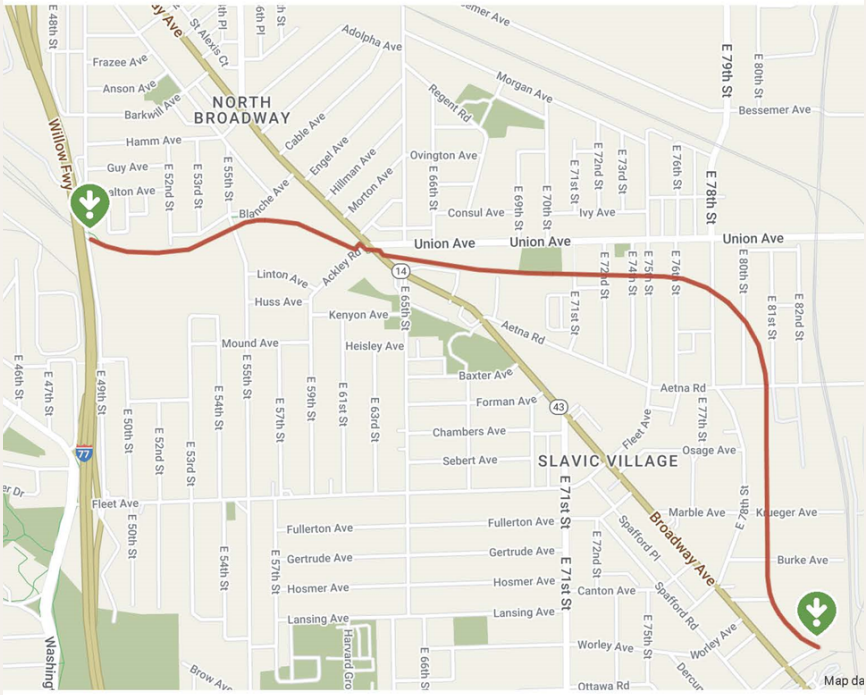
The trail also can provide a route to schools and recreational facilities for the community's youth, as it passes directly by South High School, Stella Walsh Recreation Center, Union Elementary, the Boys & Girls Club, Cleveland Central Catholic High School, St. Stanislaus Elementary and Mound Elementary School.

Services and Amenities

- Shade trees, gazebo
- Pleasant scenery and views



Morgana Run Trail



Walking: Yes

Scooter/wheel: Yes

Biking: Yes

Public transit: accessible via GCRTA routes 19, 19A, 19B

Driving & Parking: along neighborhood streets in Slavic Village.

Ohio & Erie Canal Reservation Trail

Cuyahoga Heights, OH

Towpath Trail at the Canalway Center and East 49th St. and Grant Ave.

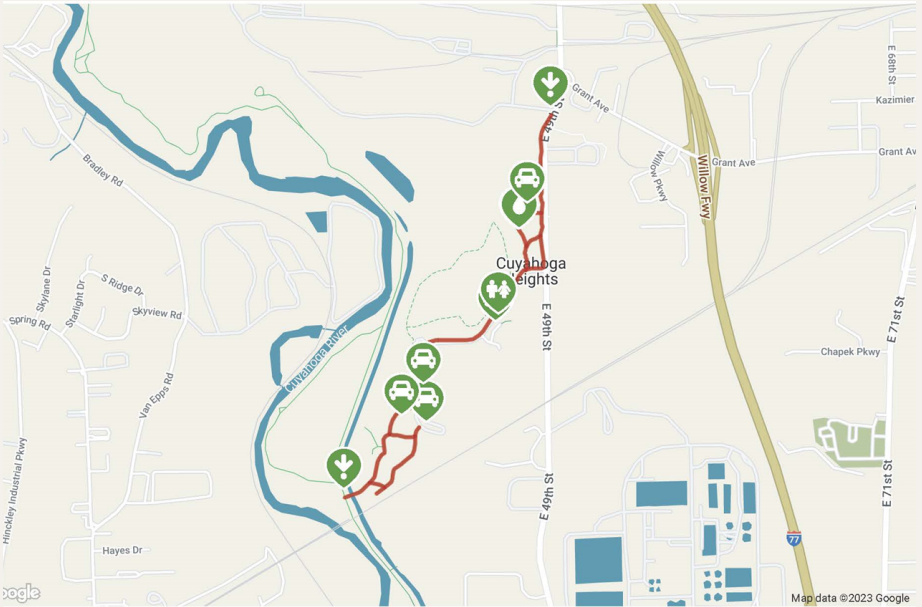
South of Cleveland, the Ohio & Erie Canal Reservation All Purpose Trail offers an outdoor excursion of just over 7 miles in Cuyahoga Heights. A good place to begin your journey is at the CanalWay Center on the trail's southern end, which offers amenities like parking, restrooms, and drinking water.

Services and Amenities

- Benches with arms to support getting up and down
- Cluster of seating at regular intervals along pathways/trails
- Drinking fountain
- Public washrooms
- Rest areas
- Shade trees, gazebo
- Pleasant scenery and views
- Water feature



Ohio & Erie Canal Reservation Trail



Walking: Yes

Scooter/wheel: Yes

Biking: Yes

Public transit: accessible via GCRTA Route 18

Driving: At the southern end of the trail, parking is available at the CanalWay Center (4524 E. 49th St., Cuyahoga Heights). Additional parking options include the Morgan's Hollow Picnic Area and the Settler's Bluff Picnic Area in the Ohio & Erie Canal Reservation.

Redline Greenway Trail

Ohio City/Detroit Shoreway, Cleveland, OH

Trail: West 53rd St. (Michael Zone Rec Center Park) and Franklin Blvd/Columbus Ave.

The Red Line Greenway is a two-mile rail-with-trail project that opened to the public in May 2021. The trail runs along the tracks of the Cleveland RTA Red Line, taking trail users along the rail corridor from the Michael Zone Recreation Center in the west to a connection with the Cleveland Foundation Centennial Trail to the northeast.

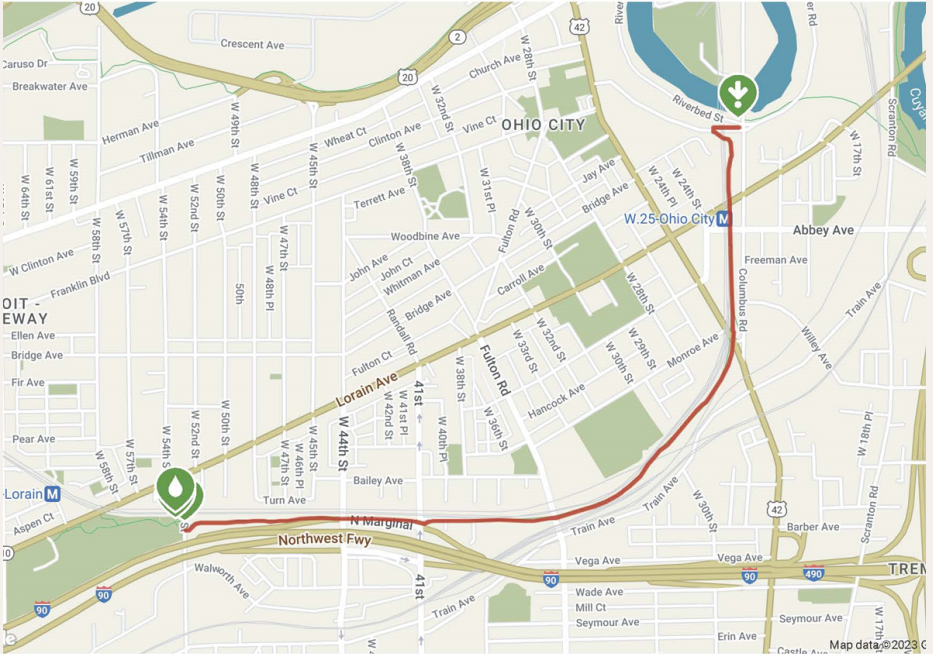
The Red Line Greenway offers a smooth asphalt path, with a well-lit route that features pleasant natural landscaping and native trees, helping to give the trail more of a scenic feel despite its urban location. The trail runs through a number of Cleveland neighborhoods, providing local residents with a useful pathway to help navigate the barriers formed by the railroad tracks and the nearby interstate, making the trail an important, off-road connection.

Services and Amenities

- Shade trees, gazebo
- Pleasant scenery and views



Redline Greenway Trail



Walking: Yes

Scooter/wheel: Yes

Biking: Yes

Public transit: accessible via GCRTA Redline, Routes 51, 25, 22

Driving: access to the trail is available at West 44th Street, West 41st Street, West 25th Street, and Columbus Road.

Parking: available at the western trailhead in the park around the Michael Zone Recreation Center, with a lot located off West 53rd Street just north of the I-90 overpass.

Thank you....

For more than 50 years, Five Rivers MetroParks has been connecting people with nature in the Dayton, Ohio region. Dayton is a great hiking destination complete with quality trail, maps and resources, along with nearby amenities such as camping, services, and supplies to support the hiker or backpacker.



Thank you Donna Kastner, Del Mar Encore Fellow, Miami Valley Regional Planning Commission for assisting us with the selection and inclusion of the Five Rivers MetroParks trail for inclusion in this guide. Donna worked with us throughout the planning and creation of this project.



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Benefits of Exercising Outdoors*

1. **A DOSE OF VITAMIN D:** Also known as the sunshine vitamin, vitamin D is essential for immune functions, bone strength, and enhanced mood.
2. **MORE BODY BENEFITS:** Exercising outdoors can improve focus and boost your mood, giving you more energy.
3. **MENTAL WELLNESS:** Time spent in nature can reduce depression, stress, and anxiety. These benefits can improve your physical health, such as reduced blood pressure, better sleep and lower cortisol levels.
4. **BUDGET FRIENDLY:** Being active in your back yard or on your favorite trail or in your MetroParks is free. All you need to start walking on the Heart Healthy Trails are a sturdy pair of sneakers, water, and sunscreen.

Before starting any exercise program, be sure to check with your doctor.

*Source: Five Rivers Metroparks



Cox Arboratum

Park Entrance

6733 Springboro Pike, Dayton, OH 45449

This 174-acre facility is a special place for visitors to escape among trees, shrubs, specialty gardens, mature forests, and prairies. The Arboretum hosts year-round educational programs that teach children and adults about sustainable horticulture, plant science and conservation.

Parking

Free parking is available.

Handicap accessible



Pet Policy

Dogs are welcome, but, for the safety and comfort of all patrons, they must be leashed and under control at all times.

Amenities and activities.

Gardening, hiking, picnicking, geocaching

Group Tours

Schools and other groups may schedule guided and self-guided walking tours. Tram tours are available for adults with mobility issues.

Cox Arboretum



Cox Arboretum MetroPark is located on State Route 741/ Springboro Pike approximately one mile north of the Dayton Mall in Miami Township. 6733 Springboro Pike Dayton, Ohio 45449

Thank you....

Cleveland Metroparks was named 2021 "Best in Nation." All of its outdoor recreation programs have been evaluated regarding accessibility and activity level. With over 300 miles of trails across 18 Reservations, the following five trails were selected for this age-friendly outdoor recreational trail guide.



Thank you Megan Shumaker, Outdoor Recreation Inclusion Specialist, for assisting us with the selection and inclusion of the Cleveland Metroparks trails. Cleveland Metroparks offers countless unique opportunities for recreation and nature adventures throughout the Park District. To learn more about adaptive and inclusive programs, visit clevelandmetroparks.com/inclusiveprograms



For questions regarding accessibility accommodations, please contact: Outdoor Experiences and Recreation - 216.954.3405 (Meghan Wagner).



Woodpecker Way to Many Oaks Trail Loop (.75 Miles)

Cleveland Metroparks Acacia Reservation
527 Cedar Rd, Beachwood, OH 44122

All Purpose Trail (APT) (.75 miles; Follow Woodpecker Way counterclockwise (North) from the trailhead. Turn left (West) on Many Oaks Trail. Turn left (South) on Woodpecker Way back to the trailhead. (To reach the pond, take Center Pond Trail for a short additional loop trail of .25 miles of APT, crushed limestone, and boardwalk surfaces.)

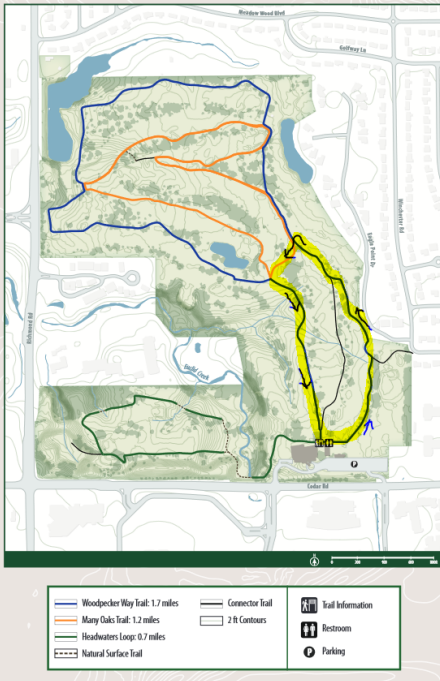
Services and Amenities

- Benches without arms available along Woodpecker Way.
- Drinking fountains: at the trailhead
- Public washrooms: at the trailhead
- Minimal to moderate tree shade and gazebo along Many Oaks Trail.
- Sidewalks are available, however there is a moderate slope up and into the park driveway.
- Water Feature: The side trail to the pond adds additional mileage.
- Previously a golf course was restored back to nature.



Woodpecker Way to Many Oaks Trail Loop (.75 Miles)

Acacia Reservation



Walking: Yes

Scoter/wheel: Can be used on the trails; however, there is a steep hill to access the park from Cedar Road. There are no limitations from the parking lot.

Biking: Yes

Public transit: Yes, a bus stop is available at the Cedar Road entrance.

Driving: Yes, accessible parking is available in the parking lot.

Forbes Woods Loop Trail (.25 Miles)

**Cleveland Metroparks Bedford Reservation
Forbes Woods Picnic Area
24820 Forbes Rd, Bedford Heights, OH 44146**

Take All Purpose Trail (APT) from trailhead counterclockwise following Forbes Woods Loop Trail. Side trail approximately half way through hike leads to large bench with arms to densely wooded overlook (.07 miles one way).

Services and Amenities

- Benches without arms at .06 miles and .14 miles.
- Bench with arms on side trail.
- Picnic area available at trailhead.
- Moderate shade at height of the day.
- Forest covered ridgeline
- Sidewalks available.



Forbes Woods Loop Trail (.25 Miles)

Bedford Reservation



Walking: Yes

Scooter/wheel: Yes

Biking: Yes

Public transit: No, Nearest paratransit in park located at Egbert Picnic Area or Shawnee Hills; Nearest bus stop at Broadway and Forbes, then .7 mile walk to Forbes Woods Trailhead.

Driving: Yes, one accessible parking spot available in 10 parking spot lot

Lower Edgewater APT Loop Trail (.9 miles)

**Cleveland Metroparks Lakefront Reservation
Edgewater Park
Lower Lot Dr, Cleveland, OH 44102**

Start at Edgewater Beach House and follow Lower Edgewater All Purpose Trail (APT) Loop Trail clockwise toward lake for .9 miles.

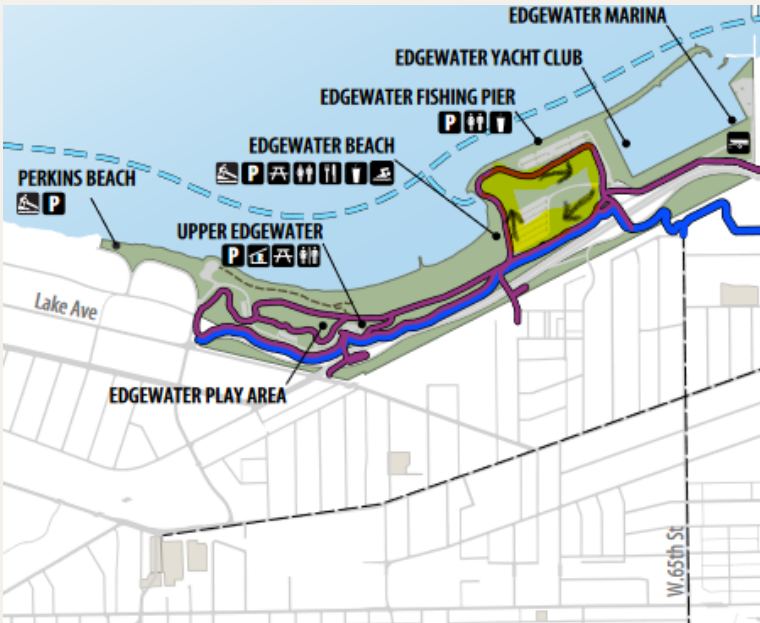
Services and Amenities

- Beach access
- Concessions
- Book Box Lending Library
- One bench with arms at approximately .15 miles.
- Picnic tables at regular intervals along Western and Northern area of trail. Minimal seating along Eastern and Southern area
- Grills along Western and Northern portions of trail
- Drinking Fountains: Available at Edgewater Beach House
- Public washrooms: Available at Edgewater Beach House and at the pier
- Trail is mostly in full sun; however, some shade with trees available in grassy area in center of the loop
- Pleasant scenery and views
- Views of Edgewater Beach and Lake Erie
- Water feature: Follows Lake Erie along Northern portion of trail



Lower Edgewater APT Loop Trail (.9 miles)

Edgewater Park



Walking: Yes, many walking paths leading to park

Scooter/wheel: Yes

Biking: Yes

Public transit: Paratransit Drop off in front of Edgewater Beach House

Driving: Yes, over 20 accessible parking spaces available in large parking lot.

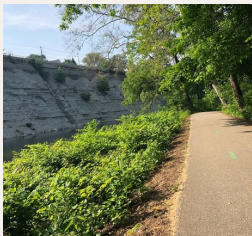
Scenic Park All Purpose Trail Loop

**Cleveland Metroparks
Rocky River Reservation
1500 Scenic Park Dr.
Lakewood, OH 44107**

Scenic Park All Purpose Trail Loop (.6 miles): Start at Emerald Necklace Marina store and follow APT Southwest along the Rocky River. Follow APT as it loops toward Valley Parkway and turn left away from the river to head North along parking lot toward Emerald Necklace Marina store.

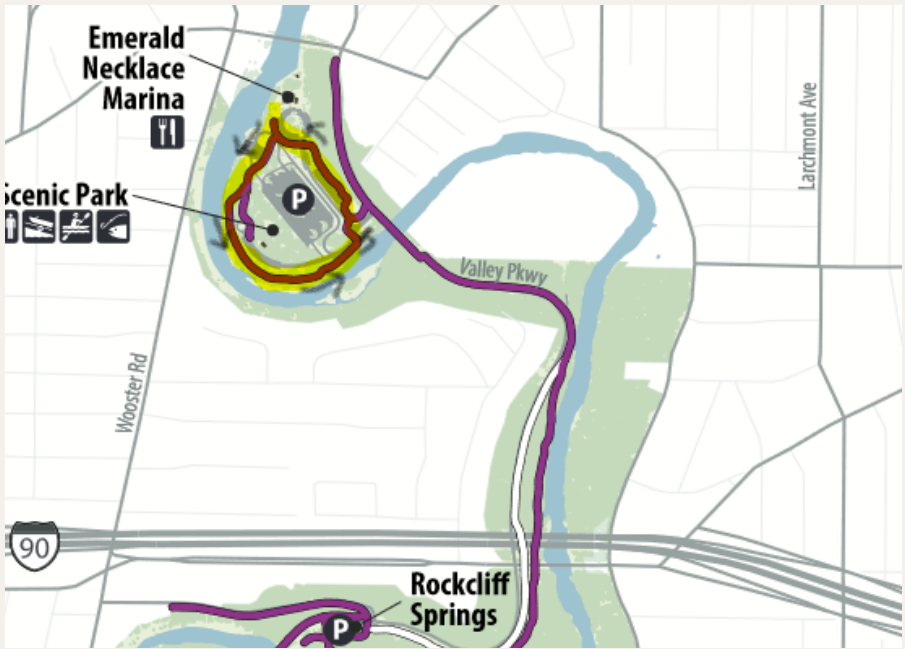
Services and Amenities

- Marina store
- Kayak rentals
- Multiple benches without arms, mostly on Northern and Western portions of loop.
- Shade trees and pavilions mostly along West side of loop
- Drinking fountains
- Public restrooms
- Water feature: Follows Rocky River on West side of trail



Scenic Park All Purpose Trail Loop

Rocky River Reservation



Walking: Yes

Scooter/wheel: All purpose trail leading into park. Hill is steep coming into the park from the North

Biking: Yes

Public transit: Paratransit drop off on East side of loop near the Emerald Necklace Marina building.

Driving: Significant number of accessible parking spots

West Creek APT Loop Trail (2.2 miles)

**Watershed Stewardship Center
2277 West Ridgewood Drive
Parma, OH 44134**

This portion of the All Purpose Trail has three directions: North Loop Trail (0.55 miles), South Loop Trail (0.65 miles), Outer Loop Trail (1.0 miles)

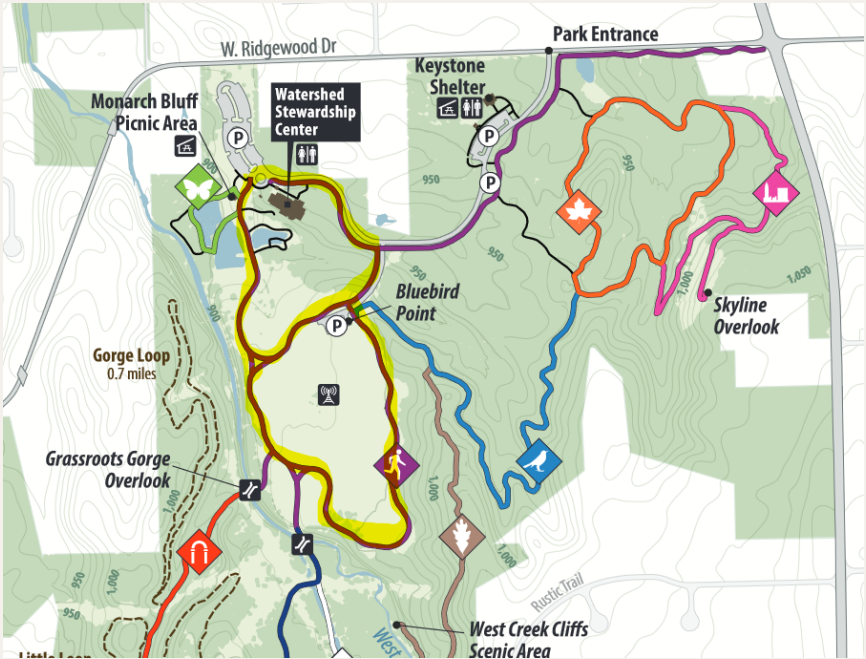
Services and Amenities

- Benches without arms available along APT
- Reservable picnic shelter and picnic tables
- Nature Center
- Drinking Fountains: Available in Watershed Stewardship Center and Monarch Bluff Picnic Area.
- Public washrooms: Available in Watershed Stewardship Center
- Minimal Shade along APT. Picnic Shelter near trailhead.
- Water feature: Wetlands viewing and short side trails will lead over creek



West Creek APT Loop Trail

West Creek Reservation



Walking: Yes

Scooter/wheel: Yes

Biking: Yes

Public transit: Paratransit drop off at Watershed Stewardship Center.

Driving: Yes, accessible parking available.

Happy Trails...

