Go for a leisurely pedal and a casual pint along this unofficial path between breweries neighboring the Little Miami Scenic Trail.

**SAFETY FIRST!**
ALWAYS WEAR A HELMET. DRINK RESPONSIBLY.

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**NARROW PATH BREWING COMPANY**
106 Karl Brown Way | Loveland, OH 45140

*For your bike*
Montgomery Cyclery's Loveland location is positioned directly beside the trail for any adjustments you may need.

*Beyond the brews*
You're in the heart of bustling, downtown Loveland. Stop off for a bite to eat or a sweet treat.

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**LITTLE MIAMI BREWING COMPANY**
208 Mill Street | Milford, OH 45150

*For your bike*
Bishop's Bicycles sits on Main Street in downtown Milford, just off the trail.

*Beyond the brews*
Take a stroll through the charming local shops of downtown Milford. You never know what you might discover.

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**FIFTY WEST BREWING COMPANY**
7668 Wooster Pike | Cincinnati, OH 45227

*For your bike*
Fifty West Cycling is located right beside the brewery, if your bike needs attention.

*Beyond the brews*
Fifty West offers great burgers and sand volleyball courts. Sit, sip and relax for a bit.
BIKING

DAY (OR WEEKEND) TRIPPIN’ TO YELLOW SPRINGS ON THE LITTLE MIAMI SCENIC TRAIL

By Shauna Steigerwald

There’s nothing quite like a day trip when you need a little break from the norm. A change of scenery, even a brief one, can do wonders for your mood and provide a fun way to spend quality time with family and friends (or yourself!).

But who says the journey has to be made exclusively on four wheels? Hop on the Little Miami Scenic Bike Trail and you can travel all the way from Milford to Springfield -- some 78 miles -- without ever getting in a car.

The trail, which opened in 1984, follows the route that the Little Miami Railroad ran back in 1937. Meandering through shady forests, fields and several towns, it sticks close to the Little Miami River for much of the way. Views of the nationally designated Wild and Scenic River might make the journey as memorable as the destination (just like any good day trip!).

Luckily, though, there are plenty of interesting stops along the trail, too. My favorite is Yellow Springs. This colorful “hippie” town approximately 20 miles east of Dayton boasts plenty of interesting locally-owned shops and restaurants to explore, but it’s also a great place to enjoy the outdoors.

You’ll definitely want to allow plenty of time to explore the village itself. Shop for quirky T-shirts, bags, accessories and other handmade items at Urban Handmade (113 Corry St.); browse jewelry, home decor and clothing from Bali at Asanda Imports (230 Xenia Ave.); and see what fine arts and crafts are on display (and for sale) at the local artists’ cooperative Village Artisans (100 Corry St.). If you’re hungry, grab a seat on the patio or in the dining room at The Winds Cafe (215 Xenia Ave.) for seasonal dishes that often highlight locally sourced ingredients. Kids (or kids at heart) will enjoy a visit to Young’s Jersey Dairy (6880 Springfield-Xenia Road), with its homemade ice cream, goats to pet, mini-golf and other family fun. (It’s about 2 miles outside of town; worth keeping in mind if little legs are already tired of pedaling!) Adults might have more fun at Yellow Springs Brewery (305 Walnut St.), which offers terrific beers and a patio that’s right on the bike trail so you can watch other cyclists fly by while you sample a flight.
For those who crave a walk in the woods, there are a few good options.

**Glen Helen Nature Preserve:** If it’s your first visit, you might want to see the village's namesake springs. You'll find them in this 1,000-acre, nonprofit preserve, which the adjacent Antioch College owns. While exploring the preserve's 20+ miles of hiking trails, you can take in the springs (their distinctive color is a result of the water's high iron content) along with dolomite cliffs and a waterfall. [www.glenhelen.org](http://www.glenhelen.org)

**Clifton Gorge State Nature Preserve:** The Little Miami State and National Scenic River cascades through a geologically significant dolomite and limestone gorge in this state nature preserve. Several rare plants and a number of spring wildflowers flourish in this shaded haven. Visitors can hike 2.5 miles of trails here and/or continue their walk into abutting John Bryan State Park. [https://naturepreserves.ohiodnr.gov/cliftongorge](https://naturepreserves.ohiodnr.gov/cliftongorge)

**John Bryan State Park:** John Byran shares many features with its neighboring Clifton Gorge (rivers, gorges and stone don't recognize park boundaries, after all!). The park's 10 hiking trails are of varying difficulty and range in length from 0.1 mile to 2.7 miles -- you can even trek along an old stagecoach road. Dog lovers, take note: Unlike at Clifton Gorge, you can bring your four-legged friend here. Camping, canoeing, disc golf and mountain biking are among the other activities offered at the 752-acre park. [http://parks.ohiodnr.gov/johnbryan](http://parks.ohiodnr.gov/johnbryan)

To reach Yellow Springs on the trail, you could bike from Milford all the way there (the trail runs right through the village), a distance of just over 60 miles. Or save yourself nearly 9 miles each way by starting in Loveland, another great town along the trail to explore. For the more casual rider, starting in Xenia cuts the ride to Yellow Springs down to just 10 miles. No matter which route you choose, you might consider spending the night in Yellow Springs and making a weekend of it -- you can take in a film at the charming Little Art Theatre if you do.

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**EXPLORE MORE ON THE LITTLE MIAMI SCENIC TRAIL WITH THESE RESOURCES:**

- [www.littlemiamibiketrail.com](http://www.littlemiamibiketrail.com)
- [www.miamivalleytrails.org/trails/little-miami-scenic-trail](http://www.miamivalleytrails.org/trails/little-miami-scenic-trail)
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Cincinnati, OH 45219
(513) 556-2453
www.uc.edu/af/pdc/sustainability/campus_initiatives/transportation/bike_kitchen.html

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6810 Miami Avenue
Cincinnati, OH 45243
(513) 861-2453
www.biowheels.com

BISHOP’S BICYCLES
313 Main Street
Milford, OH 45150
(513) 831-2521
www.bishopsbicycles.net

CAMPUS CYCLERY
241 W. McMillian Street
Cincinnati, OH 45219
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www.campuscyclery.com

CYCLOPS BIKES
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Lawrenceburg, IN 47025
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www.cyclopsbikes.com

FAIRFIELD CYCLERY
4860 Dixie Highway
Fairfield, OH 45014
(513) 829-7586
www.fairfieldcyclery.com

FIFTY WEST CYCLING COMPANY
7669 Wooster Pike
Cincinnati, OH 45227
(513) 731-9111
www.fiftywestcycling.com

JIM’S BICYCLE SHOP
8015 Plainfield Road
Cincinnati, OH 45236
(513) 793-1163
www.jimsbicycleshop.com

LOVELAND BIKE RENTAL
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(513) 683-0468
www.lovelandbikerental.com

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www.facebook.com/mobobicyclecoop/

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www.montgomerycyclery.com

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www.smittyscyclery.com

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Cincinnati, OH 45223
(513) 541-7786
www.spunbicycles.com

TEAM CYCLING & FITNESS
7765 Colerain Avenue
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(513) 522-1551
www.teamcyclingandfitness.com

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(859) 371-8356
www.velocitybb.com

WEST TRAILS BICYCLES
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Miamitown, OH 45041
(513) 353-9378
www.wtbikes.com

WEST CHESTER CYCLERY
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www.westchestercyclery.com

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(513) 755-3773
www.trekstorecincinnati.com

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(513) 745-0369
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Remove the tire and tube from the rim.

Inflate the tube and listen for the hissing sound of escaping air. If you happen to have a bucket of water handy, you can submerge the tube and look for bubbles. Mark the hole and release the air from the tube.

Use the provided sandpaper to rough up the area around the hole.

Apply glue sparingly to the sanded area. Allow to dry for a few minutes.

Peel the patch from its backing and press firmly on the tube, covering the hole. Let set for a few minutes, then slowly remove the thin plastic covering on the top of the patch.

Return the tube to the tire, reinflate and get pedaling!
Whether you are a cyclist or a motorist, it’s important to familiarize yourself with hand signals so communication with other road users is clear and safe.

**LEFT TURN**
Extend your left arm out sideways with all fingers extended or use your index finger to point left.

**RIGHT TURN**
Extend your left arm out sideways bent at a 90-degree angle at the elbow joint, hand pointing upward and the palm of hand facing forward, like you’re about to give someone a high five.

**ALTERNATE RIGHT TURN**
Extend your right arm out straight sideways with all fingers extended or use your index finger to point right. This version is the mirror image of the left turn signal.

**STOPPING OR SLOWING**
Extend your left arm or right arm sideways and bend your arm at a 90-degree angle at the elbow joint, hand pointing downwards and the palm of your hand facing backwards.
CREW CHOICE

PREMIER HEALTH BIKE PARK
475 E. Turtlecreek Union Rd. | Lebanon, OH 45036
www.lebanonbikepark.org

This park has something for everyone, regardless of experience. Enjoy an easy ride on the perimeter trails, get a little dirty on the mountain biking course or test your technique in the skills area.
There’s lots to be discovered by mountain bikers in the Tri-State area, no matter the skill level. Adventure for the first time or revisit a favorite pastime when you go biking on one of these trails.

If you’re new to off-trail biking, we recommend these easier venues.

**East Fork State Park** has a nice and easy 2.5-mile course that’s great for novices. As your skills improve, this park also hosts intermediate and advanced options. East Fork has some of the region’s oldest trails which helped grow the local mountain biking movement.

**Premier Health Bike Park** is a great choice for families. Their pump tracks will keep your kids smiling!

When you’re looking for trail variety, head up to **Devou Park** in Covington. If you live in the city, you can’t beat the proximity of this park.

Put your technical skills to the test at **Caesar Creek State Park**. These rugged trails, with very steep grades and various hazards, are intended for experienced riders.

If you’re up for a full day of adventure, head out to **Hoosier National Forest**, just 2 short hours southwest of Cincinnati, for miles of mountain biking trails. Hoosier National Forest trails are shared with horseback riders. Riders over the age of 17 must purchase a trail permit.

For a shorter day trip, consider the trails at **Hueston Woods State Park** in Oxford, Ohio for a variety of easy and intermediate trails. If you’re a city dweller, Hueston Woods is a great weekend escape with campgrounds, boating on the lake, disc golf and more.

**Check the trails**

Sometimes the best thing you can do for your favorite local trail is stay off it. After heavy or prolonged precipitation, conditions can be potentially harmful to both you and the trail. We recommend checking the trail’s status on the park’s website, with the Cincinnati Off-Road Alliance (CORA) or using the AllTrails app. AllTrails’ directory offers robust information on local venues, including reviews curated by hikers, runners and bikers. In addition to reporting difficulty level and trail distance, AllTrails has helpful updates on trail conditions.
Taking your bike off road brings its own set of safety considerations. Do your research so you’re prepared for the conditions and have all the right gear for a great ride. Here are a few basics to get you started.

**TRAIL TIPS:**

- Choose trails that are in keeping with your skill level, and maintain a speed that allows you to stay in control. If you come to an area that's too difficult for you, get off your bike and walk that stretch.
- Always stay on the trail.
- Watch for hikers and horseback riders on multi-use trails. Let them know if you're coming up behind them or passing.
- Never approach or startle wild animals.
- Ride with a friend, or let someone know your route when you take solo outings.
- When the trail gets rough, use your brakes intermittently.

**GEAR GUIDELINES:**

- Wear your helmet at all times. If your routes include steep descents, then you’ll want a helmet with more coverage, such as a full-face helmet.
- Protective glasses or goggles can reduce glare and help shield your eyes from debris and branches.
- Choose sweat-wicking clothing that keeps you covered so you won’t get scratched. You may want full-fingered gloves to protect your hands. (They can also improve your grip and help ward off blisters.)
- Padded shorts will keep you more comfortable on long rides.
- Protective equipment such as knee and elbow pads and shin guards will be welcome if you fall.
- Give your bike and other equipment a thorough inspection before you hit the trail. Bring a repair kit just in case.
- Carry water, snacks and a first aid kit. A map, compass and sunscreen are also good additions to your pack.
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Find Your Way

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FB: @AdventureCrewCincinnati
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