OUTDOORS FOR ALL GUIDE

1ST EDITION

OHIO RIVER RECREATION TRAIL
5 URBAN TREKS
‘GREEN UP’ YOUR BACKYARD BARBEQUE
WEEKEND BIKE+BREW TRAIL
FARMERS’ MARKET DIRECTORY
BEST STARGAZING CAMPsites
17 LIVERIES IN GREATER CINCINNATI
Find Your Way

Ohio's only National Water Trail

www.GreatMiamiRiverway.com
to the Outdoors for All Guide, a free resource for outdoor recreation and greenspace exploration in Greater Cincinnati. We are fortunate to live in an environment rich with peaceful parks, inviting trails and scenic waterways. Running through these pages you'll find the inspiration and information to set out on your next local adventure.

The Outdoors for All Guide is a project of Adventure Crew, a Cincinnati-based non-profit organization committed to setting a positive course to empower the lives of city youth through nature. The CREW invites you to dive deep into our outdoor guide -- dog-ear these pages, bookmark the digital version and turn to this resource whenever you're itching for that precise mixture of adrenaline and peace found only in nature.

There are great adventures to be had.
We pressed forward across the ridge in a cold, steady, October rain. The rocky and treeless ridge held promises of jaw-dropping vistas, but these promises were kept secret by the low-hanging clouds that wrapped around us. The heavy clouds seemed to weigh down our spirits and our packs, resulting in sore hips that evening. A gloomy day such as this makes the struggles of backpacking readily apparent -- exposure to the elements, tough terrain and the added challenges of living off what you can carry. Backpacking is about sacrifice and simplicity, things that make it rewarding, but foul weather makes the rewards hard to see.

The next day I watched a glorious sunset from a rocky outcropping and reflected on why I love the Dolly Sods, and why I love backpacking so much. A day of clear weather reminds me that I'm out here for the expansive views, the peace found only in nature, the company of friends and a break from everyday life. Watching the orange ball of light slip beneath a nearby ridge as the sky turns purple restores and renews me, leading me to contentment that was missing before.

I'm reminded that I love the feeling of reaching the top of a hard climb, of enduring all the pain and struggle just to feel the wind on my face and feast my eyes on natural beauty. When I hike, I can push my mind and body to their limits and find out who I am and what I'm capable of. I love the murmur of a mountain stream or the whisper of falling leaves, the tiny details holding the most wonder. Backpacking will always have a special meaning for me, a meaning I can't fully express in words but can only share through experience.

Will Babb is a student at Ohio State University. His interests include backpacking, rock climbing, birding, and cooking. He grew up in Milford, Ohio and has explored a variety of outdoor recreation areas, both near and far. He views outdoor adventure as a means of fostering environmental concern and is passionate about sharing adventure and new experiences outside with others.

The Dolly Sods is a federally protected wilderness area in Monongahela National Forest, West Virginia. During World War II, the bald ridges and summits that make the area famous were used for artillery testing and military training. Now, the “Sods” are renowned for expansive vistas, pristine streams, and a unique bog and heath ecosystem similar to parts of Canada.
TRAIN LOCALLY FOR BACKPACKING ADVENTURES

Visit these local destinations to challenge yourself in preparation for an upcoming backpacking trip.

BENDER MOUNTAIN NATURE PRESERVE
Maintained by Western Wildlife Corridor, Bender Mountain Preserve, on Cincinnati’s west side, offers a range of trails from easy to strenuous. Combine them to meet your training needs.

DEVOU PARK
Explore the Backcountry Trails of Devou Park in Covington. These trails, shared by hikers and mountain bikers, offer varying levels of difficulty. Take in an amazing view of downtown Cincinnati from Devou’s overlook.

SHAWNEE LOOKOUT
Located in North Bend, Ohio, Shawnee Lookout features moderate trails with spectacular river valley views. Great Parks of Hamilton County occasionally offers backpacking training sessions at this park.
Successfully preparing your pack for a long trek is primarily about positioning your gear thoughtfully. Here are a few pointers on how to pack your backpack for comfort and efficiency.

**STUFF YOUR TOP LID WITH TOP-OF-MIND ESSENTIALS**

such as your headlamp, first aid kit and water purification equipment. You don’t want to be digging through the depths for your map. Prioritize space at the top of your pack for this gear.

**KEEP WARMTH CLOSE AT HAND** for when things turn chilly. Place an extra layer in the upper part of your pack so you can access it easily.

**PLACING HEAVY GEAR IN THE MIDDLE** will help maintain comfort on the trail. Equally distribute weight between the shoulderblades and in the middle of the back.

**ON-THE-GO ITEMS** such as lip balm, sunscreen and your phone are best kept in your hipbelt pocket -- that way, no stopping is required.

**START WHERE YOU’LL END** the day. Load the bottom of your pack with your sleeping bag, pad and other nighttime gear. You won’t need these until you reach camp, so don’t waste easily accessible space on them. Your pack may even come with a designated compartment for these items.
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.

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.

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.

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.
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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<tr>
<th>Bike Shop Name</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
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<tr>
<td>Bike Kitchen</td>
<td>101 W. Daniels Street (Underneath Dabney Hall), Cincinnati, OH 45219</td>
<td>(513) 556-2453</td>
<td><a href="http://www.uc.edu/af/pdc/sustainability/campus_initiatives/transportation/bike_kitchen.html">www.uc.edu/af/pdc/sustainability/campus_initiatives/transportation/bike_kitchen.html</a></td>
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<tr>
<td>BioWheels</td>
<td>6810 Miami Avenue, Cincinnati, OH 45243</td>
<td>(513) 861-2453</td>
<td><a href="http://www.biowheels.com">www.biowheels.com</a></td>
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<tr>
<td>Bishop's Bicycles</td>
<td>313 Main Street, Milford, OH 45150</td>
<td>(513) 831-2521</td>
<td><a href="http://www.bishopsbicycles.net">www.bishopsbicycles.net</a></td>
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<tr>
<td>Campus Cyclery</td>
<td>241 W. McMillian Street, Cincinnati, OH 45219</td>
<td>(513) 721-6628</td>
<td><a href="http://www.campuscyclery.com">www.campuscyclery.com</a></td>
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<tr>
<td>Cyclops Bikes</td>
<td>100 Vine Street, Lawrenceburg, IN 47025</td>
<td>(812) 655-0777</td>
<td><a href="http://www.cyclopsbikes.com">www.cyclopsbikes.com</a></td>
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<tr>
<td>Fairfield Cyclery</td>
<td>4860 Dixie Highway, Fairfield, OH 45014</td>
<td>(513) 829-7586</td>
<td><a href="http://www.fairfieldcyclery.com">www.fairfieldcyclery.com</a></td>
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<tr>
<td>Fifty West Cycling Company</td>
<td>7669 Wooster Pike, Cincinnati, OH 45227</td>
<td>(513) 731-9111</td>
<td><a href="http://www.fiftywestcycling.com">www.fiftywestcycling.com</a></td>
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<tr>
<td>Jim's Bicycle Shop</td>
<td>8015 Plainfield Road, Cincinnati, OH 45236</td>
<td>(513) 793-1163</td>
<td><a href="http://www.jimsbicycleshop.com">www.jimsbicycleshop.com</a></td>
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<td>Loveland Bike Rental</td>
<td>206 Railroad Avenue, Loveland, OH 45140</td>
<td>(513) 683-0468</td>
<td><a href="http://www.lovelandbikerental.com">www.lovelandbikerental.com</a></td>
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<tr>
<td>Mobo Bicycle Co-op</td>
<td>1415 Knowlton Avenue, Northside, OH 45223</td>
<td>(513) 666-1890</td>
<td><a href="http://www.facebook.com/mobobicyclecoop/">www.facebook.com/mobobicyclecoop/</a></td>
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<tr>
<td>Montgomery Cyclery</td>
<td>8483 Beechmont Avenue, Cincinnati, OH 45255</td>
<td>(513) 474-5888</td>
<td><a href="http://www.montgomerycyclery.com">www.montgomerycyclery.com</a></td>
</tr>
<tr>
<td>Monty Cyclery</td>
<td>3708 Dixie Highway, Erlanger, KY 41018</td>
<td>(859) 342-7300</td>
<td><a href="http://www.montgomerycyclery.com">www.montgomerycyclery.com</a></td>
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<tr>
<td>Monty Cyclery</td>
<td>9449 Montgomery Road, Montgomery, OH 45242</td>
<td>(513) 793-3855</td>
<td><a href="http://www.montgomerycyclery.com">www.montgomerycyclery.com</a></td>
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<tr>
<td>Monty Cyclery</td>
<td>8975 Cincinnati Columbus Road, West Chester, OH 45069</td>
<td>(513) 779-6767</td>
<td><a href="http://www.montgomerycyclery.com">www.montgomerycyclery.com</a></td>
</tr>
<tr>
<td>Monty Cyclery</td>
<td>3301 Westbourne Drive, Cincinnati, OH 45248</td>
<td>(513) 574-1305</td>
<td><a href="http://www.montgomerycyclery.com">www.montgomerycyclery.com</a></td>
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BIKING

REI
2643 Edmondson Road
Cincinnati, OH 45209
(513) 924-1938
www.rei.com

RESER BICYCLE OUTFITTERS
648 Monmouth Street
Newport, KY 41071
(859) 261-6187
www.reserbicycle.com

SMITTY’S CYCLERY
6000 Wooster Pike
Cincinnati, OH 45227
(513) 271-3180
www.smittyscyclery.com

SPUN BICYCLES
4122 Hamilton Avenue, Suite A
Cincinnati, OH 45223
(513) 541-7786
www.spunbicycles.com

TEAM CYCLING & FITNESS
7765 Colerain Avenue
Cincinnati, OH 45239
(513) 522-1551
www.teamcyclingandfitness.com

VELOcity BIKE & BEAN
7560 Burlington Pike
Florence, KY 41042
(859) 371-8356
www.velocitybb.com

WEST TRAILS BICYCLES
8007 Harrison Avenue
Miamitown, OH 45041
(513) 353-9378
www.wtbikes.com

WEST CHESTER CYCLERY
9304 Cincinnati Columbus Road
Cincinnati, OH 45241
(513) 777-9742
www.westchestercyclery.com

TREk BICYCLE STORES OF CINCINNATI
7576 Voice of America Drive
West Chester, OH 45069
(513) 755-3773
www.trekstorecincinnati.com

9695 Kenwood Road
Cincinnati, OH 45242
(513) 745-0369
www.trekstorecincinnati.com

1999 Dixie Highway
Fort Wright, KY 41011
(859) 331-2482
www.trekstorecincinnati.com

Gear. Rentals. Outfitting.

www.rei.com
BIKING

CYCLING SAFETY TIPS
WHEN RIDING ON THE ROAD

GO WITH THE FLOW.
Ride with traffic - it’s the safest way.

SAME ROAD, SAME RULES.
Obey the rules of the road, including all stop signs and red lights.

BE VISIBLE.
Signal your turns and equip your bike with lights and reflectors.

BE ALERT.
Motorists aren’t always watching for you. Take extra care turning corners and when riding alongside parked cars.

go PLAY DISCOVER ENJOY
Lebanon City Parks

MILLER ECOLOGICAL PARK
• Nearly 3 miles of trails traverse 97 acres of park land
• Nature playscape, sledding hill, and bird watching blind
• Three unique gardens, native prairies, and native tree plantings
• FREE educational programs

www.lebanonohio.gov

PREMIER HEALTH ATRIUM MEDICAL CENTER BIKE PARK
Fun for ALL skill levels!

7 features to choose from!
• Mountain Bike Trails
• 2 Jump Lines
• Cyclocross Course
• Beginner and Intermediate Pump Tracks
• Perimeter Trail
BIKING

FIXING A FLAT
WITH A SIMPLE PATCH KIT

1. Remove the tire and tube from the rim.

2. 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.

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

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

5. 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.

6. 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.
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.
BEST STARGAZING CAMPSITES
Spend an evening outdoors and looking up in one of these parks for mesmerizing stargazing.

STONE LiCK STATE PARK
2895 Lake Drive
Pleasant Plain, OH 45162
http://parks.ohiodnr.gov/stonelick

CAESAR CREEK STATE PARK
8570 E. State Route 73
Waynesville, OH 45068
http://parks.ohiodnr.gov/caesarcreek

COW AN LAKE STATE PARK
1750 Osborn Road
Wilmington, OH 45177
http://parks.ohiodnr.gov/cowanlake

FERNALD NATURE PRESERVE
7400 Willey Road
Hamilton, OH 45013
www.lm.doe.gov/fernald/sites.aspx
Present matters at hand, you find a sense of happiness from your tasks as they each serve a purpose and benefit you.

To be honest, I never enjoyed camping growing up. My family did not do it very often; there were always mosquitoes; and who thought sitting around a fire like cave people was fun? I am very grateful, however, for the exposure to the activity. Camping isn’t going to appeal to everyone on the first go. (That’s fantastic if it does, though!) For me, it took some practice and developing a “routine” before I became very comfortable with it all. And ever since, I’ve enjoyed camping on forest roads, miles from the nearest vehicle, on beaches and nestled among boulders above the tree line. No matter the confines, my mind is always quiet, my intentions clear and my heart content.
BREKKAST STYLE
Start the day right with this breakfast treat. Switch out the traditional graham cracker for a breakfast bar or pastry, such as a Pop-Tart. Top with a gooey marshmallow and garnish with freeze-dried strawberries and bananas.

S’MOREOS
Try substituting graham crackers for Oreo cookies, with or without the cream, for a chocolatey delight!

SALTED CARAMEL
A perfect balance of sweet and salty! Start with pretzel chips as your cracker, add a classic toasted marshmallow and smoosh with a handful of chocolate covered caramels, such as Milk Duds.
When camping at Adventure Outpost, Adventure Crew prefers a tent under the stars, but cabins are also an option at this robust outdoor venue. Get your feet wet (literally) with a wide range of activities like kayaking, archery, disc golf and wilderness skills. Located within Great Parks of Hamilton County’s Winton Woods, Adventure Outpost also has quick access to biking and fishing. Whether for summer camp or team building, Adventure Outpost is a great destination.
LEAVE NO TRACE

Whether you’re spending a week in the backcountry or a couple of nights camping in the frontcountry, these simple principles will ensure you respect and preserve the natural landscape.

PLAN AHEAD.
Preventing for weather and terrain will help you adventure safely while minimizing damage to the environment.

STICK TO DURABLE SURFACES.
Take the trail, where you’re meant to tread. When traveling waterways, be aware of the riparian zone while entering and exiting your craft.

DISPOSE OF WASTE.
Pack out everything you bring in.

LOVE IT, LEAVE IT.
Enjoy the beauty of wildflowers and rock formations, but don’t disturb them.

CONSIDER YOUR CAMPFIRE.
In the backcountry, be sure to assess the risk of fire damage. When present, use existing fire rings. Source your wood from the area where you’re camping or purchase heat-treated wood. Moving firewood poses a very serious threat to the health of trees -- it can spread pests and diseases.
TALKING TECHNIQUE
EXPLORING THE DIFFERENCES BETWEEN ACTIVE AND PASSIVE FISHING

We are blessed with an abundance of recreational quality lakes, rivers and streams in our region. Due to the combined efforts of multiple environmental and natural resource agencies over the years, these water bodies now support an unbelievable assortment of quality fish and other aquatic life. But how do you catch fish in these various environments?

Two Basic Fishing Techniques: Active and Passive

There are two primary methods of fishing: active and passive. Active fishing techniques involve movement: using a man-made lure to mimic a natural food type (such as a small fish, frog, crayfish, bug, etc.); casting it, usually from a boat toward the shoreline; and retrieving it, hoping that a fish sees it as an easy meal.

Passive techniques entice fish with known, natural food such as small fish, minnows or worms, or with man-made baits such as catfish and carp baits. These natural foods or man-made baits can be suspended beneath a bobber in shallow water or allowed to lie on the bottom in shallow or deeper water, hoping that fish will find them and eat them. Either fishing technique, active or passive, can be successful and enjoyable in our lakes and rivers.

Active Fishing

Active fishing is usually conducted from a boat, kayak, canoe, raft or power boat, with anglers casting various lures toward shore and retrieving them. There are a variety of lures to entice fish into striking. Some lures float on the surface; some dive below the surface to various depths; and some bounce along the bottom. All lure types and styles can be successful. Much depends on the time of year, weather, water clarity, temperature, habitat and species of fish targeted.

Passive Fishing

Passive fishing can be done from the shore line or a boat. It's most commonly conducted during the summer and targets smaller panfish such as bluegill sunfish in lakes and ponds, but it can also be done in rivers targeting larger, bottom-dwelling species such as catfish and carp that can weigh upwards of 20 pounds. (Someone caught a 96-pound blue catfish from the Ohio River near Cincinnati in 2009!) Passive fishing can be great fun, but it takes patience and perseverance.

WANT TO LEARN MORE?

State resource agencies in our Tri-State area have excellent resource materials to help beginner fishers:

Ohio Department of Natural Resources, Division of Wildlife
https://ohiodnr.gov/

Kentucky Department of Fish and Wildlife
https://fw.ky.gov/Fish

Take Me Fishing, Indiana
www.takemefishing.org/indiana/fishing/

As always, observe all fishing regulations and license requirements.
LARGEMOUTH BASS
The largemouth bass is one of the most common sport fish in the Ohio River. Throughout the recreational season, participants in organized bass tournaments on the Ohio River pursue this prized species. Fishers return all fish caught during such tournaments to the river alive. Per their name, largemouth bass have a very large mouth that helps them catch and consume smaller fish along with other prey items in their diet including frogs, crayfish and large insects.

SMALLMOUTH BASS
The smallmouth bass is another prized sport fish frequently caught in the Ohio River. Somewhat smaller than the largemouth bass, what it gives up in size it more than makes up in fight! The smallmouth bass is characterized by a much smaller mouth than its large-mouthed cousin and has more of a bronze color than the green-hued largemouth. The current record for smallmouth bass caught in the Ohio River is 6 1/4 pounds and 21 ½ inches in length!
SAUGER
More sauger are caught in the tailwaters of Ohio River dams than any other species. Anglers take sauger during early spring spawning runs when they congregate near swift shoals, near the mouths of streams or in tailwaters of dams. Sauger are in the same family as walleye and yellow perch and are excellent table fare. Some people call them “jack salmon.” Adults are typically 9-15 inches long and weigh less than one pound, but they can reach 24 inches and 7 pounds.

CATFISH
Another popular Ohio River sport fish is catfish. There are several species of catfish in the Ohio; the channel, flathead and blue catfish are the most commonly caught and pursued. Blue catfish are the largest; one caught near Cincinnati weighed 96 pounds! Flathead catfish come next, with individuals weighing in at 50+ pounds not uncommon. Channel catfish in the 5- to 10-pound range are common, but they can also exceed 10 pounds.

PADDLEFISH
Paddlefish are one of the oldest, largest and most unique fish species found in the Ohio River. Also called “spoonbill catfish,” they have a large, flat snout or rostrum that extends forward from their head. They use it to detect densities of plankton, which they eat, in the water column. Paddlefish can grow up to 5 feet long and weigh as much as 200 pounds, but they are more commonly found in the 2 - to 4-foot length and weighing 5-20 pounds. Paddlefish are a commercial species harvested from the Ohio River using large nets. Their eggs are marketed as caviar.
Have you wanted to go fishing but are unsure what to do once you reel in your catch? Read over these simple, helpful tips for catch and release fishing.

Consider barbless hooks.
Unhooking your fish will be easier with a barbless hook. You can flatten the barbs on smaller hooks with a set of pliers. Avoid multipoint and treble hooks for catch and release as they are trickier to remove without damaging the fish.

Use the right tools.
A pair of needle-nose pliers or a similar tool will protect your hands when removing a hook, especially when dealing with toothy fish. Grasp the hook with your tool and twist to remove it.

Know when to leave a hook.
If you're fishing with live bait, there's a chance the fish swallows the bait and lodges the hook in the gut or gills. In this case, it's often best to cut the line, leave the hook in and release the fish. The hook will deteriorate over time. Attempting to dislodge these hooks can cause severe damage to the fish.

Release gently.
Return your fish to the water with care. You can slowly slide the fish back and forth, moving water over their gills to revive them. If you’re fishing in a river, face the fish with the current to get the same effect.
With home gardening becoming more popular than ever, having a quick and easy guide for when to start seeding or planting is important. As spring approaches, it is important to have a plan of action for the timing of the plants you want to grow in your garden this growing season. Whether you are container gardening in an apartment or have a backyard garden plot, these general time frames apply to the following commonly planted vegetables.

With all of these vegetables, always check the seed packet or tag for more variety-specific details on care. For more information on these and other commonly planted garden varieties, check out the Civic Garden Center, OSU Extension and UK Extension offices. Happy gardening!

### GARDEN PLANTING SCHEDULE

- **Onions**: Seed in the middle of February; harvest in the middle of August.
- **Potatoes**: Plant in March; harvest in July.
- **Spinach**: Seed at the beginning of March; harvest in May.
- **Lettuce**: Seed in the middle of March; harvest in the middle of May.
- **Sweet Corn**: Seed at the beginning of April; harvest in the middle of July.
- **Brassicas**: Seed at the beginning of April; harvest in June/July.
- **Tomatoes**: Plant transplants in the middle of May; harvest in the middle of August.
- **Eggplant**: Plant transplants in the middle of May; harvest in the middle of August.
- **Peppers**: Plant transplants in the middle of May; harvest in the middle of August.
- **Beans**: Seed in April; harvest in June.
- **Sweet Potatoes**: Plant transplants in the middle of May; harvest in October.
Support local farmers by shopping your neighborhood markets for fresh local produce, meats, baked goods and more. Market details are subject to change.

**OHIO**

**Butler County**

**Fairfield Farmers’ Market**  
Fairfield Community Arts Center  
411 Wessel Dr. | Fairfield, OH 45014  
Fairfield-City.org/market  
www.facebook.com/thefairfeldfarmersmarket/  
Hours: 4-7 p.m. Wednesdays, late April-October  
4-7 p.m. first and third Wednesdays, November-mid-April

**Hamilton's Historic Farmers’ Market**  
101 High St. | Hamilton, OH 45013  
www.facebook.com/Hamiltonshistoricfarmersmarket/  
Hours: 8 a.m.-noon Saturdays, May 16-Oct. 3

**Liberty Farm Market**  
5850 Princeton Rd.  
Liberty Township, OH 45011  
libertyfarmmarket.com  
Hours: 10 a.m.-6 p.m. Monday-Saturday

**Oxford Farmers’ Market -- Uptown**  
20 S Main St. | Oxford, OH 45056  
OxfordFarmersMarket.com  
Hours: 8 a.m.-noon Saturdays, May-September  
9-noon Saturdays, October-Thanksgiving  
10 a.m.-noon third Saturdays, December-April

**West Chester Farmers’ Market**  
westchesterohiofarmersmarket.org  
**Summer:**  
The Square at Union Centre  
9285 Center Pointe Drive  
West Chester, OH 45069  
Hours: 2-4 p.m. first and third Saturdays in April  
9 a.m.-1 p.m. Saturdays, May-September.  
**Winter:**  
Mulhauser Barn  
8558 Beckett Road  
West Chester, OH 45069  
Hours: 2-4 p.m. first and third Saturdays, November-March

**Clermont County**

**Batavia**  
Main St. at Depot Ave.  
Batavia, OH 45103  
www.facebook.com/BataviaOHFarmersMarket/  
Hours: 9 a.m.-1 p.m. Saturdays; 3-6 p.m. Wednesdays, July-October

**Milford Farmers’ Market**  
1005 Lila Ave (Rt 50)  
Milford, OH 45150  
milfordfarmersmarket.com  
Hours: 10 a.m.-2 p.m. Saturdays, June-October  
2-5 p.m. Wednesdays (starting in July)

**Mount Carmel Market**  
Sports Rock Cafe  
453 Old 74  
Mount Carmel, OH 45244  
MilfordFarmersMarket.com  
Hours: 2-5:30 p.m. Tuesdays, July-September

**Clinton County**

**Clinton County Farmers’ Market**  
clintoncountyfarmersmarket.com  
**Spring (March-May) and Winter (October-December):**  
Wilmington Municipal Building  
69 N South St.  
Wilmington, Ohio 45177  
Hours: Spring and Winter: 9 a.m.-noon, first and third Saturdays  
Summer (June-September):  
Mulberry Street, in front of the General Denver Hotel  
Wilmington, Ohio 45177  
Hours: Summer: 8:30 a.m.-noon Saturdays

**Hamilton County**

**Anderson Farmers’ Market**  
St. Timothy Episcopal Church  
8101 Beechmont Ave.  
Cincinnati, OH 45255  
AndersonFarmersMarket.org  
Hours: 9 a.m.-noon Saturdays, May 9-Oct. 10

**Blue Ash Farmers’ Market**  
Summit Park  
4335 Glendale Milford Road  
Blue Ash, OH 45242  
www.facebook.com/blueashfarmersmarket/  
Hours: 3:30-7 p.m. Wednesdays, May 13-Sept. 30

**Delhi Farmers’ Market**  
Clearview Lake  
5125 Foley Road  
Cincinnati, Ohio 45238  
www.facebook.com/DelhiFarmersMarketCincy/  
Hours: 9 a.m.-noon Saturdays, May 23-Aug. 29
Farmer Produce Market of Cincinnati at Lunken Airport
Wilmer Ave. off of State Route 52 (adjacent to Lunken Airport, 262 Wilmer Ave.) | Cincinnati, OH 45226
Hours: 11 a.m.-6 p.m. Monday-Friday
9 a.m.-5 p.m. Saturday-Sunday, late April to late fall

Fibonacci’s Mount Healthy Farmers’ Market
1451 Compton Road
Cincinnati, OH 45231
FibBrew.com
Hours: 11 a.m.-2 p.m. first Sunday of month, May 3-Nov. 2

Findlay Market (outdoor farmers market)
1801 Race St. | Cincinnati, OH 45202
findlaymarket.org
Hours: 8 a.m.-2 p.m. Saturdays; 10 a.m.-2 p.m. Sundays year-round.

Hyde Park Farmers’ Market
hydeparkfarmersmarket.com
Summer:
Hyde Park Square
2700 Erie Avenue
Cincinnati, OH 45208
Hours: 9:30 a.m.-1:30 p.m. Sundays, May 17-Oct. 25
5-8 p.m. “Turkey Tuesday” the Tuesday before Thanksgiving
Winter:
Clark Montessori
3030 Erie Ave
Cincinnati, Ohio 45208
Hours: 9:30 a.m.-1 p.m. Sundays, November-May

Lettuce Eat Well Farmers’ Market
Cheviot Elementary School
4040 Harrison Ave.
Cincinnati, OH 45211
lewfm.org
Hours: 3:30-6:30 p.m. Fridays, May-October
First and third Fridays, November-April (indoor, pre-order market)

Loveland Farmers’ Market
205 Broadway St.
Loveland, OH 45140
lovelandfm.com
Hours: 3-6:30 p.m. Tuesdays, May 7 to Oct. 29

Madeira Farmers’ Market
madeirafarmersmarket.com
Summer:
Corner of Dawson and Miami
Madeira, OH 45243
Hours: 3:30-7 p.m. Thursdays, May-October
Winter:
Madeira Silverwood
Presbyterian Church
8000 Miami Ave.
Madeira, OH 45243
Hours: 4-6:30 p.m. November-April

Mariemont Farmers Market
6750 Wooster Pike
Mariemont, OH 45227
www.facebook.com/MariemontFarmersMarket
Hours: 10 a.m.-1 p.m. Sundays, June-mid-October

Montgomery Farmers’ Market
MontgomeryFarmersMarket.org
May-October:
Montgomery Elementary School parking lot
9609 Montgomery Road
Montgomery, OH 45242
Hours: 9 a.m.-12:30 p.m. Saturdays, May-October
November-December:
Montgomery Presbyterian Church
9494 ZigZag Road
Montgomery, Ohio 45242
Hours: 9:30-11:30 a.m. Saturdays, November-December

Mount Washington Market in the Park
Stanbery Park
2221 Oxford Ave.
Cincinnati, OH 45230
Hours: 9 a.m.-1 p.m. Saturdays, May-October

Nativity Church Tailgate Market
5935 Pandora Ave. (Pleasant Ridge)
Cincinnati, OH 45213
Hours: 3:30-7 p.m. Mondays, June-October

Northminster United Presbyterian Church Tailgate Market
703 Compton Road (Finneytown)
Cincinnati, OH 45231
Hours: 3:30 p.m.-6:30 p.m. Fridays, June-October

Northside Farmers Market
North Presbyterian Church
4222 Hamilton Ave.
Cincinnati, OH 45223
northsidefm.org
Hours: 4-7 p.m. Wednesdays year-round

Off Pike Market
Victory Park and Mills Ave.
Norwood, OH 45212
www.facebook.com/offpikemarket/
Hours: 10 a.m.-2 p.m. third Saturday of the month, May-September

Reading
Corner of Vine Street and Reading Road
Reading, Ohio 45215
www.facebook.com/ReadingFarmersMarket/
Hours: 4 p.m.-7 p.m. Fridays, May 29-Sept. 25

Sayler Park Farmers Market
Nelson Sayler Memorial Park
6600 Gracely Drive
Cincinnati, OH 45233
www.facebook.com/Saylerparkfarmersmarket/
Hours: 4-7 p.m. Tuesdays, June-August

WestSide Market
3719 Harrison Ave.
Cheviot, OH 45211
WestsideMarketCincy.com
Hours: 10 a.m.-3 p.m. first Saturday of the month, May-August (fall fest Sept. 5, Oct. 31, Nov. 28)

Montgomery County

Centerville
892 S. Main St.
Centerville, OH 45458
Hours: 3 p.m.-6:30 p.m. Thursdays, May-October (Also 2:30-6:30 p.m. Nov.21 and Dec. 19 at Benham’s Grove, 166 N. Main St.)

Warren County

Deerfield Farmers’ Market
Kingswood Park
4188 Irwin Simpson Road
Mason, OH 45040
deerfieldfarmersmarket.com
Hours: 9 a.m.-noon Saturdays, May-October; 10-11 a.m. third Saturday of the month, November-April

Lebanon, Ohio Farmers Market
Corner of Sycamore and Main Streets | Lebanon, OH 45036
lebanonohiofarmersmarket.com
Hours: 3-7 p.m. Thursdays, mid-May-mid-October
KENTUCKY

Boone County

Boone County Farmers Market
6028 Camp Ernst Road
Burlington, KY 41005
boonecountyfarmersmarket.org
Hours: 10 a.m.–5 p.m. daily,
May-October (9 a.m.–6 p.m.
Memorial Day-Labor Day)

Campbell County

Campbell County Farmers Market
www.facebook.com/campbellcount yfarmmarket/
Alexandria:
Southern Lanes Sports Center
7634 Alexandria Pike
Alexandria, KY 41001
Hours: 3 p.m.–6 p.m., Fridays, May 22-Oct. 30
Highland Heights:
Senior Citizens Activity Center
3504 Alexandria Pike
Highland Heights, KY 41076
Hours: 3 p.m.–6 p.m. Tuesdays,
May 19-Oct. 31
Newport:
709 Monmouth St. (public lot next
to Pepper Pod)
Newport, KY 41071
Hours: 9 a.m.–noon Saturdays, May 23-Oct. 31

Fort Thomas Farmers Market
950 Cochran Ave.
Fort Thomas, KY 41075
www.facebook.com/thomasfarmersmarket/
Hours: 3-7pm Wednesdays,
June-September, 3-6 p.m. October.

Covington County

Covington Farmers Market
www.rcov.org/covfarmersmarket
www.facebook.com/covingtonfarm ersmarket/
May-October:
Third and Court Streets
Covington, KY 41011
November-April:
Braxton Brewery, 27 W. Seventh St.
Covington, Kentucky 41011
Hours: 9 a.m.–1 p.m. Saturdays

Crestview Hills Farmers Market
Crestview Hills Town Center,
2833 Dixie Hwy
Crestview Hills, KY 41017
www.facebook.com/CrestviewHills FarmersMarket/
Hours: 10 a.m.–2 p.m. Saturdays,
May 30-Sept. 26

DCCH Farmers Market
75 Orphanage Road
Fort Mitchell, KY 41017
www.dcchfarmersmarket.com
www.facebook.com/Dcchfarmersmarket/
Hours: 10 a.m.–2 p.m. Saturdays,
May 9 - Oct. 31

Dixie Farmers Market
Erlanger Baptist Church
116 Commonwealth Ave.
Erlanger, KY 41018
Hours: 2-6 p.m. Thursdays, April
23-Oct. 29

Independence Farmers’ Market
5272 Madison Pike (Independence Courthouse Square)
Independence, KY 41011
www.facebook.com/SKFarmersMarket/
Hours: 8:30 a.m.–1 p.m. Saturdays,
May 2-Oct. 31

INDIANA

Decatur County

Main Street Greensburg
150 Courthouse Square* (Moving to Decatur County Fairgrounds for 2020)
Greensburg, IN 47240
mainstreetgreensburg.com
Hours: 2-6 p.m. Fridays, May–October

Franklin/Ripley County

Batesville Farmers Market
121 Batesville Shopping Village
Batesville, IN 47006
www.facebook.com/BatesvilleFarm ersMarket/
Hours: 7:30-11 a.m. Saturdays, early
May-mid October

MOBILE

Healthy Harvest Mobile Market
Held in various Greater Cincinnati neighborhoods. Visit the website for locations.
HealthyHarvestMobileMarket.com
Hours: Monday-Friday year-round; closed holidays. Visit the website for times.
Beautiful sunny days are practically an invitation to take your dining outdoors. Whether you're hosting a big backyard party or having a simple family cookout, food just tastes better in the fresh air. But having your toes in the grass doesn't mean you should stop thinking about your environmental footprint. Fortunately, it's not hard to 'green up' your backyard barbecue! Here are seven easy ideas.

Skip the plasticware. Plastic cutlery can't be recycled, so it all ends up in the landfill. (As many as 40 billion plastic utensils are wasted each year in the U.S. alone!) Besides, it's no fun when your wimpy fork breaks while you're trying to skewer some delicious food! Opt to use your regular flatware instead. Although it might increase your cleanup time, you'll save money and help save the planet while keeping your party (or family meal) classy.

Use "real" plates and cups. Like disposable utensils, those throwaway paper or plastic plates and cups can really add up in the landfill. Invest in reusable dishes in materials that don't break easily, such as stainless steel or wood. As an added bonus, think how much cooler your Instagram photos will look if your food isn't on soggy paper plates!

Don't waste your leftovers. Made too much food for a big get-together? Send your guests home with a generous helping of their favorite side dish so the leftovers don't go to waste. Build upcoming meals around any leftover meats. (That grilled chicken would taste great on a salad or in pasta!)

Consider the menu. Do you have access to local and/or organic produce? (Check out our farmers' market guide on pages 26-28 for ideas about where to buy local!) Use it to create some delicious dishes showcasing what's in season. Consider adding some meat-free dishes to the menu to further lessen your environmental impact.

Batch your beverages. Rather than stuff a cooler with store-bought bottled waters, fill some (non-fragile) jugs with water that your guests can pour themselves. You might also make a batch of lemonade or cocktails and consider buying growlers or kegs of beer from your local brewery to cut down on single-use drink containers.

Be recycle ready. Make sure guests have a separate recycling can to toss whatever aluminum cans or plastic bottles you do accumulate.

Upgrade your grill. When it's time for a new one, consider gas or electric -- or seek out sustainable charcoal -- for a cleaner burn.
It’s easier than you think to make your garden or porch a more inviting place for pollinators such as butterflies and honeybees.

**Small change, big impact.**
Planting for pollinators doesn’t have to be a major landscaping project. Start with a small space that you can manage and grow from there.

**It takes two.**
You’ll need a host plant and a nectar plant to start a pollinator garden. Host plants are necessary for moths and butterflies. Nectar plants provide nutrients for bees and other pollinators.

**No yard needed.**
Potted plants on a porch can be a happy habitat for pollinators.

**Feeding is good.**
Don’t panic if you see nibbles on some of your plants; that’s a good, healthy sign. Feeding means pollinators have found what you’ve planted.

**Aim for natives.**
There’s a wide range of plants that attract pollinators -- perennials, annuals, shrubs and trees. When possible, consider a native plant for your garden.
**SUNLIGHT**
Can pollinator gardens do well anywhere in a large yard, or do they prefer certain sun exposure?

This is a great question because most of us tend to (understandably) associate colorful flowers with full-on, direct sunlight. In actuality, however, there are a multitude of plant species that thrive in a variety of conditions, ranging from shady woodlands to open prairies. Half the fun is learning where plants thrive before putting them in the ground!

**DRAINAGE**
Can gardens be installed in areas with poor drainage?

Of course! Many pollinator-friendly plants flourish in areas with poor drainage and help reduce water runoff. For homeowners looking to beautify those bog-like patches in the backyard, rain gardens may be for you!

**MAINTENANCE**
You don't have to regularly mow a pollinator habitat, but what upkeep is required for it to thrive?

After the initial planting, we recommend occasional weeding around once a month. Annual mulch application (for the first few years) is also helpful with suppressing weed growth, retaining water and maintaining healthy soil composition. Once the pollinator habitat matures, ongoing maintenance becomes less of a requirement and more of an occasional touch-up to maintain a polished aesthetic.

**AESTHETICS**
Can pollinator gardens be pretty? What options do folks have for a colorful and flowery pollinator habitat?

Pollinator gardens are generally considered attractive by default because of the abundance of flowers and colorful wildlife it attracts. For those looking to prevent the "weedy" look generally associated with natural prairies, we recommend starting with a more structured plant layout.

The goal here is to combine aesthetics (what looks good to us) with function (what’s best for the ecosystem). Thinking in pairs or threes and being cognizant about heights, colors and shapes — all of these elements factor into creating the perfect centerpiece for a property that brings delight as opposed to a cry for help.
Here, the hard edges of city life meet the grit of the outdoors. We believe adventure is riding a bike for the first time, or feeling mud shift under your boots, or falling over your skis. Nowhere else can you find this precise mixture of adrenaline and peace.

Through ADVENTURE CREW, city teens develop the COURAGEOUS SPIRIT to step out of their COMFORT ZONE and discover new worlds -- OUTSIDE in nature, and INSIDE themselves. This deep connection to nature will CHANGE THE COURSE of their lives -- no matter what ENVIRONMENT they’re in.
Adventure Crew is a 501(c)3 that regularly connects a roster of almost 1,000 city teens across 24 schools to the great outdoors. Adventures are offered monthly and at no cost to students. Through Adventure Crew, city youth are immersed in the physical, mental, and social benefits of time spent in nature.

CONNECT WITH THE CREW ONLINE
W: adventurecrew.org
FB: @AdventureCrewCincinnati
IG: @AdventureCrewCincy

"WHEN I’M OUT IN NATURE WITH ADVENTURE CREW I FEEL FREE AND AT PEACE."
Feed your garden with your table scraps! It’s easy to start a composting routine. You’ll keep your trash can from smelling up your kitchen (and send less trash to the landfill!) while generating a nutrient-rich material for your yard. Here’s how to start.

**KNOW WHAT GOES.**
Familiarize yourself with what you can and cannot compost at home. Fruit and veggie bits are great. Avoid meat, dairy and bones for basic home composting, as they tend to attract pests. Be sure you save your eggshells; they’re great for your soil. Limit processed food in your compost as much as possible.

**UNDERSTAND YOUR SPACE.**
You don’t need an expansive outdoor area, but you’ll need to reach a critical mass of compostables for your efforts to be worthwhile. Let your space inform your compost bin selection.

**PICK YOUR BIN.**
There are plenty of composting container options. You can easily purchase stationary or rotating plastic bins, or you can build your own container from wire fencing or wooden pallets. Even an old trash can or five-gallon bucket can be fashioned into a composting bin. Regardless of your choice, your bin will need holes or openings for drainage and aeration.

**BRING ON THE BROWN.**
Introducing carbon-rich materials is a critical part of composting. Add dry leaves, pine needles, brown paper or straw to the food waste in your bin.

**WAIT A WHILE.**
Depending on the conditions, your compostables will break down at different rates. The more you turn your pile or bin, the more quickly you’ll see results. Regardless, composting is a relatively slow process. Allow at least a couple of months to see results.
Trail running can elevate your daily workout, engaging your mind and body in new ways. Here are a few tips for a successful introduction to trail running.

**ADJUST EXPECTATIONS.**
As you transition from paved-surface running, be open-minded about your expectations. Running on uneven, natural trails will impact how far and how fast you can move. Don’t be discouraged if you’re putting in fewer miles or slowing your pace.

**KEEP YOUR EYES AND FEET UP.**
The varying terrain keeps trail running interesting. Running the same course throughout the year can provide a new challenge each season. Remember to pick your feet up on the trail to clear rocks, roots and branches that cross your path. An active gaze will help you strategize an approach to these obstacles and keep you on your feet.

**GET THE RIGHT GEAR.**
Depending on the trails you choose, a new pair of running kicks might be in order. Protect your body by getting the appropriate footwear.
FIND YOUR PLACE in Nature

Twenty miles of spectacular trails winding along forests, fields, streams, and ponds.

4949 Tealtown Road, Milford, OH 45150
The Tri-State area has some beautiful places just a short drive away. I hear people talking about Hocking Hills here in Ohio often and Red River Gorge down in Kentucky all the time. Somewhere I never hear anyone talking about is the Hoosier National Forest out in Indiana. Stay with me here …

I wouldn’t have guessed there was anything too terribly exciting hiding in Indiana, but the Hoosier NF provides 203,000 acres open to recreation, with 266 miles of trail to explore. It’s also home to Indiana’s only wilderness area, the Charles C. Deam Wilderness. The latter encompasses 12,000 acres with 57 miles of trails and many more miles of unofficial trails leading to hidden ruins and hundred-year-old cemeteries left over from when the area was inhabited by farmers before the Great Depression. The area is also home to Lake Monroe, the largest lake entirely in Indiana.

One of my favorite things to do is to get up early on a Saturday and head west to the Axsom Branch Trailhead. From there it’s a moderate 4-mile hike out to the shore of Lake Monroe, where you can sit and enjoy the day along the water, swimming and watching fishers and other boats go by. As the sun starts to set on the other side of the water, you can begin the hike back to the car. Or if you’re a backpacker, you can set up camp near the lake shore and enjoy a night under the stars.

Trust me when I say this: Hoosier NF holds way more awesome hiking on top of this, so if you get a chance, definitely check it out. Hope to see you on the trail!

Ben Shaw works in the Cincinnati Area as a mechanical engineer. He plans to hike the Pacific Crest Trail in the summer of 2021 and has plans for different journeys around the country in 2020. You might run into him on the trails in Red River Gorge or paddling down the Little Miami.
Take a quick sojourn out of the city to enjoy these favorite weekend hikes in our region.

**EDGE OF APPALACHIA PRESERVE SYSTEM**

Discover one of the most biodiverse greenspaces in our region! A short drive 75 miles east of Cincinnati sits 20,000 acres of hardwood forest and prairie across a collection of nature preserves, known as the Edge of Appalachia. Of the 11 preserves in the system, four have been recognized as National Natural Landmarks. Explore one of these trails at the Edge. (maps available at www.cincymuseum.org/nature)

**Charles A. Eulett Wilderness Preserve Trail:** Trek through the richest collection of plant species at Edge of Appalachia on this 2.5-mile loop.

**Christian and Emma Goetz Buzzardroost Rock Preserve:** Take in the incredible views of the Ohio Brush Creek valley from the cliffs of the Buzzardroost Rock Preserve. There are 4.4 miles of trails to explore here.

**E. Lucy Braun Lynx Prairie Preserve:** The place where the Edge of Appalachia got its start, this prairie is home to rare, native plant species. Hike through wooded trails to prairie openings on this short 1.4-mile path.

**Joan Jones Portman Trail:** This 1.6-mile trailhead is located near a canoe/kayak access to the Ohio Brush Creek. Consider taking a paddle after your hike to the lookout on the Joan Jones Portman Trail and take in the view.

**CINCINNATI NATURE CENTER**

Venture to Clermont County, Ohio and you'll find a place like no other. At the Cincinnati Nature Center you can step into tranquil forests and wander winding trails across running streams on 1,700 acres of beautifully maintained greenspace. The Cincinnati Nature Center charges a daily admissions fee. If you want to regularly enjoy the Nature Center, consider purchasing a membership to save money and broaden your access to “members only” venues. www.cincynature.org

**Rowe Woods:** Exploration is almost endless on the over 1,000 acres at Rowe Woods. Find the trail that best fits your adventure -- there are 14 to choose from, ranging from easy to difficult. In the springtime, walk the Wildflower Trail to see some of the best wildflower blooms in the region. Workout your legs on the 200+ stair steps on the Geology Trail or meander around Powel Crosley Lake on the Edge Trail. Rowe Woods is
the perfect destination for family hikes, walks with the dog or just some peaceful time alone.

**Nature PlayScape:** Let the little ones romp around at this playscape designed to encourage unstructured play and curiosity. Located in Rowe Woods, Nature PlayScape is full of big boulders, logs, plants, soil and water waiting to be discovered by young explorers. This is a must-see attraction for kids while visiting Cincinnati Nature Center.

**Longbranch Farm & Trails:** Open only to members, Longbranch Farm & Trails offers 767 acres of forest and farmland in Goshen, just nine miles from Milford. Trek through the five miles of easy and moderate trails at this exclusive spot.

**DANIEL BOONE NATIONAL FOREST**

Greater Cincinnatians flock to this region approximately two hours south of Cincinnati, and for good reason: Its arches and cliffs are a jaw-dropping backdrop for a day (or more) of hiking. Be sure to exercise caution and stay on the trails -- while the cliffs are gorgeous, they can quickly become dangerous when visitors ignore safety protocols (and good sense).

**Red River Gorge:** A large network of trails crisscrosses this geological area, allowing hikers to traverse ridgelines or descend to peaceful creeks far below the cliffs. Take several short (.25 miles each way) walks to some of the park’s arches, or tackle some of the park's longer treks. The two-mile (one way) Auxier Ridge Trail is particularly scenic; combine it with other nearby trails to create a loop. [https://www.fs.usda.gov/recarea/dbnf/recarea/?recid=39458](https://www.fs.usda.gov/recarea/dbnf/recarea/?recid=39458)

**Natural Bridge State Resort Park:** Located adjacent to Red River Gorge, this Kentucky state park boasts a 78-foot long, 65-foot high arch. After hiking (or taking the sky lift) up to enjoy the view this natural bridge affords, you can hit the park’s 10 trails, which range in length from .5 to 7.5 miles. The park also features a swimming pool; mini-golf; canoeing; kayaking and pedal boating. For those who wish to make a weekend of it, a lodge, cabins and campsites are available. [https://parks.ky.gov/slade/parks/resort/natural-bridge-state-resort-park](https://parks.ky.gov/slade/parks/resort/natural-bridge-state-resort-park)
Looking for a new outdoor adventure?

Just sixteen miles from Cincinnati, at the mouth of the Great Miami River near Lawrenceburg, IN is Oxbow, Inc., a Land Trust protecting the Great Miami River floodplain. 3000 acres of floodplain draw more than 290 species of birds, 470 species of vascular plants as well as mammals, fish, amphibians, and mussels. 1400 acres of unique floodplain habitat are available to explore. Bird watching, botanizing, photography, kayaking and canoeing, bicycling (gravel and dirt roads) hiking and nature walks are a few available Oxbow activities. This important migratory bird area is open to the public. Go to www.oxbowinc.org to see maps, directions, sightings and upcoming programs and guided nature walks or oxbowinc on Facebook.

Get ready to engage your mind and body in “the thinking sport” of orienteering. The goal is to navigate through a series of checkpoints using a map and compass to determine the most efficient route. You can learn the basics of orienteering in about half an hour, but the sport offers a lifetime of practice and challenge. Great for all ages, orienteering is an ideal family activity. Give your kids a chance to explore the outdoors and burn off some energy while teaching them how to orient a map and set a compass. Think you’ve got the hang of it? Check out local orienteering events and test your speed and accuracy against other competitors. Perfect for every season, orienteering is definitely worth trying out! To get started orienteering, we suggest connecting with Orienteering Cincinnati at www.ocin.org.
Looking for a new outdoor adventure? Just sixteen miles from Cincinnati, at the mouth of the Great Miami River near Lawrenceburg, IN is Oxbow, Inc., a Land Trust protecting the Great Miami River floodplain. 3000 acres of floodplain draw more than 290 species of birds, 470 species of vascular plants as well as mammals, fish, amphibians, and mussels. 1400 acres of unique floodplain habitat are available to explore. Bird watching, botanizing, photography, kayaking and canoeing, bicycling (gravel and dirt roads) hiking and nature walks are a few available Oxbow activities. This important migratory bird area is open to the public. Go to www.oxbowinc.org to see maps, directions, sightings and upcoming programs and guided nature walks or oxbowinc on Facebook. (photo by Meg Poehlmann)
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**URBAN TREKS**

**THE COFFEE RUN**
Next time you’re craving a hot cup of joe before your weekend walk, consider this route.

- **START:** Roebling Point Books & Coffee, 306 Greenup St., Covington
- **ROUTE:** Across the Roebling Bridge to Smale Riverfront Park
- **ATTRACTIONS TO EXPLORE:** On your crossing, check out the historic bridge and beautiful views of the Ohio River. In the park, there’s lots to discover. Relax on the swings, stroll through the rose gardens or check out the carousel. This is a great park for kids!

**TREK THROUGH SPACE**
Take your urban hike far out when you explore the SPACE WALK, a to-scale model of the solar system.

- **START:** Salway Park, Spring Grove Ave. in Northside
- **ROUTE:** Mill Creek Greenway Trail
- **ATTRACTIONS TO EXPLORE:** Traverse the solar system in less than a mile on this 3.5 billion:1 scale model along the Mill Creek Greenway Trail. Fruit trees have been planted along the trail, creating an edible forest garden.
ART IN THE PARK
Creative and natural beauty are nestled together in this indoor/outdoor adventure.

START: Art Museum, 953 Eden Park Drive
ROUTE: Explore Eden Park
★ ATTR ACTIONS TO EXPLORE: Begin your adventure by discovering the exhibits at the Cincinnati Art Museum, located within Eden Park. Pack a lunch to enjoy afterwards while you sit next to Mirror Lake. Don’t leave without taking in the gorgeous river views.

BOOK IT
Bookworm meets earthworm on this urban trek in Clifton.

START: Clifton Branch Library, 3400 Brookline Ave.
ROUTE: Cross Ludlow Avenue to Burnet Woods
★ ATTR ACTIONS TO EXPLORE: Check out a page-turner and then crack it open while you enjoy an urban oasis. In between chapters, stretch your legs on the trails. Listen closely for the healthy population of birds that reside in Burnet Woods.

A PEACEFUL STROLL
Take in the historic beauty of the third-largest cemetery in the nation.

START: Spring Grove Cemetery, 4521 Spring Grove Ave.
ROUTE: Paths throughout the cemetery
★ ATTR ACTIONS TO EXPLORE: Spring Grove Cemetery is the resting place for many well-known Cincinnati entrepreneurs, politicians and community leaders. The 40 miles of winding roads bring you past preserved woodlands and serene lakes.
HIKING IN THE RAIN
GEAR UP, STAY DRY, KEEP TREKKING

Don’t let the gray scare you away. Here are some important gear considerations for rainy day hikes.
ON YOUR BODY

WARM BASE LAYERS: Cotton is rotten! Cotton clothes will hold in moisture and chill you to the bone. Stick to synthetic or wool base layers to keep you warm. Similarly, avoid down insulated layers. Down loses its insulating ability when wet. (A)

RAIN JACKET: A high quality rain jacket is your first defense. (B)

WATERPROOF PANTS: A pair with a zipper at the ankle makes it easy to take this layer off and on without removing your boots. (C)

WATERPROOF BOOTS AND GAITERS: Keep your feet warm and dry with solid waterproof boots. Gaiters will protect the top of your footwear and your socks on especially soggy days. Select a boot with good traction, too -- trails will be muddy and slippery. (D)

ON YOUR BACK

PACK RAIN COVER: Keep the contents of your pack dry with a pack rain cover. Some day packs come with a cover built in. Otherwise, you can buy one separately. (E)

EXTRA DRY SOCKS: In the off chance your feet get soaked, these will be a lifesaver. Other dry layers are recommended, too. (F)

DRY BAGS: Don’t let your extra clothes get soggy -- pack items in dry bags. Even a thick ziplock bag can suffice. (G)

IN YOUR HANDS

TREKKING POLES: Slick surfaces invite injury. Use a handy set of trekking poles to increase balance and reduce slips and falls. (H)

WATERPROOF GLOVES: On colder days, gloves will help keep you warm and your grip reliable when using your trekking poles. (I)

(NOT) IN YOUR MIND

DESTINATION DETERMINATION: Be mindful of the weather and your fatigue. Don’t let a mentality of “finish the hike” risk your health and safety in inclement weather, especially if hypothermia is possible. Be OK with turning around early and warming up with a hot chocolate, coffee or tea while you reminisce about your rainy day adventure.
The Ohio River Paddlefest is the nation’s largest paddling celebration, held each summer in Cincinnati. Be a part of this year’s Paddlefest! Visit ohioriverpaddlefest.org.
TYPES OF PADDLING

There’s more than one way to enjoy paddlesports. Try something new or hone your skills in a familiar craft. Here are our favorite types of paddling.

CANOEING

For many, paddling a canoe is a fond memory from summer camp and family vacations. Canoes are ideal for paddling with a friend, as a standard canoe accommodates two paddlers.

We love canoes for river sweeps. The extra space in the boat allows you to stack up collected debris. Show your favorite paddling spot some conservation love -- grab a canoe and get sweeping!

KAYAKING

More slender and shallow than a canoe, kayaks are a great choice for solo paddlers or paddlers who would prefer to be near their friends or family instead of with them in the same boat.

Kayaks are generally categorized as “sit-on-top” or “sit-in.” Sit-on-top boats are easier to enter and exit. As the name implies, you simply sit on top of the kayak, legs exposed. A sit-in kayak is slightly trickier to get in and out of, but is more stable on the water. With a sit-in kayak, your legs slip down inside the hull of the boat.

While canoes have traditionally been the choice boat for fishing while paddling, kayaks are gaining quickly. There are an impressive variety of fishing kayaks on the market, complete with all the bells and whistles an angler could ask for.

STAND-UP PADDLE BOARDING (SUP)

Relatively new to the paddling scene, stand-up paddle boarding (or SUP for short) has quickly grown as a favorite of lifelong paddlers and fitness enthusiasts alike. Standing on your board while paddling requires good core strength and balance.

While whitewater SUPing is an option for expert paddlers, beginners will want to stick to lakes and wide, calm rivers with a SUP. Opt for a canoe or kayak if you’re paddling a moderate current.

BOAT REGISTRATION

State registration is required for kayaks and canoes in Ohio. If you’re paddling in Kentucky or Indiana, no registration is required.
LIVERIES IN GREATER CINCINNATI

BELLBROOK CANOE RENTAL
3234 Washington Mill Road
Bellbrook, OH 45305
(937) 848-4812
www.bellbrookcanoerental.com

CANOE KENTUCKY
7323 Peaks Mill Road
Frankfort, KY 40601
1-888-CANOE-KY
www.canoeky.com

GREEN ACRES CANOE
10465 Suspension Bridge Road
Harrison, OH 45030
(513) 353-4770
www.greenacrescanoe.com

FIFTY WEST CANOE & KAYAK
7605 Wooster Pike
Cincinnati, OH 45227
(513) 479-0337
www.fiftywestcanoe.com

LITTLE MIAMI CANOE RENTAL
219 Mill Street (SR 123)
Morrow, OH 45152
(513) 899-3616
www.littlemiamicanoe.com

LOVELAND CANOE & KAYAK
174 Karl Brown Way
Loveland, OH 45140
(513) 683-4611
www.lovelandcanoe.com

MORGAN’S OUTDOOR ADVENTURES
7040 Whitewater River Lane
Brookville, IN 47012
1-888-304-4904 or (765) 647-4904
www.morganscanoerental.com

5701 State Route 350
Oregonia, OH 45054
1-800-WE-CANOE or (513) 932-7658
www.morganscanoerental.com

RIVER DOGS PADDLESPORTS
110 Ferry Street
Milford, OH 45150
(513) 748-3647
www.riverdogspaddlesports.com

RIVERSEDGE CANOE OUTFITTERS
3928 US-42
Waynesville, OH 45068
(937) 903-6468
www.riversedgeoutfitters.com

SCENIC RIVER CANOE EXCURSIONS
4595 Round Bottom Road
Cincinnati, OH 45244
(513) 576-9000
www.scenicrivercanoe.com

THAXTON’S CANOE TRAILS
33 Hornbeek Road
Butler, KY 41006
(859) 472-2000
www.gopaddling.com

TIPPECANOE & KAYAKS TOO
9630 Hamilton Cleves Pike Road
Harrison, OH 45030
(513) 290-8574
www.tippecanoeeandkayakstoo.com

TWIN CREEK KAYAK & CANOE
1341 W. Market Street
Germantown, OH 45327
(937) 903-8934
www.twincreekcanoe.com

WHITEWATER CANOE RENTAL
1154 Main Street
Brookeville, IN 47012
(800) 634-4277
www.whitewatercanoerental.com

6288 US-52
Cedar Grove, IN 47016
(800) 634-4277
www.whitewatercanoerental.com
WATER SAFETY

Take one simple step to ensure your safety on the water --

WEAR A LIFE JACKET.

Regardless of the activity -- paddling, boating or fishing -- wear a properly fitted, Coast Guard-approved life jacket. Consider the statistics:

- **77%** of boating deaths are caused by drowning
- **84%** of victims were NOT wearing a life jacket
- **66%** of drowning victims are good swimmers

BE SMART. BE SAFE. WEAR IT.
PLACES TO PADDLE

Greater Cincinnati is fortunate to have five streams that you can paddle year round. Discover one of these local streams on your next paddling adventure.

A - Miami Whitewater Forest
9001 Mt. Hope Road | Harrison, OH 45030
www.greatparks.org/parks/miami-whitewater-forest

B - Voice of America MetroPark
7850 VOA Park Drive | West Chester, OH 45069
www.yourmetroparks.net/parks/voice-of-america-metropark

C - Stonelick State Park
2895 Lake Drive | Pleasant Plain, OH 45162
http://parks.ohiodnr.gov/stonelick

D - Cowan Lake State Park**
1750 Osborn Road | Wilmington, OH 45177
http://parks.ohiodnr.gov/cowanlake

* No liveries on this creek, but the Mill Creek Yacht Club offers frequent guided paddles
** Be sure to check out the water lilies!
LITTLE MIAMI RIVER

We love to paddle the Little Miami River for multiple reasons: It's scenic, it's beginner-friendly and it's proof of the power of conservation.

The first river in Ohio named to the National Wild and Scenic Rivers System, the Little Miami River is a deeply treasured and protected waterway for recreation. We love paddling the lower part of the river and ending at Lake Isabella for a little fishing! There are numerous locally-owned liveries along the Little Miami. Go rent a boat and get to know this local gem a little better.
Across our region are natural **TREASURES** to be explored, appreciated and protected. **GREEN UMBRELLA** regularly profiles these **GREENSPACE GEMS** to draw attention to their **BEAUTY**, history and importance. **UNEARTH** a new destination for your next **ADVENTURE**.
GORGEous PLACES

Witness how glaciers shaped these natural spaces thousands of years ago.

SHARON WOODS GORGE
11450 Lebanon Road | Sharonville, OH 45241
www.greatparks.org/sharon-woods

CAESAR CREEK GORGE STATE NATURE PRESERVE
4080 Corwin Road | Oregonia, OH 45054
naturepreserves.ohiodnr.gov/caesarcreekgorge

FOR THE BIRDS

These venues offer some of the best bird watching in the Tri-State.

GILMORE METROPARK
7950 Gilmore Road | Hamilton, OH 45015
www.yourmetroparks.net/parks/gilmore-metropark

OXBOW, INC.
Off the beaten path, search “Oxbow Nature Conservancy” for directions | Lawrenceburg, IN
www.oxbowinc.org

SHAKER TRACE WETLANDS
8749 New Haven Road | Harrison, OH 45030
www.greatparks.org/parks/miamiwhitewater-forest/shaker-trace-nursery

STOP AND SMELL THE WILDFLOWERS

Hike through a rich abundance of wildflowers in these local preserves.

HALLS CREEK WOODS NATURE PRESERVE
3232 Morrow-Mason-Millgrove Road | Morrow, OH 45152
naturepreserves.ohiodnr.gov/hallscreekwoods

HARRIS M. BENEDICTION BOTANICAL PRESERVE
(accessed through Johnson Nature Preserve)
10840 Deerfield Road | Montgomery, OH 45242
www.montgomeryohio.org/pages/johnson-nature-preserve/

CALIFORNIA WOODS
5400 Kellogg Avenue | Cincinnati, OH 45230
www.cincinnatiparks.com/parks-venues/east/california-woods-nature-preserve/
ACCESSIBLE PARKS

NATUREPLAY AT THE BEHRINGER-CRAWFORD MUSEUM IN DEVOU PARK
1600 Montague Road | Covington, KY 41011
www.devougood.com/natureplaybcm
Young people can transport their imaginative play back in time at this pioneer-themed park. Free and open to the public, NaturePlay@BCM has wheelchair accessible walkways and play features.

SENSORY GARDEN AT BETTMAN NATURE CENTER
4 Beech Lane | Cincinnati, OH 45208
www.cincinnatiparks.com/parks-venues/east/bettman-nature-preserve/
Along a wheelchair accessible path, explorers at this Cincinnati park can engage all their senses by touching fuzzy and textured plants, rubbing aromatic leaves and viewing a kaleidoscope of colors. The garden is best experienced in the warmer months.

EVERYBODY’S TREEHOUSE AT MOUNT AIRY FOREST
5083 Colerain Ave. | Cincinnati, OH 45223
www.cincinnatiparks.com/west/mt-airy-forest/
Thanks to a series of ramps, the treehouse at Mount Airy Forest is the only universally accessible treehouse in our region. Everybody’s Treehouse was built from natural materials sourced directly from Mount Airy.

CANOE/KAYAK LAUNCH AT MIAMI WHITewater FOREST
9001 Mt. Hope Road | Harrison, OH 45030
www.greatparks.org/parks/miami-whitewater-forest
Equipped with a "Universally Accessible Transfer System," the dock at Great Parks’ Miami Whitewater Forest allows an individual with a physical disability to launch their canoe or kayak unassisted.

SMALE RIVERFRONT PARK
West Mehring Way | Cincinnati, OH 45202
www.cincinnatiparks.com/river-parks/smale-riverfront-park/
Stroll accessible paths to take in Ohio River views and features that include gardens, fountains, a labyrinth and even a carousel. If you want to extend your visit, Smale connects with Downtown’s other riverfront parks -- Yeatman’s Cove, Sawyer Point and Theodore M. Berry International.
CREW CHOICE

MIAMI WHITEWATER FOREST
9001 Mt. Hope Road | Harrison, OH 45030
www.greatparks.org/parks/miami-whitewater-forest

If you're looking for a park with endless adventure possibilities, look no farther than Miami Whitewater Forest. We love taking an outing here, whether to hike, bike, paddle, fish, camp, toss a disc or watch for birds. Bring along your horse for some riding or hit the golf course for a quick nine. Whatever your outdoor interest, Miami Whitewater has you and your family covered. They even have a dog park for your furry friends!
Rock Climbing

Yes, I have seen “Free Solo,” and no, that is not what I do. But also, it is -- albeit in a way that mitigates some of the risk. I still push my body and challenge myself as I fight gravity and climb upwards, and climbing is still a mental escape, a chance to focus on what's important. When I climb, all else -- the stresses, deadlines and restrictions -- fades away as my mind centers in on one thing, my breathing turns rhythmic and my body is completely in tune, each movement pure and smooth.

I love climbing because of how individual the sport is. It is about challenging yourself, controlling the risk and the fear, pushing your mental and physical limits, solving a problem and showing determination to tie back in and try a route again and again until you've mastered it. I love climbing because it is a sport for anybody. It doesn't much matter whether you are tall or short; you can find your own specific style and excel.

But climbing is also about more than the individual. It is about community and trusting other people -- a group of passionate, genuine people who love the outdoors and come together around one goal. Whether you're crushing a 5.12 or shaking as you make your way up a 5.9, members of this community will be down below cheering you on as if you were an elite climber. It is a welcoming community, always willing to teach new skills, and one I'm proud to be part of. We climb because we love being outside, because we love the challenge and achievement, and because we love each other. Peeling and bleeding fingertips won't keep us off the wall, and there's no reason you shouldn't tie in, either.

Will Babb is a student at Ohio State University. His interests include backpacking, rock climbing, birding and cooking. He grew up in Milford, Ohio and has explored a variety of outdoor recreation areas, both near and far. He views outdoor adventure as a means of fostering environmental concern and is passionate about sharing adventure and new experiences outside with others.
INDOOR ROCK CLIMBING LOCATIONS

ROCKQUEST CLIMBING CENTER
3475 E. Kemper Road
Cincinnati, OH 45241
(513) 733-0123
www.rockquest.com

CLIMB TIME
10898 Kenwood Road
Cincinnati, OH 45242
(513) 891-4850
www.ctoba.com

4460 Orkney Avenue
Cincinnati, OH 45209
(513) 818-8017
www.ctoba.com

MOSAIC CLIMBING
9501 Union Cemetery Road
Loveland, OH 45140
(513) 781-4083
www.mosaicclimbing.com

ZIPLINING IN THE TRI-STATE

KENTUCKY
Red River Gorge Zipline
455 Cliffview Road | Campton, KY 41301
(606) 268-9376 | www.redrivergorgezipline.com

INDIANA
Skyward Adventures
11471 US-52 | Brookville, IN 47012
(765) 547-1947 | www.skywardadventures.com

OHIO
Ozone Zipline Adventures at YMCA Camp Kern
5291 State Route 350 | Oregonia, OH 45054
(513) 932-3756
www.campkern.org/
ozone-zipline-adventures
Ready to go?

We need movement, now more than ever. At Tri-State Trails, we believe everyone deserves the opportunity to stay active, from hiking to paddling to biking to work. That’s why we’re working to connect and expand our region’s trail and bikeway system, so we all can stretch our legs and feel connected whenever and however we choose. Whether you’re looking for a new trail to explore or a partner to help make your community more mobile, we’re here—connecting what moves us.
EXPLORE
From multi-use and hiking trails to mountain biking trails and blueways, Greater Cincinnati is full of scenic places to explore the great outdoors. Plan your next trip using our interactive trail map!

RIDE
Thinking about commuting by bike? We have the resources you need to make it happen, like info about bike lanes, parking, repair stations and more.

GET INVOLVED
We need your help to make trails and bikeways more accessible in your community. Become a trail advocate for your neighborhood when you join our movement.

Visit tristatetrails.org to find a trail and up-to-date trail information.

Let’s make moves.
Join the movement at tristatetrails.org
Trails connect us and keep us moving. Increasingly, individuals and families are getting better acquainted with local trails and bikeways for an active alternative for their daily commute, the training ground for their first 5k or as a safe space for their kids to ditch the training wheels. Read on for some highlights of local trail efforts, what they’ve accomplished and what developments are coming soon.

The trail systems in our region are continually improving and evolving. For the most up-to-date information, we recommend checking in with Tri-State Trails or the committed websites for the trails outlined in this section.

What is CROWN?
The Cincinnati Riding Or Walking Network (CROWN) is a vision for a 100+ mile active transportation network, made up of a mix of multi-use trails and on-road bike lanes. Anchored by a 34-mile separated trail loop around Cincinnati’s urban core, this walkable and bikeable network will connect at least 356,000 people in 49 neighborhoods to major destinations like schools, parks and centers for employment, retail, recreation and entertainment.

A Few CROWN Jewels
When completed, CROWN will create a network with six trails in development throughout Greater Cincinnati. We highlight three of these trails below. Stay connected with Tri-State Trails for updates on trail development and ways to support active transportation in the Queen City.

MILL CREEK GREENWAY TRAIL
The Mill Creek Greenway Trail is a short 3.5-mile paved, multi-use trail with an additional 5 miles of on-road bike lane connections. But even a short stroll on the greenway will impart a strong appreciation for the restoration work along the adjacent Mill Creek.

Completed phases: The majority of the Mill Creek Greenway Trail is situated in Northside, with trailheads at Salway Park, just across Salway Park, just across Spring Grove Village.

Around the bend: The Mill Creek Greenway hopes to one day extend over 50 miles, traversing from Lower Price Hill, where it would hook up with the Ohio River Trail, north through Winton Woods and Sharon Woods.

Neighborhoods connected: Using the bike lane connections with the trail, you can travel from Camp Washington through Millvale, Northside, Spring Grove Village, Winton Hills and Elmwood Place to Carthage and Caldwell Park.
**WASSON WAY**

The Wasson Way is a bike and pedestrian trail stretching over 7 miles from Victory Parkway to the Little Miami Scenic Bike Trail in Newtown. It will give 100,000 people living within 1 mile of the trail access to a network of more than 100 miles of bike and pedestrian trails. At the eastern end of the trail, once connected to the Little Miami Bike Trail, users will be able to bike all the way to Cleveland, OH.

**Completed phases:** Wasson Way has completed its first two phases. Collectively, they connect Evanston, Norwood and Hyde Park from Montgomery Road near Xavier University to Madison Road near Rookwood Commons.

**Around the bend:** Phase three will connect Hyde Park to Oakley from Madison Road, along Wasson Road, under Marburg Avenue, to Erie Avenue. This will be a heavily trafficked segment of the trail. Funding is needed for design and construction of phase three.

Phase four will bring the trail from Erie Avenue through Ault Park to Wooster Road. This segment of the trail will feature a number of bridges, including the century-old railroad trestle above Duck Creek Road that spans 400 feet. Funding is needed for design and construction of phase four.

**Neighborhoods connected:** When realized, Wasson Way will connect Avondale, Walnut Hills, Evanston, Norwood, Hyde Park, Oakley, Mount Lookout, Fairfax, Newtown, Mariemont and Madisonville. Connecting to Victory Parkway, it will enable people living in the neighborhoods of Walnut Hills, Avondale, North Avondale and even Paddock Hills, Roselawn and Bond Hill to reach the Wasson Way.

**OHIO RIVER TRAIL WEST**

The Ohio River Trail West will connect Cincinnati’s entire western riverfront, running 22 miles from Smale Riverfront Park in downtown Cincinnati to Shawnee Lookout's main gate near the Indiana border. Along the trail, cyclists, runners and hikers can explore the Evans Recreation Area, the future Price Landing Park, Mt. Echo Park, Embshoff Woods, Gilday Riverside Park, Anderson Ferry, Bender Mountain Preserve, Fernbank Park, Harrison's Tomb and Gulf Park.

**Completed phases:** In addition to the existing one-mile trail through Fernbank Park, a half mile of paved off-road trail through Gilday Riverside Park was completed in 2019.

**Around the bend:** Two trail segments covering two of the three miles between Evans Recreation Area and Gilday Riverside Park are funded and will be completed in 2020 and 2021.

Top near-term priorities for the Ohio River Trail West include the design and funding of the remaining one-mile segment between Evans Recreation Area and Gilday Riverside Park, a Mill Creek crossing near Evans Recreation Area and the two miles along Mehring Way to Smale Riverfront Park.

**Neighborhoods connected:** When completed, the Ohio River Trail West will connect the residents of downtown Cincinnati, the West End, Lower Price Hill, East Price Hill, Sedamsville, Riverside, Delhi Township, Sayler Park, Addyston, North Bend and Cleves.

**STAY INFORMED**

- [Mill Creek Greenway](https://trailtristatetrails.org/trail/mill-creek-greenway-trail/)
- [Wasson Way](http://wassonway.org)
- [Ohio River Trail West](http://ohiorivertrailwest.org)
The Ohio River Recreation Trail connects people and communities to opportunities for adventure on and along the Ohio River. It serves to provide information on river safety, help improve public access and infrastructure, and celebrate the beauty and culture of the Ohio River.

**THE VISION**

The vision of the volunteer-led Ohio River Recreation Trail steering committee is to create a 274-mile land and waterway self-guided adventure trail that connects people to opportunities for outdoor adventure, recreation and discovery on and along the Ohio River from Portsmouth, Ohio to West Point, Kentucky. It will serve to promote tourism and economic development; facilitate education about the valley’s history, culture and beauty; and promote environmental awareness and safety, respecting lands and waters with a “Leave No Trace” ethic. The trail can be enjoyed from either land or water by paddlers, power boaters, cyclists, motorists, hikers and others.

Key to the success of the Ohio River Recreation Trail is its recognition as a National Water Trail. To that end, the steering committee pursued, and has received, a technical assistance award from the National Park Service's Rivers, Trails and Conservation Assistance Program. This award will provide the planning assistance to create a trail that will be recognized by the National Park Service as a National Water Trail.
THE GOALS

- Promote tourism, safety, respect for private lands and Leave No Trace™ ethics while facilitating both long-distance and local paddling, sailing, power boating, fishing and cycling along the Ohio River.

- Provide increased access to the Ohio River by collaborating with local governments, recreation organizations and commercial user groups.

- Coordinate with county and municipal travel and tourism entities to ensure the largest possible impact on retail, lodging and food sales while providing a high-quality experience for paddlers, cyclists, anglers and boaters.

- Work with the state wildlife and natural resources agencies in Kentucky, Indiana and Ohio to promote Ohio River fishing, boating, hunting, cycling, bird watching and nature appreciation.

Learn more about the Ohio River Recreation Trail and submit your river community event to the Trail’s online calendar at ohioriverrecreationtrail.org.
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