National Park Service
U.S. Department of the Interior

Cuyahoga Valley
National Park

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15610 Vaughn Road
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Visitor Center:
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www.nps.gov/cuva
www.dayinthevalley.com

Cuyahoga Valley National Park News Release

For Immediate Release – Thursday, April 14, 2011
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National Park Week Celebrates Healthy Parks, Healthy People

Brecksville, Ohio – The growing connection between public lands and public health is the focus of National Park Week, Saturday, April 16 through Sunday, April 24. "National parks have always been great places to go on vacation, have fun, and learn something, but for millions of Americans national parks are also a daily part of a healthy lifestyle," National Park Service Director Jonathan B. Jarvis said. "If you've never thought of your national parks that way, we'd like to invite you to come out to see how parks can help you meet your fitness goals. Getting outside and moving is the first step."

Cuyahoga Valley National Park is offering a week-full of FREE outdoor activities for the entire family:

Spring Training Hike
Saturday, April 16
Hike 5 miles on the Plateau Trail. Meet at Oak Hill Trailhead, 9 - 11 a.m.

Full Moon Hike
Sunday, April 17
Enjoy a 2.5-mile moderate hike on the Cross Country Trail. Meet at Kendall Lake Shelter, 7:30 - 9 p.m.

Little Legs Hike
Tuesday, April 19
Join park rangers for an easy, less-than-one-mile discovery hike for ages 4 - 6. Meet at Octagon Shelter, 10 - 11:30 a.m.

Early Evening Hike
Wednesday, April 20
Hike 5 miles along the Ledges-area trails. Meet at Happy Days Lodge, 6 - 8 p.m.

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Celebrate Earth Day
Friday, April 22
Dress for the weather, wear sturdy shoes, and bring plenty of water for this 5-mile hike on the Ledges-area trails. Meet at Happy Days Lodge, 9 a.m. - noon

National Junior Ranger Day
Saturday, April 23
Celebrate Junior Rangers with a day of free programming and a chance to earn a Junior Ranger badge! Programs are from 9:30 -11:30 a.m. To register call 800-642-3297, ext. 100. Meet at the Ledges Shelter from noon - 2:30 p.m. for more fun.

Bird Watching: Returning Songbirds
Saturday, April 23
Walk the Ohio & Erie Towpath Trail in search of early-nesting yellow-throated warblers. Meet at Station Road Bridge Trailhead, 8 - 10 a.m.

International Year of Forests Hike: Flowering Dogwoods
Sunday, April 24
Join a park ranger for a 2-mile hike along the Ledges-area trails to enjoy blooming dogwoods. Meet at Ledges Shelter, 1 - 3 p.m.

Happy Days Lodge is located at 500 West Streetsboro Road (SR 303), 1 mile west of SR 8, Peninsula 44264.

Kendall Lake Shelter is located on Truxell Road / Kendall Park Road, 2 miles west of Akron Cleveland Road, Peninsula 44264.

Ledges Shelter is located on Truxell Road / Kendall Park Road, 1 mile west of Akron Cleveland Road, Peninsula 44264.

Oak Hill Trailhead is located at 3901 Oak Hill Road, 1.3 miles south of Major Road, Peninsula 44264.

Octagon Shelter is located on Truxell Road / Kendall Park Road, 1.5 miles west of Akron Cleveland Road, Peninsula 44264.

Station Road Bridge Trailhead is located on Riverview Road, 1/8 mile south of SR 82, Brecksville 44141.

CVNP encompasses 33,000 acres along the Cuyahoga River between Cleveland and Akron, Ohio. Managed by the National Park Service, CVNP combines cultural, historical, recreational, and natural activities in one setting. For more information visit www.nps.gov/cuva or www.dayinthevalley.com or call 330-657-2752 or 800-257-9477.

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