



National Park Service  
U.S. Department of the Interior

Cuyahoga Valley  
National Park

15610 Vaughn Road  
Brecksville OH 44141

[www.nps.gov/cuva](http://www.nps.gov/cuva)  
[www.dayinthevalley.com](http://www.dayinthevalley.com)

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## Cuyahoga Valley National Park News Release

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Mary Pat Doorley, (440) 546-5995, (440) 343-7355 (cell), or [mary\\_pat\\_doorley@nps.gov](mailto:mary_pat_doorley@nps.gov)

### **Long Distance Hiker Returns to Lecture in Cuyahoga Valley** *National Geographic “Adventurer of the Year” Also Presents Backpacking Clinic*

**Brecksville, Ohio** – On Tuesday, January 12, professional backpacker Andrew Skurka returns as a lecturer for Cuyahoga Valley National Park’s Lyceum lecture series. The word “lyceum” has roots in ancient Greek, and became the name of the school where Aristotle taught. At Cuyahoga Valley National Park (CVNP), we use it to describe our lecture series featuring national speakers who stimulate the heart and mind with compelling stories of our natural and cultural world.

Admission: \$8 adults, \$6 CVNPA members, and \$3 children ages 3 - 12. Attend any three for the subscription price of \$20 adults, \$15 CVNPA members. General seating. Advance sales are available by calling (330) 657-2909. Lectures occur at Happy Days Lodge, 7 - 9 p.m. Doors open at 6:30 p.m.

Andrew Skurka, 28, is well-known for his two monumental long-distance hiking firsts—the 6,875-mile Great Western Loop and the 7,778-mile Sea-to-Sea Route. At his young age, Skurka has traveled more miles than most seasoned backpackers and adventurers do in a lifetime. He was named the 2007 “Adventurer of the Year” by *National Geographic Adventure* (which described him as “a Gen Y version of Henry David Thoreau or John Muir”) and the 2005 “Person of the Year” by *Backpacker*.

For this new presentation, Skurka will focus on four of his recent "short" trips, which totaled 2,500 miles. He will share stories and adventures from the Alaska Four-Range, the Hayduke Trail & Grand Canyon Traverse, the Sierra High Route, and the Iceland Traverse.

In addition to expanding the limits of long-distance backpacking, Skurka has defined the light-and-fast style of backcountry travel. The contents of his pack cumulatively weigh a mere 6.5 to 8 pounds, sans food, water, and fuel; and he regularly logs 35-45 miles per day, day after day.

For Skurka, backpacking is his preferred means of connecting with the natural world that enlivens and humbles him and which he is working to protect by drawing attention to important environmental issues.

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On Wednesday, January 13, Skurka will present an interactive lightweight backpacking clinic. Join him to learn the techniques and tips he used to complete his two monumental firsts, the long-distance hikes of the Great Western Loop and the Sea-to-Sea Route. Registration is required as space is limited. Fee: \$20; \$15 ED-Venture Group members. Happy Days Lodge, 7 - 9 p.m.

As an activity of Cuyahoga Valley National Park Association (CVNPA) in partnership with the National Park Service, the ED-Venture Group provides opportunities to develop outdoor skills in backpacking, camping, and hiking. Registration information and an ED-Venture Group membership form are available at [www.cvnpa.org](http://www.cvnpa.org) or by calling CVNPA at (330) 657-2909 ext. 100.

Happy Days Lodge, located at 500 West Streetsboro Road (State Route 303) in Peninsula, 1 mile west of State Route 8, is a restored Civilian Conservation Corps structure that provides a rustic ambiance for folk and traditional concerts, theater, lectures, and special event rentals. For more information on rentals, call CVNPA at (330) 657-2909 ext. 119.

CVNPA is a nonprofit organization created to engage public support for the park and provide services to enhance public use and enjoyment of the park. For more information about CVNPA and its membership program, visit [www.cvnpa.org](http://www.cvnpa.org) or call (330) 657-2909.

CVNP encompasses 33,000 acres along the Cuyahoga River between Cleveland and Akron. Managed by the National Park Service, CVNP combines cultural, historical, recreational, and natural activities in one setting. For more information about the park, visit [www.nps.gov/cuva/](http://www.nps.gov/cuva/) or [www.dayinthevalley.com/](http://www.dayinthevalley.com/) or call (216) 524-1497 or (800) 445-9667.

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