



National Park Service
U.S. Department of the Interior

Cuyahoga Valley
National Park

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Cuyahoga Valley National Park News Release

For Immediate Release – Thursday, October 30, 2014

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Explore Outdoors in Cuyahoga Valley National Park

From birding to hiking, there something to keep you moving

Brecksville, Ohio – Did you know that exercising outdoors increases fitness levels, decreases stress, cleans impurities from your body, improves concentration, and raises your level of vitamin D? Cuyahoga Valley National Park (CVNP) offers the following outdoor activities for November. Be sure to dress for the changing fall weather and wear appropriate footwear.

Canalway Questing

Through Saturday, November 15

Follow rhyming clues and a curious map to find hidden quest boxes in the Ohio & Erie Canalway. To download quests visit www.ohioanderiecanalway.com or stop in at Boston Store Visitor Center for printed copies. Open Daily, 10 a.m. - 4 p.m.

November Birding

Venture outdoors to discover for yourself why the Audubon Society of Ohio has designated CVNP as an Important Bird Area.

Saturday, November 1

Join a 1.5-mile search for unusual late fall thicket birds along the flat, unpaved Buckeye Trail. NPS Park Headquarters, 9 - 11 a.m.

Saturday, November 22

Learn about the evergreen trees and the birds they shelter along a 2.75-mile, rolling, unpaved Tree Farm Trail. Horseshoe Pond, 9 - 11:30 a.m.

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Hiking With a Park Ranger

Join a park ranger for free on-and-off-trail explorations.

Hiking the Hills of the Buckeye Trail

Sunday, November 2

6-mile hike. Ira Trailhead, 9 - 11:30 a.m.

Sunday, November 16

7-mile hike. Pine Lane Trailhead, 9 a.m. - noon

Sunday, November 30

7-mile hike. Station Road Bridge Trailhead, 9 a.m. - noon.

Full Moon Hike

Thursday, November 6

Take a 3.5-mile roundtrip walk on the firm, flat Towpath Trail to Lock 39. Wheelchair and stroller accessible. Canal Exploration Center, 7 - 9 p.m.

Off the Beaten Path

Saturday, November 15

Explore old roadbeds and creekbeds on a 2-mile hike up and down hill ravines. Happy Days Lodge, 9 - 10:30 a.m.

Hike Aboard!

Sunday November 9

Climb aboard the Cuyahoga Valley Scenic Railroad for a one-way ride followed by a challenging ranger-led 5-mile hike back. Fee: \$3 per hiker. Pay as you board. Boston Store Visitor Center, 10:20 a.m.

Park addresses can be found at www.nps.gov/cuva/planyourvisit/park-addresses.htm.

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 call 330-657-2752.

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