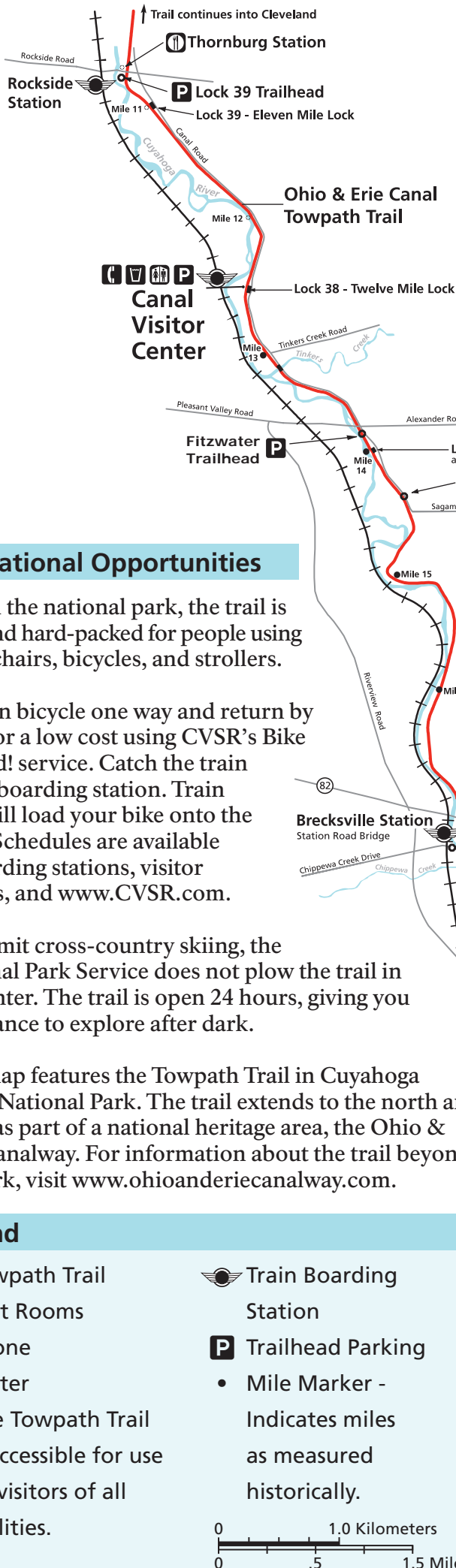




Ohio & Erie Canal Towpath Trail

Discover the heart of Cuyahoga Valley National Park by bicycling, running, or strolling on the Towpath Trail. Here you can travel the historic route of the Ohio & Erie Canal on the same path that mules walked to tow canal boats loaded with goods and passengers. From the trail, you can make connections to many natural and historic sites, as well as to Cuyahoga Valley Scenic Railroad (CVSR). Beyond the park, you can continue your journey on the Towpath Trail further along the Ohio & Erie Canalway.



Recreational Opportunities

Within the national park, the trail is level and hard-packed for people using wheelchairs, bicycles, and strollers.

You can bicycle one way and return by train for a low cost using CVSR's Bike Aboard! service. Catch the train at any boarding station. Train staff will load your bike onto the train. Schedules are available at boarding stations, visitor centers, and www.CVSR.com.

To permit cross-country skiing, the National Park Service does not plow the trail in the winter. The trail is open 24 hours, giving you the chance to explore after dark.

This map features the Towpath Trail in Cuyahoga Valley National Park. The trail extends to the north and south as part of a national heritage area, the Ohio & Erie Canalway. For information about the trail beyond the park, visit www.ohioanderiecanalway.com.

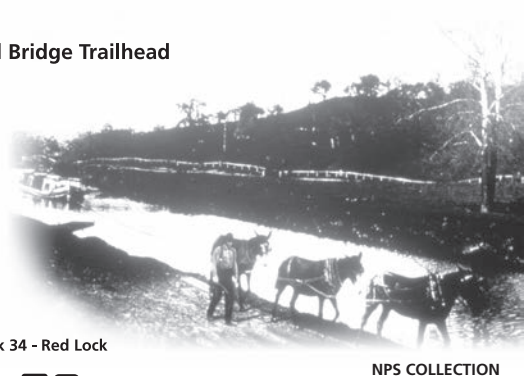
Legend

- Towpath Trail
 - Rest Rooms
 - Phone
 - Water
 - The Towpath Trail is accessible for use by visitors of all abilities.
 - Train Boarding Station
 - Trailhead Parking
 - Mile Marker - Indicates miles as measured historically.
- 0 0.5 1.0 Kilometers
0 .5 1.5 Miles

Support Your Trail



You can show your support for the Towpath Trail by wearing a Towpath Tag, available at visitor centers for a donation of \$5. Your donation will support trail operations and maintenance.



Discovery Along the Trail

Features of the Ohio & Erie Canal abound along the trail. Look for locks that raised and lowered boats through elevation changes and markers that indicate mileage as measured historically. Enjoy indoor exhibits at the Canal and Boston Store visitor centers. As you become familiar with the canal, you will discover its importance as a part of 19th-century transportation infrastructure that connected Ohio to the rest of the settled United States.

You can also enjoy forests, fields, and wetlands that flank the path as it winds through the Cuyahoga River valley. Look for wildlife, especially beavers that have created wetlands you will encounter. You can also view the river itself and contemplate its changes from the source of water for the canal to a river famous for burning to the centerpiece of a national park.

Trail Courtesy and Safety

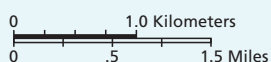
The Towpath Trail is a shared trail open to walkers, runners, bicyclists, and, in some sections, horse riders. To ensure an enjoyable and safe trail experience, please observe the following:

- Travel at a safe speed and keep to the right except to pass. Give a clear warning before passing on the left. Travel single file and slow down when passing and being passed. Move off the trail when stopped.
- Follow safe practices for yielding to others. Bicyclists should yield to all users, and everyone should yield to horses. Horses can be startled by sudden movements, so make sure the rider knows in advance that you are passing. Be aware that children on bicycles can swerve suddenly.
- Pets must be kept on a leash that is 6 feet or less and stay to the right.
- Bicycle helmets are highly recommended. Headlights are required if you are bicycling after dark.
- Avoid walking in cross-country ski tracks.



Distance Along Trail (in miles)

	Lock 39	Canal Visitor Center	Fitzwater	Fraze House	Station Road Bridge	Red Lock	Boston	Peninsula	Hunt Farm	Ira	Botzum
Lock 39	-	1.8	3.2	3.6	6.3	8.8	10.7	13.1	16.4	17.8	19.8
Canal Visitor Center	1.8	-	1.4	1.8	4.5	7.0	8.9	11.3	14.6	16.0	18.0
Fitzwater	3.2	1.4	-	0.4	3.1	5.6	7.5	9.9	13.2	14.6	16.6
Fraze House	3.6	1.8	0.4	-	2.7	5.2	7.1	9.5	12.8	14.2	16.2
Station Road Bridge	6.3	4.5	3.1	2.7	-	2.5	4.4	6.8	10.1	11.5	13.5
Red Lock	8.8	7.0	5.6	5.2	2.5	-	1.9	4.3	7.6	9.0	11.0
Boston	10.7	8.9	7.5	7.1	4.4	1.9	-	2.4	5.7	7.1	9.1
Peninsula	13.1	11.3	9.9	9.5	6.8	4.3	2.4	-	3.3	4.7	6.7
Hunt Farm	16.4	14.6	13.2	12.8	10.1	7.6	5.7	3.3	-	1.4	3.4
Ira	17.8	16.0	14.6	14.2	11.5	9.0	7.1	4.7	1.4	-	2.0
Botzum	19.8	18.0	16.6	16.2	13.5	11.0	9.1	6.7	3.4	2.0	-



*Distances from CVNP data as of March 2011

www.nps.gov/cuva
www.dayinthevalley.com