



# Accessible Hiking

## Accessible Hiking Trails

- Cuyahoga County Central: All Purpose Trail, Outer Loop at West Creek Reservation, 1.0 mile
- Cuyahoga County East: Euclid Beach Park to Wildwood Park, out and back 3.1 miles
- Cuyahoga County West: Edgewater at Lakewood Park, one way 3.1 miles
- Cuyahoga County Southwest: Coe Lake Park Nature Trail at Mill Stream Run, out and back 3.1 miles
- Downtown Cleveland: Towpath Trail at Scranton Flats, out and back 1.0 mile
- Lyndhurst: All Purpose Trail at Acacia Reservation
- Perry: All Peoples Loop Trail and Ramble Lane Trail at Lake Shore Reservation, out and back 1.0 mile
- Willoughby: Brambleside Loop Trail or Riverwood Trail at Chagrin River Park, each 1.0 mile
- Avon Lake: Kopf Family Reservation and Belle Park, 5k (Start on the driveway north of Memorial Stadium, right onto Lorain County Metroparks Trail, Continue on to trail to Armour Road, Right on South Trail Loop, Follow trail back to Armour Road, Left on Armour Road, Continue on Lorain County Metroparks Trail, Finish on Driveway North of Memorial Stadium)
- Summit County: Towpath Trail, Peninsula Depot to Stanford House at Cuyahoga Valley National Park, one way 3.1 miles; From National Parks Visitor Center in Boston Mills, north or south, out and back 1 mile
- Medina County: Hinckley Lake Loop at Hinckley Reservation, 3.3 miles; Bike trail at Brunswick Lake Nature Preserve, 1 mile paved
- Lorain County: at Wellington Reservation, Circle the Lakeside Loop, 1.37 miles or add on the Kildeer Loop and Prairie Circle Trails, asphalt or crushed stone
- Fort Island trails: <https://www.cityoffairlawn.com/71/Fort-Island-Griffiths-Park>

## Activities for Hiking Trails

- Bird watching and listening to the birds to identify what type they may be



- Scavenger Hunts
  1. <https://i.pinimg.com/originals/c3/cb/29/c3cb29daefa7236a3722e23b96295c0d.jpg>
  2. <https://www.makeandtakes.com/wp-content/uploads/Hiking-Scavenger-Hunt-Printable-@makeandtakes.com .jpg>
  3. <https://www.kidactivities.net/wp-content/uploads/2019/03/printable-hiking-scvenger-hunt-list.jpg>
- Locate animal tracks
- Take periodic breaks for exercises:
  1. leg lifts
  2. arm circles
  3. jumping jacks
  4. push up
  5. squats
  6. flex and point toes
  7. overhead stretch
  8. Parter stretch-hold hands and lean forward and back
  9. Variety of exercise can be found at <https://www.healthline.com/health/hip-exercises#for-runners>
  10. yoga poses <https://journalletour.com/yoga-poses-for-hiking/>
    - Adaptations for each pose:
      1. Thigh stretch-lift leg with hand at the knee and hold. Repeat on both sides
      2. Figure 4 pose-clasp hands together or as close towards body. Lift one leg on top of the other and hold. Can do with just arms or just legs as well
      3. Half Downward Dog- bend at the hips forward toward a tree, holding hands with partner, or against a wall
      4. Pyramiad Pose- bend at the hips forward toward a tree, holding hands with partner, or against a wall and place 1 foot on tree, wall or partner
      5. Wide legged forward bend with shoulder stretch-bend at waist and raise arms behind self as far as comfortable
- Photography
- Nature Bingo
- I Spy



- Collect flowers, leaves, twigs on the trail and then paste onto cardboard cutouts of any shape (butterfly wings, circle, square, etc.)
- Collect flowers on trails and place between contact paper. Punch a hole in the top and put string through and tie to make a loop. You can hang or tape onto a window
- Chain Story: One person starts a story, but stops in the middle of a sentence or idea. The next person must continue the story then break to let the next person continue, and so forth.
- Hug a Tree: You'll have to know your trees for this one! One hiker is the treemaster. While hiking along the trail, the treemaster calls out the name of a tree in the area—for example, birch. Everyone scrambles to find a birch tree and give it a big hug. Try not to step on live vegetation or wander too far from the trail.
- Themed Hikes:
  1. Sound Hike: Hear and identify all sounds heard along the way.
  2. Homes Hike: Look for nature's homes, like nests, holes, spider webs, etc. (Don't disturb them! Don't put your hand in a place you can't see, either.)
  3. Shadow Walk: Walk only in the shadows. This may require some jumping. (Don't plan this walk at noon since that is when shadows are shortest!)
  4. Detective Hike: Spot and list all evidence of man in nature (litter, footprints, fire scars, chopped trees, etc.). What litter you may find, pick up and dispose of properly.

### **Other Great Trail Resources:**

- Ohio and Erie Canalway- <https://www.ohioanderiecanalway.com/plan/maps/>
- Lake Metroparks- <http://www.lakemetroparks.com/events-activities/activities/hiking>
- Cleveland Metroparks- <https://www.clevelandmetroparks.com/parks/visit/activities/event-activity-types/hiking-walking>
- Lorain County Metroparks- <https://www.loraincountymetroparks.com/activities>
- Summit Metro Parks- <https://www.summitmetroparks.org/find-park-or-trail.aspx>
- Medina County Park District- <http://www.medinacountyparks.com/index.php/parks/medina-county-parks-map>

If you take a hike, make sure to take photos and send to [adaincle@gmail.com](mailto:adaincle@gmail.com) and/or tag us on Facebook using @adaincle or #CallForAccess.