

Information about trails and regulations, and to purchase maps and guide books, stop at a visitor center.



Bicyclists on the Towpath Trail

Ohio & Erie Canal Towpath Trail If anything says CVNP, it is the Towpath Trail, which follows the historic Ohio & Erie Canal route through the Cuyahoga River valley. This fully accessible trail provides a delightful outing for people of all ages and abilities. Be watchful for wildlife, especially in early morning, as you pass meadows, forests, and wetlands. There are picnic areas, restrooms, and train access points along the way. From the Towpath Trail, you can explore nearby natural and historic sites and connect to other trails.

Cuyahoga River passes through CVNP. You can follow this blue-blazed trail through hardwood forests and fields, across streams, and into steep ravines for a strenuous but rewarding hike.

Horse Trails Viewing the CVNP landscape from horseback is like no other experience. You can take a 20-minute ride or spend the day traversing the Wetmore and Riding Run bridle trails or the Cleveland Metroparks Bedford and Brecksville reservations trails. The Valley Trail connects these southern and northern bridle trails. Horse trailer parking areas are provided at the Everett Road Covered Bridge, Wetmore, and Station Road Bridge trailheads. There are no horse rentals available in the park.

BOSTON HEIGHTS



Summer Activities

Summer is the time to get outside and appreciate life. The longer hours of daylight allow you an early morning jog along the Towpath Trail or a chance to enjoy an outdoor concert at the park's Howe Meadow or at Blossom Music Center. For a refreshing change, why not go on an evening picnic, take your children fishing, or sign up for a photography class?

Picnicking Whether you need an area large enough for a family reunion or an intimate spot for two, you'll enjoy picnicking in the park. There are picnic areas scattered throughout CVNP; many provide grills and all have tables. Alcohol is prohibited in CVNP. Covered shelters may be reserved for a fee. Call 216-524-1497.

Golfing Four public golf courses are in CVNP. Cleveland Metroparks offers Shawnee Hills in the Bedford Reservation and Sleepy Hollow in the Brecksville Reservation. Other, privately operated golf courses include Astorhurst in the Bedford Reservation and Brandywine, with 9-hole and

18-hole courses, on Akron Peninsula Road, south of Peninsula.

Fishing Introduce your children to the sport of fishing at one of the park's ponds, where you may catch bluegill and bass. Anglers need an Ohio fishing license. Duels with novices are not allowed on park ponds. Contact a visitor center for a fishing brochure with a list of ponds and regulations.

Canoeing and Kayaking There are no watercraft rentals within the park. Water sports are not recommended because water quality in the Cuyahoga River varies. Stop at a visitor center or call for information.

Swimming Please be aware that the water quality in the Cuyahoga River varies, and swimming is not advised. There are no lifeguards on duty. You may swim at the privately owned Dover Lake Waterpark. Call 330-467-SWIM or visit www.doverlake.com.



A ranger-led tour in the Ledges

Winter Activities



Sledders at Kendall Hills

The park is a special place in winter, whether you fancy sledding, cross-country skiing, snowshoeing, or snuggling under a blanket for a horse-drawn sleigh ride. The National Park Service, Metroparks, and other public and private recreational facilities offer a variety of winter opportunities. Request the *Winter Sports* brochure for details.

Kendall Lake The Kendall Lake Winter Sports Center is the hub of winter activities in the park. The center, built of native chestnut and stone by the Civilian Conservation Corps in the 1930s, is open on weekends in January and February. It offers programs, maps and information, and a cozy place to relax with a cup of hot chocolate. Nearby are the Kendall Hills for sledding and tobogganing, cross-country skiing trails, winter hiking, and snowshoeing. Snowshoe and limited cross-country ski rentals are available. Overlooking Kendall Lake, the center is on Truxell Road, east of Akron Peninsula Road.

Sledding Some of the best sledding around is at Kendall Hills on Quick Road. You may park at Pine Hollow, Crow Foot Gully, and Little Meadow lots. Parking is prohibited on Quick Road. The hills are open for sledding during daylight hours only.

Cross-country Ski Trails Miles of open space and cross-country trails in the park are suitable for both beginning or advanced skiers. You can rent equipment nearby and ski into the park or at Kendall Lake. Ask a ranger or at a visitor center for information about trails and trail conditions.

Boston Mills/Brandywine Ski Resorts The resorts feature 16 lifts, grooming and complete snowmaking coverage on all slopes, ski and snowboard rentals, snow tubing, instruction, and night skiing. Ask about season passes and special programs for adults and children. For information, call 330-467-2242 or visit www.bmbw.com.

For A Safe Visit

To ensure that your visit here is safe and filled with good memories, please observe these regulations.

- Alcohol is prohibited in the park.

- Do not drink water from the streams and ponds. The Cuyahoga River has hazards and unsafe water. Swimming, wading, canoeing, and kayaking are not advised.

- Pets must be on a leash at all times.
- Do not disturb any wildlife, pick or damage plants, or remove natural or historical features.

- People of all ages and abilities use the Towpath Trail; please be courteous. Give clear warning before passing on the left. Yield to horses and avoid startling them.

The rangers are here to help you. Please report all accidents to a ranger immediately. In case of an emergency, contact a ranger or call 911.

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