



Cuyahoga Valley National Park Bike and Train Experience

Saturday, October 22 at 8AM to Sunday, October 23 at 5PM

Be dazzled by fall colors, waterfalls and geologic features on this hike and bike adventure! We will spend our first day in Cuyahoga Valley National Park hiking to hit some highlights on the trails, including the Ledges and Brandywine falls. After a fun filled day of beautiful views we will settle into our campsite at Woodside Lake Park for the night. On Sunday we will ride the Cuyahoga Valley Scenic Railroad southbound and then bike northbound along 27 miles of the historic Ohio & Erie Canal Towpath Trail.

All you need to bring are your personal items. We will provide everything else.

What's included?

- Two days of adventure in Cuyahoga Valley National Park.
 - One day of biking and train ride.
 - One day of hiking and sight-seeing.
- One bike rental and one train ticket per guest.
- One tent per reservation with sleeping bag and sleeping pad.
- Campsite reservations.
- A hot breakfast cooked in camp for Sunday morning, including coffee and tea.
- A cold trail lunch and snacks for both days.
- A hot dinner cooked in camp Saturday evening.
- Evening activities.

Attendance at the pre-trip informational meeting is required - Tuesday, October 18th, 6:00pm-8:00pm at Oak Openings Lodge.

COVID Policy: Metroparks uses current CDC guidelines—all guests are required to verify that they have one of the following; A.) Received the COVID-19 booster, B.) Received the second dose of Pfizer-BioNTech or Moderna vaccine within 5 months of trip date (or the J&J vaccine within 2 months of trip date) OR, C.) Viral COVID-19 test (PCR or antigen) must be taken no more than 72 hours before the scheduled report time of trip. Guests must use a lab, pharmacy, or other qualified testing site to provide negative results before the group departs. This policy is subject to change. For any questions, refer to <https://www.cdc.gov/> or contact your trip leader.

Fee: \$275 per guest for the all-inclusive experience.

Because of the intense planning for this trip, 50% of the fee is considered a non-refundable deposit per the refund policy. If you need to cancel for any reason, please call Ashley Smith at 419-265-2920. Anyone who would like to cancel their trip due to concerns related to COVID-19 may do so with no financial penalty.

The following packet contains information and resources you need to prepare for the trip including the trip agenda, meal plan, and packing list. Please feel free to reach out to your trip leader with any questions.

Alissa Caple: Alissa.Caple@MetroparksToledo.com or 419-280-9235



Travel Plan

Guests will meet at Oak Openings Preserve Metropark, Mallard Lake parking lot at 7:45AM to check in and load gear. The Metroparks minibus will depart for Cuyahoga Valley National Park at 8:00AM. Guests are able to leave a car at the Mallard Lake Parking Lot during the trip. We will need to submit car make, model and license plate information to our rangers.

Tentative Schedule

This is our desired plan however it could be subject to minor changes. You will be advised of the final schedule at the mandatory pre-trip meeting. Please note that daily mileages are approximate.

Saturday, October 22nd	<ul style="list-style-type: none"> • 8:00AM: Depart from Oak Openings • 10:30AM: Arrive at Cuyahoga Valley National Park • Park mini bus, fill water • Hike and sight see (6 miles or less) • 5:00PM: Arrive at campsite, check-in, set up camp • Prepare dinner, eat, evening share
Sunday, October 23rd	<ul style="list-style-type: none"> • 7:00AM: Wake, break camp • Breakfast • 9:00AM: Hop on the train • Stop at Century Cycle bike shop for rentals • Arrive at southern point of the train route • Bike northbound 27 miles • Return rented bikes • Change, pack up, return to Oak Openings around 5:00pm

Total mileage: 27 biking miles and 6 hiking miles

Food Plan

Meals will be provided. Please contact your guide immediately with any food allergies or dietary restrictions. Vegetarian options are available for all meals.

Please eat breakfast before you arrive on Saturday morning. Sunday evening we plan to have you back home before dinner time.

Please feel free to bring additional snacks or food items as desired.

Saturday

- Lunch: Sandwiches (lunch meat and cheese or PB&J), fruit, hummus and veggies
- Dinner: Chili, cornbread, apple crisp
- Snacks: Trail mix, jerky, granola bars

Sunday

- Breakfast: Mountain man breakfast scramble (eggs, hash browns, peppers, onions), sausage, berries, coffee/tea/cocoa
- Lunch: Sandwiches, fruit, hummus and veggies
- Snacks: Trail mix, jerky, granola bars

Water: Please bring a reusable, refillable water bottle. Clean drinking water will be provided.

Hike Profile

We will be doing a handful of shorter hikes on Saturday to see interesting natural features and the terrain will vary. Some sections are relatively flat; some sections have near constant elevation changes, both uphill and downhill. For those of us who live in flat NW Ohio it will be totally different from what we are used to and therefore more strenuous. The terrain is rocky and rooty. However, we will take our time and this will be feasible for all guests.

Bike Profile

via Ohio & Erie Canal Towpath Trail

↑ 148 ft · ↓ 436 ft



We will bike northbound along 27 miles of the historic Ohio & Erie Canal Towpath Trail. The trail will be a compacted crushed limestone surface and our route will be primarily on a slight downhill slope with some gentle rolling hills and two substantial hill climbs.

Packing List: All items need to be packed in zip top bags or dry bags to keep them waterproof. Please pack everything into a duffel bag and a day pack.

Clothing

NO COTTON, PLEASE. Cotton does not insulate if it gets wet. Opt for synthetic materials such as nylon, polyester, spandex, or wool. Fleece is good.

- Riding clothing: jacket, shirt and pants/bike shorts: 1 set, quick dry, non-cotton required.
- Helmet (available to borrow)
- 1 pair good hiking shoes/boots, well broken in.
- Camp shoes (optional but recommended to let feet breathe.) Crocs or light tennis shoes or sandals.
- 2 pair medium weight wool hiking socks.
- 1 set clean underwear per day
- Sports bras x2 (women)
- Hiking shirt and pants/shorts: 1 set, quick dry, non-cotton required
- Sleep Clothes – these are only for inside the tent. Depending on how cold or warm you sleep you may want a tee-shirt/shorts or long johns. Non-cotton.
- Packable rain gear such as Frogg Toggs (\$40 at Walmart or online). Jacket and pants. If you opt to use a poncho, make sure to bring rain pants as well for your lower half.
- Wool sweater or down or fleece jacket (when paired with your rain suit this should be suitable for most weather conditions). No cotton jackets.
- Wicking base layer (tops/bottoms)
- Hat, gloves, buff

Miscellaneous

- Pillow
- Pocket knife or multi-tool.
- Lip balm (with sunscreen recommended)*
- Toothbrush*
- Travel tube toothpaste*
- Personal first aid items*: Staff will have a full first aid kit, but we cannot administer medications. Please bring a personal supply of your pain reducer of choice in case of sore muscles, headache, etc. (a small supply of ibuprofen, antacids such as Tums, Tylenol and aspirin should cover most inconveniences that may occur).
- Sun protection: hat with brim, sunscreen*, sunglasses
- Feminine hygiene items*
- Snacks*
- Hand sanitizer*
- A small bag or stuff sack to contain scented items to be stored in the vehicle overnight

**Items that will be stored in the bus at night, away from critters.*

Water

- Water bottles that add up to 3 liters.
- **OR** 1 bladder water system and one water bottle (for ease of drinking in camp/ when your pack is off). Together these should add up to 3 liters.

Optional

- Camera
- Note pad/pencil
- Whistle
- Watch

Metroparks will provide the following for each guest:

- | | | |
|-----------------------------|--------------------------|-------------------|
| • Tent | Plates, bowls, | Staff will carry: |
| • Sleeping bag | cups, etc. | • Safety gear |
| • Sleeping pad | • Headlamp | • Group soap |
| • Food and all cooking gear | • Rental Bike and Helmet | • First aid kits |
| | | • Repair kits |

For Travel

We recommend packing travel items separately – in their own plastic bag.

- 1 clean mask per travel day. Everyone is required to wear a mask during transit.
- Clean clothes for the ride home
- Wet wipes and deodorant to freshen up

Frequently Asked Questions

1. What do I do with my trash on the trail? Will there be garbage cans?

- a. Where there are no trash cans, we will pack in and pack out all trash and practice Leave No Trace on the trail. For an overview of Leave No Trace (LNT) outdoor ethics: <https://lnt.org/>
2. What if I am a beginner?
 - a. This trip is perfect for beginners!
3. What will the campsites be like?
 - a. We will be camping at an established campground. There will be tent platforms, an outhouse near-by, fire pits, and picnic tables. Flush toilets are on the grounds and we can use them as desired. There will be no electricity at our campsite, but we can charge phones and other electronics in the restrooms and on the bus. However, a spare battery pack for reliable recharging is a good idea. The water at the campsite is potable, but contains a lot of iron and sulfur. Your guide will be bringing good clean drinking water. We will use a trowel/cat hole system for bathroom purposes on the trail if we are not near any facilities.
4. Not to get into the dirty details, but what does trowel/cat-hole system mean? We will usually be near restrooms, but sometimes nature calls. How do we go #1 and #2 on the trail?
 - a. #1 should be aimed at rocks if possible. Animals are often attracted to the salts and minerals in urine will chew on bark – damaging trees. Using the rock also prevents eroding loose soils.
 - Used TP for drying purposes should be packed out.
 - b. #2 needs to be buried in a cat-hole. We have trowels, but the waste does not touch this tool. Use a stick to push the waste in the hole if your aim is not true. Please do not use the trowel to move the human waste.
5. Ok, now that I know that, what if I am on my period?
 - a. Similarly, all products, before and after use, will need to go in your bear bag. You cannot bury any products. Multiple ziptop or doggie bags are recommended for this.
 - b. Please be prepared as several factors like tenting with others, altitude, or exertion can bring on a menstrual period even if it is not scheduled.
6. Why all the info? This is overwhelming.
 - a. None of this information is intended to scare off potential guests but it is very important to make sure you have a full understanding of this trip. Our hope is that you either have all the information you need or feel comfortable asking us the hard questions! We are very excited about the planning and execution of this trip and hope to fulfill some adventure dreams!

Going in the Woods

Please follow these simple steps when nature calls:

1. Find a spot at least 200 steps from any water source
2. Dig a hole 6-8 inches deep and bury human waste
3. Pack out used toilet paper



When people are not responsible going in the woods they contaminate the water you swim in, fish from, and drink. Bacteria and viruses found in human feces are known to cause hepatitis, blue baby syndrome, salmonella, giardia, and other gastro-intestinal diseases. Remember, the water in the rivers and lakes you visit may flow into your own drinking water supply.