

**TRI-STATE GUIDE TO THE**

# **OUTDOORS**

**THIRD EDITION**

*TIPS AND USEFUL  
LINKS FOR YOUR  
NEXT ADVENTURE*

**PHOTOGRAPHY**  
**WHAT TO TAKE WITH  
YOU ON A HIKE**

Full of useful information for Canoe, Kayak or SUP

## **PADDLING**

**9 GREAT HIKING  
DESTINATIONS**

**OUR CAMPGROUND  
PICKS OF THE YEAR**



[www.ohioriverway.org](http://www.ohioriverway.org)

# What does the Hamilton County Park District and Subaru owners have in common? The love for the great outdoors!

That is why the Park District is so excited to be partnering with Subaru of Kings Automall and WLWT Channel 5, to bring people out in nature with the "Green Package".

It's pretty simple really...those who purchase a Subaru from Subaru of Kings Automall during 2012 will receive the "Green Package", which includes:

- A Hamilton County Park District 2012 Motor Vehicle Permit that enables you to enjoy any of the Hamilton County Parks.
- Exclusive coupons on select Hamilton County Park activities.
- Free lifetime oil changes for as long as you own or lease your Subaru.
- Free shuttle service, service loaners and service car washes.
- Certificate good for additional \$500 trade value when you trade in your car at Subaru.
- Free pin striping at Subaru.
- All valued at \$1,750!

Use your free Motor Vehicle Permit to enjoy all kinds of great things going on at the parks, including:

- Paddling sports canoe/kayak introduction programs and river trips through the fall.
- Lake fishing at five park locations and fishing events like the Panfish Cup and Holiday Kids Tournaments.
- Camping at Winton Woods, Miami Whitewater Forest and Woodland Mound's Steamboat Bend.
- Over 50 miles of trails through the parks for walking, hiking and biking.
- Ohio Valley Green Market at Glenwood Gardens on August 5 where you can experience an organic and sustainable way of life.
- Friday Night Grill Outs at Lake Isabella through September 31 with great food and live music on the pier.
- And much, much more!

The Hamilton County Park District is your pathway to the Great Outdoors in Greater Cincinnati!

For more information about Hamilton County Park District outdoor happenings, visit [www.GreatParks.org](http://www.GreatParks.org). For details about the "Green Package", visit [www.WLWT.com](http://www.WLWT.com) and click on the Project Earth page.



## Join the UNIVERSITY of the GREAT OUTDOORS!

Hamilton County Park District  
It's Great Outdoors!®  
[GreatParks.org](http://GreatParks.org)

For more information or to book a reservation, visit [GreatParks.org](http://GreatParks.org) or call (513) 521-2345





# Subaru of Kings Automall

9536 Kings Automall Road Cincinnati, OH 45249  
(513)583-9300 [www.subaruofkingsautomall.com](http://www.subaruofkingsautomall.com)

**Subaru of Kings Automall was the only Cincinnati Subaru Dealership to receive the 2011 Stellar Care Award for Outstanding Customer Satisfaction.**

**When you purchase your next new or pre-owned Subaru from Subaru of Kings Automall you will receive our Green Package. With the Green Package you will receive:**

- \*Free Lifetime oil Changes for as long as you own or lease your Subaru
- \*Free Service Loaners
- \*Free Shuttle Service
- \*Free Service Car Washes
- \*Trade-in Certificate good for an additional \$500 when you trade in your vehicle for another Subaru at Subaru of Kings Automall
- \*Free Pin Stripe

**The Green Package  
A \$1,750 value you get for free when you purchase at Subaru of Kings Automall**



***Leading the way***  
***with the Tri-State's most***  
***accurate forecast***



**WLWT.COM**  
**LEADING THE WAY**  
ON AIR • ONLINE • ON THE GO

## A Message from Leave No Child Inside



Photo by Hanh Dao

“Go outside and play!” – how many of us heard this from our mothers when we were children? Well, it turns out that this mantra of mothers everywhere was much more than just a way to get us out from underfoot. Little did they know that today’s research\* would validate what parents throughout human history knew instinctively - that outdoor play makes kids happier, healthier and smarter! It’s obvious that outdoor play results in healthful, physical activity, but we now know that nature also helps to reduce stress, improve mental outlook and increase cognitive functioning. In fact, we are just beginning to understand just how appropriate the term “Mother Nature” really is. Nature is great for all of us!

Luckily for us here in Greater Cincinnati, opportunities abound for getting even the most urban of children safely into the “great outdoors”. Our area is rich in natural treasure, with over 500 parks, an abundance of hiking and biking trails and waterways begging to be explored by kayak or canoe. And, standing ready to assist busy parents, there are camps, parks, nature centers and other organizations throughout our region that offer tons of programs aimed at connecting today’s plugged-in kids with nature all year around.

So what are you waiting for? Check out the Greater Cincinnati Tri-State Guide to the Outdoors, grab the kids, and “Go outside and play” today!

Betsy Townsend, Co-Chair  
Leave No Child Inside – Greater Cincinnati

[www.LNCIgc.org](http://www.LNCIgc.org)

\*For information, visit [www.childrenandnature.org](http://www.childrenandnature.org).

**JUNE 29 & 30**  
**BROOKVILLE IN**

**2012 CANOEFEST**

**CANOE & KAYAK RACES**  
SAT. JUNE 30 AM  
KIDS & ADULTS,  
EXPERT OR NOVICE  
ON INDIANA'S  
BEST PADDLING RIVER!

**PLUS**  
**FRIED CHICKEN**  
**MUSIC**  
**FIREWORKS**

**1645 LBS** WORLD'S LARGEST  
SERVING OF FRIED CHICKEN  
SERVED UP IN A BRAND NEW  
USAGIAN CANOE!

MORE INFO AT:  
**CANOEFEST.ORG**



# LEARN GROW THRIVE

When you join the Y, you're coming together with men, women and children from your community who are committed to youth development, healthy living and social responsibility.

**Your new membership works at all Greater Cincinnati Y locations. Close to home and where you work.**



## BE OUR GUEST

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**This pass entitles you and your family to enjoy any YMCA of Greater Cincinnati branch free for one day!**

Expires 5/31/2013; only 1 guest pass per family.

# TABLE OF CONTENTS

## Tri-State Guide to the Outdoors 3rd Edition.

**Publisher:** Teresa Lubic

**Editorial:** Danny Stull  
Emily White

**Contributors:** Larry Benken, Marshall Brain, Tom Croce, Zachary Davis, Allison Depenbrock, Kyle Dickman, Lois Friedland, Kathie Fry, Jim Gadrow, Mitch Graham, Mike Lopez, Kara Lorenz, Tina Meinhardt, Bryn Mooth, Jim Paul, Betsy Townsend, Craig Troeschler,

**Creative:** David Abad, Impac Graphics Design

**Advertising Sales Executive**  
Teresa Lubic  
Brewster Rhoads

### The Tri-State Guide to the Outdoors

is produced and by The Ohio River Way  
in partnership with the Green Umbrella  
P.O. Box 11624

Cincinnati, OH 45211  
(513) 787-5755

All content copyrighted ©2012

**On the cover:** Cowan Lake

©2012 Robert Coomer, Fine Art Photography  
[www.RobertCoomer.com](http://www.RobertCoomer.com)

A Message from Leave No Child Inside .....	3
Thanksgiving .....	6
Take your kids paddling! Make memories with your kids to last a lifetime .....	6
Just a few of the Great Local Liveries .....	6
Great Paddling Destinations .....	7
Paddle with Hamilton County Parks and Tips .....	8
What's SUP .....	9
Would you like to Sail? .....	11
Road Cycling .....	12
Stand Out Places to Ride .....	13
Cincinnati – My Single Track City .....	14
Let's Go Fishing .....	17
Ancient Ocean Floors and Glacial Formations in your Backyard .....	18
9 Great Hiking Destinations .....	19
Let's Go Camping .....	20
2012 Destination Campgrounds .....	22
Horseback Riding Basics .....	24
Ohio River Water Trail Map .....	26
Backpacking in the Tri State Area .....	29
The Red .....	32
The Joy of Running .....	35
Community Supported Agriculture .....	36
Locals Know, Dog Parks .....	37
Cincinnati Parks Listings .....	40
Hiking for Photographers .....	42
Try a New Adventure – Ziplining! .....	46
Ohio River Trail Update .....	49
Skydiving .....	51

The Carol Ann and  
Ralph V. Haile, Jr.  
**USbank**  
FOUNDATION  
An independent family foundation



Improving the  
world, one child  
at a time.





## Thanksgiving

By Kara Lorenz

My first experience kayaking alone was when I was 12 years old. I had just saved up enough money and had bought my first kayak. It was Thanksgiving morning and I decided the only place I wanted to be to give thanks was the Little Miami River. So my dad helped me load up my kayak and I launched at Lake Isabella. From

there he followed roads along the river and checked in with me at various bridges to make sure I was getting along okay. I passed only two people on the river that morning, both fishermen fishing from the banks. That morning I realized how lucky we are to have such a beautiful river winding through this part of the country: A place where we can retreat from all stresses and hear our own thoughts. From that day on I made it a tradition to paddle every Thanksgiving morning, whether I had company or not, as a way to say thank you for the beauty that the river brings to this area.

Kara is one of four owners of RRT.

## Take Your Kids Paddling! Make Memories with your Kids to last a Lifetime.

By Allison Depenbrock

Need something new to do this summer? Tired of the same old stuff you've done a million times? Take them paddling. Kids love to be outside where they can be free to run, play, swim, fish, and let their imaginations soar.

Where do you begin planning for a family paddling trip? First, decide whether you want to canoe, kayak, or raft. Canoes hold several members of your family in the same boat, plus they hold a ton of gear... including lunch. We consider the canoe our pack mule. Most outfitters allow 2-4 people per canoe depending on the capacity of canoe they rent. Rafts are great for first time paddling families and younger children. They are very stable (hard to flip) and hold 3-6 people per raft. Kayaks are for the more adventurous families. Kayaks can hold 1-2 people (solo or tandem), but not as much gear as the canoe. Kids love to go kayaking since they can paddle where they want to go and be independent. We started our kids kayaking by taking them on flat water then moved them up to easy moving water. Kayaks are more maneuverable than canoes or rafts. They come in two different types, sit in or sit on top. Both are typically very stable and extremely FUN!

The second important piece equipment for the entire family is a life jacket called a PFD. All children must wear one, in Ohio, Kentucky and Indiana, it is the law. Safety first! We also recommend that parents lead by example and wear one too, in case your child needs your help and you need the extra flotation to help them. And, the life jacket only works if it fits correctly, so make sure you have the right size and it fits properly before you venture out on the water.

For more information on paddling with the kids head to your local outfitter where they can give you excellent advice for trips and get you the appropriate gear for canoeing and kayaking for your family.

### Allison Depenbrock

Canoe Kentucky Co-Owner  
Mother of Boone (7 years old), Dane (5 years old), and Isla (6 months old)



## Just a Few of the Great Local Liveries

### Canoe Kentucky

7323 Peaks Mill Road  
Frankfort, KY 40601  
1-888-CANOE-KY  
[www.canoeky.com](http://www.canoeky.com)  
Canoe, kayak, tubing, rafting & camping.

### Green Acres Canoe and Kayak Rentals

10465 Suspension Bridge Road  
Harrison, OH 45030  
513-353-4770  
[www.greenacrescanoe.com](http://www.greenacrescanoe.com)  
Canoe, kayak, tube, golf range, mini golf and more.  
Check out bald eagles nest!

### Little Miami Canoe Rental

11494 US 52  
Metamora, IN 47030  
765-647-2330  
[www.whitewatercanoerental.com](http://www.whitewatercanoerental.com)  
Canoe, kayak, tubing, rafting & riverside camping.

### Loveland Canoe & Kayak

200 Crutchfield Place  
Loveland, OH 45140  
513-583-4611  
[www.lovelandcanoe.com](http://www.lovelandcanoe.com)  
Canoe, kayak & tubing

### Morgan's Outdoor Adventures Brookville Canoe Livery

7040 Whitewater River Lane  
Brookville, IN 47012  
[www.morganscanoe.com](http://www.morganscanoe.com)  
1-888-304-4904 or 765-647-4904  
Canoe, kayak tubing, rafting & camping.

### Morgan's Outdoor Adventures Ft. Ancient Canoe Livery

5701 St. Rt. 350  
Oregonia, OH 45054  
[www.morganscanoe.com](http://www.morganscanoe.com)  
513-937-7658 or 1-800-WE-CANOE  
Canoe, kayak, tubing & riverside camping

### Thaxton's Southfork Canoe Trails

33 Hornbeek Road  
Butler, KY 41006  
859-472-2000 or 877-643-8762  
[www.gopaddling.com](http://www.gopaddling.com)  
Canoe, kayak, rafting, tubing & riverside camping.



<http://vimeo.com/m/25224781>



## Great Paddling Destinations

### A.J. Jolly Park

Located in the rolling bluegrass hills of Northern Kentucky A.J. Jolly Park is home to a 200 acre no wake lake, suitable for small boats, canoes, kayaks, and paddleboats. A.J. Jolly offers an abundance of fishing and camping spots located around the entire perimeter of the lake.

### Brookville Lake

This breathtaking 5,260-acre lake is home to some of the largest walleye in the country. With plenty of things to do, great campgrounds, and beautiful coves it's a good destination for a day trip or a vacation. It's a great lake for paddling but on the weekends be alert because speedboats enjoy it as well.

### Cowan Lake State Park

Cowan Lake State Park is located in Clinton County. The lake is 700 acres and there is a 10 horsepower limit. Best time to paddle Cowan Lake is when the water lilies are in bloom in mid to late July.

### Elkhorn Creek

Elkhorn Creek, with its North and South Forks, flows northwest, draining portions of Jessamine, Fayette, Scott, Woodford, and Franklin Counties before emptying into the Kentucky River north of Frankfort. Because of its mild whitewater, beautiful scenery, plentiful access, and proximity to four major urban areas, the Elkhorn is Kentucky's most popular canoeing stream.

### Great Miami River

The Great Miami River runs from north of Cincinnati, near the Dayton area, all the way down by Lawrenceburg, IN, where it meets up with the Ohio River. It's known as a perfect year round river, meaning, you can still get good wave trains even in August when other local rivers run low.

[http://www.miamiconservancy.org/flood/pdfs/gmr\\_map.pdf](http://www.miamiconservancy.org/flood/pdfs/gmr_map.pdf)

### Licking River

The Licking River is recognized by the Kentucky Division of Water as an outstanding water resource. Here you will find over 100 species of fish and over fifty species of mussels. Mussels serve to filter bacteria from the water and are protected on this pristine waterway that flows North.

The South Fork is island strewn and rated as an outstanding small mouth bass fishing stream. The Main Licking River is recognized by the Kentucky Division of Water as an outstanding water resource and it offers many ideal trips throughout the summer and fall. It is dam controlled and typically holds adequate water even when other rivers throughout the tri-state are too low to float.

### Little Miami River

Enjoy the Little Miami River as you paddle through some of the most beautiful, natural surroundings in the region. With its designation as a State and National Scenic River the Little Miami looks much the way it did 200 years ago with rolling, majestic banks, pristine waters and natural vegetation. Here's the best map – complete with access points! <http://www4.wittenberg.edu/academics/hfs/tmartin/lilmiamiriver.jpg>

### Rocky Fork Creek

For the adventurous type - McCoppin Mill Road to Paint Creek section running 7.5 miles long is a perfect stretch of Rocky Fork for those looking to challenge themselves with some class II water. <http://www.riverfacts.com/maps/12545.html>

### Stonelick Lake State Park

Stonelick Lake is a 200 acre lake located in Clermont County. If you are looking for a quiet calm day on the water, Stonelick is the place to head. Boats are limited to electric motors only.

### Whitewater River

The Whitewater River may have been misnamed because there is really no true white water on the river. However, there are many rapids due to the steep gradient present. In fact, the Whitewater is said to be the swiftest river in the state as it falls an average of six feet per mile.

The Whitewater River has been named one of the cleanest rivers in Ohio. It is the fastest flowing river in Indiana and is considered a Class 1 stream and great for canoeists of all skill levels. [http://www.indianaoutfitters.com/maps\\_to\\_whitewater\\_river.htm](http://www.indianaoutfitters.com/maps_to_whitewater_river.htm)

## FLYING OLIVE KAYAK ADVENTURES 2012 TRAVEL SEASON

*We still have availability!*

**BOOK YOUR FLYING OLIVE KAYAK ADVENTURE NOW!**

**JOIN US FOR OUR EXCITING SUMMER  
AND FALL ADVENTURE SCHEDULE**

- **GREEK ADVENTURE WEEKS**  
Kayak, Cuisine and Culture in the Beautiful Greek Isles
- **THE SCOTTISH EXPERIENCE**  
West Highland Paddle and Tour  
Paddle the Beautiful Bay of Arasaig, Visit Scotch Island, Loch Ness, The Harry Potter Train
- **THE HUNGRY PADDLER - SCOTLAND**  
Private Paddle and Pub Tour



**GROUP DISCOUNTS  
AVAILABLE!**

Don't want to paddle?  
Visit our website  
and learn about our  
Flying Olive Culinary Adventures  
in Tuscany, Greece and Scotland!



[www.flyingoliveadventures.com](http://www.flyingoliveadventures.com)

[www.paddleboardingcincinnati.com](http://www.paddleboardingcincinnati.com)

**"Walk-on-Water"**

**SUP Rentals**

**Free Lessons - Best Prices**

(ISOT Kayaks also available)

John Antonczak • (513) 884-9824

[jantonczak@cinci.rr.com](mailto:jantonczak@cinci.rr.com)



## Locals Know

Best website for river levels:

[www.americanwhitewater.org](http://www.americanwhitewater.org)



or get the App: *riverguide-for-kayakers*

River Guide gives real time  
stream flow gauges  
throughout the US!



## Thaxton's Canoe Trails & Paddlers' Inn

Explore the historic Licking River. We offer canoe and kayak trips on the Main Licking and river tributaries in Pendleton County, the Southern side of Northern Kentucky. Private shuttles starting at \$15 / boat.

**20% Off 6 mi. trips**  
Weekdays except holidays

**Private Shuttles**

**10% Off trips Sat/Sun**

**Cabin & Camping Available**

- Cabin Rentals
- Primitive Camping
- Kayak Rentals
- Canoe Rentals
- Private Boat Shuttles
- Paddling Instruction
- Used Boat Sales
- Consignment Sales

**We're Close to Cincy!!** Only 22.3 miles south of Fountain Square 19 miles south of NKU on US27 on NW side of bridge over Licking River.



Celebrating 32 years as a family owned and family operated paddlesports outfitting business and 11 years of Paddlefest!

Offer Good 2012 Season Only • Expiration date: 10/31/2012  
Present Coupon for Discount

Visit us online at [www.gopaddling.com](http://www.gopaddling.com)  
Phone: 859-472-2000

Proud Sponsor of the  
**Kentucky Thorough-Breasts**  
[kythoroughbreasts.org](http://kythoroughbreasts.org)



## Paddle With Hamilton County Parks!

Canoes and kayaks may be rented at Sharon Woods and Winton Woods. Kayaks may be rented at Miami Whitewater Forest. Licensed private canoes and kayaks are permitted on Miami Whitewater Forest Lake (85 acres), Winton Woods Lake (188 acres), the four lakes at Campbell Lakes Preserve (6, 15, 18 and 21 acres) and Sharon Woods Lake (35 acres). In addition, licensed cartop boats are permitted at Campbell Lakes Preserve.

### Ohio River

Access via boat launching ramp at Woodland Mound, open when river conditions permit. A daily permit may be purchased on site, or at the park's Seasingood Nature Center or the Winton Centre in Winton Woods. Woodland Mound is located in Anderson Township.

### Little Miami River

Access for canoes and kayaks at Little Miami Golf Center's Bass Island in Newtown; Lake Isabella in Symmes Township; and Armleder Park in Cincinnati on Wooster Pike near Fairfax.

## TIPS

**1st Aid:** Hypothermia can occur anytime the sum of the outside air temperature and water temperature is less than 100 degrees Fahrenheit.

**Paddling Skills:** When paddling across the wind, edge the boat towards the wind: This will help to stop the boat turning towards the wind. This can be tiring so shift your bum in the seat towards the windward side of the boat as this will shift the balance and makes it easier to edge.

**Dry Bag Paradox:** A dry bag keeps things dry, as they should. However, if you put just one little item inside a dry bag that contains moisture – it will cause everything in that "dry" bag to become damp! Make sure what goes in the dry bag is **dry!**

Let us help you recycle  
at home, school and work.



946-7766 • [HamiltonCountyRecycles.org](http://HamiltonCountyRecycles.org)

## What's SUP? By Kyle Dickman

Stand up paddleboarding has dramatically grown in popularity over the past decade and particularly over the past year. It started in Hawaii as a way to surf smaller waves or to teach beginners the proper technique for surfing. Surfers began to realize that stand up paddleboards (SUPs) are stable enough to use on any body of water. It slowly started moving to inland lakes in coastal states and then to inland lakes all across the country. Now stand up paddleboards can be found almost anywhere, including whitewater rapids.

One of the reasons for the rapid growth of the sport is the short learning curve. Beginners can learn the basic balance and paddling skills needed for stand up paddleboarding in less than five minutes. Most beginners are amazed how easy it is to balance themselves on a SUP. Another major factor for the sport's immense popularity is the exercise benefits. Stand up paddleboarding can burn between 500-700 calories an hour and you barely break a sweat. SUPs work your whole body so you do not feel a major strain on any particular muscles. You can also alter the way you paddle to work specific muscles harder. For example, if you want to work on your abs, you can rotate your body more during each stroke. There are many ways to exercise on SUPs and the benefits are still growing.

The newest sector in stand up paddleboarding is whitewater SUPs. People are taking on new challenges and paddling down white water rapids on their SUPs. Imagine Surf has designed a board specifically for this sector called the Rapid Fire. The rocker on this board was designed to handle the unpredictable waves and current found on whitewater rapids. This board is also great for smaller rivers so you can use it anywhere. SUPs started for small waves and are now headed towards monumental waterfalls. You can find the Rapid Fire and many more SUP models at <http://www.brosboards.com>.



Paddleboarding on the Ohio River

## Stand Up Paddleboards

By Body Glove and Imagine

For Whitewater and Flat Water Fun



### Bros Boards

Stand Up Paddleboards,  
Rental Programs,  
Accessories & Paddles

(513) 305-6902

[www.BrosBoards.com](http://www.BrosBoards.com)

**Get On Board With The Best**

### Try Out The Newest Trend in Watersports

Durable, stable, easy and fun for all ages. You can stand-up, kneel, sit-down or lay. Dual use paddles convert from stand-up to kayak style in seconds.

Great for rivers, whitewater rapids, lakes, and the ocean. Play games, have races, fish, exercise and use to get around the harbor. Burns up to 700 calories an hour.

Visit [www.BrosBoards.com](http://www.BrosBoards.com) for more information.





## The Licking River Greenway & Trails

Licking River Greenway and Trails is an ambitious Northern Kentucky effort to create an urban greenway from the confluence of the Licking and Ohio Rivers 5.2 miles south to the I-275 loop.

Watch the river corridor become Northern Kentucky's outdoor destination electronically by signing up for our bi-weekly newsletters at [kwilliams@vision2015.org](mailto:kwilliams@vision2015.org)

[www.lickingrivertrail.org](http://www.lickingrivertrail.org)

*The Licking River Greenway and Trails project originated in Vision 2015, Northern Kentucky's 10-year strategic plan.*

## Canoe and Kayak Schools 2012

June 2&3	Women's River Kayaking	\$150
June 9	Lake Recreational Kayaking	\$75
June 10	River Recreational Kayak	\$75
June 30	Recreational Kayak/Canoe Safety	\$75
July 7	Lake Recreational Kayaking	\$75
July 21/22	Essentials of Tandem Canoeing	\$150
Aug 25/26	Essentials of Touring Kayaking	\$150
Oct 20	Intermediate Touring Kayaking	\$75

Additional Schools may be scheduled. For more details about the schools go to

[www.CincinnatiKayaks.org](http://www.CincinnatiKayaks.org)

Hotline: 513-321-3187  
e-mail: [outings@cincic.com](mailto:outings@cincic.com)

To see a list of outings go to:  
Meetup: [www.meetup.com/SierraOutings](http://www.meetup.com/SierraOutings)  
Website: [www.miamigroup.org](http://www.miamigroup.org)

est 208776-40

PSAD-03

Photograph by Ben Kaurfman



## EXPLORE NATURE!

Cincinnati Parks  
Outdoor Family Fun

Have fun exploring nature all year long at Cincinnati Parks!

Visit [cincinnatiiparks.com](http://cincinnatiiparks.com)

to find out what's happening today!

Reasonable accommodations upon request.

## Cincinnati Sail & Power Squadron

[www.CincinnatiBoating.org](http://www.CincinnatiBoating.org)

513-554-BOAT (2628)



Boating is fun... we'll show you how

We are Cincinnati / N. KY's best kept boating secret.

You know us best for the **EDUCATION** side of our triangle because we have been educating the boating public since 1938.



You may know us for the **CIVIC** side of our triangle because we do Vessel Safety Checks and safety patrols for Paddlefest and Tallstacks.

What you probably don't know about us is the **FRATERNAL** side of our triangle. In conjunction with other squadrons in the Ohio, Kentucky and Indiana district we go sailing in the Bahamas, canoeing on the Kentucky River, take riverboat cruises, have rendezvous' and raft-ups and many other activities.



Sailing at Cowan Lake. Photo by John W. Ray

## Would you like to sail? By Jim Paul

For me there is nothing so thrilling, so natural as hiking out over the edge of your sailboat, one hand on the tiller, the other holding the mainsheet against the wind, cutting through the water with a spray over the bow. Just thinking of it - I can't wait to get back on the water.

Sailing is probably cheaper and easier to get into than you think. Used boats of all sizes are easy to find, and area sailing clubs will teach you how. Because we live in the land locked Midwest, the availability of lakes puts some limits on your choices. I'm only going to talk about Dinghies which are smaller boats with a removable center board. A lot of what I say about Dinghies will also apply to small catamarans. The two lakes of most interest to us are Acton Lake at Hueston Woods and Cowan Lake. These are smaller, quiet lakes where only small motors are allowed. There are park officials and sailing clubs at these lakes that can rescue you if you go over. If you go over in a boat and you can't right it yourself, and no one is around to help, you have a problem particularly if the water is cold. Other than putting yourself in that situation, sailing is very safe and feels as natural as riding a bike.

The boats you will most often see at these lakes are the Sunfish, Y-Flyer, Hobie Cat, Laser, and Flying Scot. The Laser and Sunfish are both light, one person boats. You can right these boats yourself, they are inexpensive, and can be stored on racks at the lake rather than a trailer. A new Sunfish will cost about \$5000 but you may find a used one in the low hundreds. You can often buy a used boat directly from one of the clubs or one of their members. I got my Y-Flyer for \$1400 from the Hueston Sailing Association and they showed me how to sail it. Their dues are \$90/year. I got it because it is one of the boats the club races. If you buy a boat before joining a club, a safe bet is the sunfish. You can learn on it, sail it yourself, race it, and easily sell it when you tire of it.

Sailing clubs at both lakes are welcoming and offer a variety of classes and sailing camps. This is by far the easiest way to learn and you will get expert help from experienced sailors each time you go out with the club. The main activity at both clubs is racing each weekend. You will quickly sharpen your skills as you vie for position rounding a "mark", and trim your sails from close hauled (into the wind) to broad reach to capture the wind behind you.

You will likely launch your boat from a trailer each time you sail and store your boat on that trailer near the lake or at your home. You'll either spend some money on gas or some money storing your boat at the lake. Boats last a long time and don't take much maintenance. I don't think I put much more than \$100 into mine over the past 5 years.

Believe me if I can sail, anyone can. After racing with the HSA a few times, I had the opportunity to "rescue" some gals who happened to be out on the lake on a windy Saturday. Sailing back and forth through all positions of the wind I picked up their equipment and belongings which were bobbing all over the place, using what appeared to them to be deft sailing skills. After several years I have yet to win a competitive race but I can pick up stuff just fine.

ActonLake-HuestonWoods-SunfishRegatta  
Courtesy of Hueston Sailing.

## Neaby Lakes and Clubs

### Acton Lake

Hueston Woods  
[www.huestonsailing.com](http://www.huestonsailing.com)

### Cowan Lake

Cowan Lake Sailing Association  
[www.clsa.us](http://www.clsa.us) in Wilmington, OH

### Hydrobowl Lake

Eastwood Park in Dayton

### Brookville Lake

Brookville Lake Sailing Association  
[www.blsa.com](http://www.blsa.com)

### Caesar Creek

Caesar Creek Sailing Association  
[www.sailcincinnati.com](http://www.sailcincinnati.com)

### Rocky Fork Lake

Rocky Fork Sailing Club  
[groups.yahoo.com/group/RFSailingClub](http://groups.yahoo.com/group/RFSailingClub)

### East Fork Lake

Bethel, Ohio

## TIPS

**Experience:** You can get sailing experience by contacting a sailing club and say you are willing to "crew" for a race.

**Keep it simple:** When you race a small boat, you want nothing in the boat or on your person except a life preserver and a bottle of water. Think of it as wind surfing.

**A picture is worth . . . :** Take pictures of your boat, particularly the rigging. You can admire it, but it will also help you remember what is attached to what.

**Make a check list:** I have a 20 point checklist that even now I will use to refresh my memory at the beginning of the season. Before I had the list, I launched my boat with the tiller OVER the traveler which means I could not steer. Oops.

**Keep it safe:** The parks do check registration and equipment particularly at the start of the season when they are likely to catch you off your guard.



Hyde Park Blast by David Abad

## Road Cycling *By Mitch Graham*

One might not know it considering the lack of national cycling media attention, but Cincinnati is dead-center in the middle of some real world-class road cycling. For a cyclist who wants to have access to the country roads, but not live in the boonies, Cincy is a great place to locate.

Socketed down in southwest Ohio, Cincinnati country roads go off infinitely in four directions: across the river into rural Kentucky, west towards Indiana, north towards Dayton or Wilmington, and east towards Batavia and beyond. What Cincinnati lacks in mountains, it more than makes up for in hills. Hundreds and hundreds of rolling hills forge broken up terrain and roads that makes riding much more interesting than the flat, straight, and windy road riding that characterizes most of the Midwest. Each of the four directions has plenty of variety, and a plethora of great bike routes are easily located in both *MapMyRIDE* and *RideWithGPS* by doing a search for Cincinnati, OH or any local zip code. Over 250 different rides over 20 miles can be found on *MapMyRIDE* in Cincy, and over 300 on *RideWithGPS*!

The first challenge after deciding to take up road cycling naturally is - where do I ride my bike? The easy answer to this is: wherever you don't want to normally drive your car. Roads free of automobiles are safer, cleaner, and generally more peaceful. Head for the country!

Article continued at: [www.venturepax.com/tsg/cycling/mitch](http://www.venturepax.com/tsg/cycling/mitch)



### TIPS

1. Eat and drink often.
2. Improve comfort by the positioning the saddle flat to slightly up.
3. Keep your head up, and relax your elbows, shoulders, and hands slightly.
4. Use your gears and switch them before you get on the hill and have all the tension on the chain and cogs.
5. If you ride with your hands on the tops/flat part of the bars, ALWAYS WRAP YOUR THUMBS.
6. Focus on the push phase of the pedal revolution as it is where you produce the most power.
7. Pedal with flat feet

## Paved Bike Trails

For those who prefer trail over traffic, here are a couple of the trails the Tri-State has to offer.

### Little Miami Scenic Trail

The Little Miami Scenic Trail runs 70-miles from Newtown to Morrow through the Little Miami Valley. This beautiful trail offers scenic rivers, lush forests, quaint villages, horseback riding, bike rental, canoe access, and much more. [www.miamivalleytrails.org](http://www.miamivalleytrails.org)

### Great Miami River Recreational Trails

This newly built 37-mile long trail runs along the Great Miami River through Downtown Dayton, Ohio, to Franklin Ohio. The website says that there may be construction delays so be sure to check before you head out. [www.miamivalleytrails.org](http://www.miamivalleytrails.org)

### Shaker Trace Trail

Located in Miami Whitewater Forest, this trail offers a 7.8-mile outer loop or a 1.2-mile inner loop. A great getaway from the hustle and bustle and enjoy the scenic treasures Miami Whitewater has to offer. [www.greatparks.org](http://www.greatparks.org)

### Aurora Lawrenceburg Trail

The A-L is a paved rail-trail which sits atop a former NYC rail line and follows an active CSX rail line along the scenic Ohio River. Going east toward Lawrenceburg, trail users pass cultivated fields of corn, often populated with deer, a densely wooded section, and two structures that are on the National Historic Register - Hillforest House Museum and the George Street Bridge. [www.indianatrails.org](http://www.indianatrails.org)

### Woodland Mound

A relatively short 1.2mile paved trail, it's convenient for east-side neighborhoods and northern Kentucky access. [www.greatparks.org](http://www.greatparks.org)

For more comprehensive info on biking in greater cincinnati: <http://www.oki.org/transportation/bike/wannabike.html>

## Stand Out Places to Ride:

**MoMBA – Huffman Metro Park** – This area is incredibly well designed and maintained. MoMBA offers a wide range of riding to accommodate novice to expert riders. More than adequate signage on the trail keeps you oriented, and prompts you to the degree of difficulty on the trail ahead. The terrain ranges from smooth winding tracks of the Creekside trail, to advanced technical riding across the rocky terrain of Hawk's Lair.

**Devou Park** – This trail is new and convenient to downtown. Its best feature is its downhill sections. Everyone loves the descent after a nice climb, and this park is no exception. Of all the trails I've ridden around Cincinnati, my most exhilarating descents were at this park.

**East Fork State Park** – The trails here are great for beginners and advanced riders alike. Beautiful tree trails with great rolling hills. The park is about a 45-minute drive east from downtown Cincinnati."

**Houston Woods** – This park made my list not only for its impressive network of trails, but for the convenient mountain bike rental shop. This allows me to get my friends out riding with me who would otherwise not be able to come.

**Harbin Park** – Harbin Park is a truly a gem. My first impression was wondering how such a great trail could be tucked in the center of a quiet suburbia. Overall, the course is only a couple of miles, but it offers a great physical challenge and entertainment for a day's riding.



**KEEPING RIDERS ROLLING FOR OVER 11 YEARS**

BIKES • PARTS • REPAIRS • SERVICE • CLOTHING • ACCESSORIES • FITTING SERVICE

PROUD SPONSOR OF PADDLEFEST

859-261-6187  
648 MONMOUTH STREET  
NEWPORT, KENTUCKY

**Reser**  
bicycle  
outfitters

# CYCLESPO RTS

## Cincinnati – My Single Track City *By Mike Lopez*

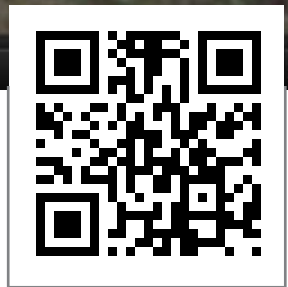
I'm a microbiologist by day, an outdoor enthusiast by night, and a Venturepax.com Pro by weekend. My name's Mike, a Cincinnati non-native, and until recently was unaware of this city's full potential for outdoor adventures.

Among my ever compounding list of outdoor hobbies, I have a special part of my life (and my bank account) dedicated to cycling. In particular, the thrill of mountain biking through single track carvings of nature's beautiful landscape completely captured me.

Cincinnati has an incredible mountain bike community due to the amount of local single track adventures. This community has shaped my life by meeting new friends and having memorable rides with them.

My favorite memory was riding at Hueston Woods. I had recently retired my beat up Schwinn, and purchased an "All Mountain" style Trek. Taking it out for the first time, I was unaware that All-Mountain bikes had wider handlebars. I quickly learned this while trying to follow my friend and squeeze through tight sections of tree line. My handlebar clipped a small tree along side of a creek bed, and I flew off into the creek. My friend stopped and turned around after my short burst of expletives to see a mountain bike suspended in the air by some bushes with no person attached. We had a great laugh when he found out where I had disappeared to.

Watch this video from Mike's Hueston Woods mountain biking adventure: [www.venturepax.com/tsg/mountainbiking/video](http://www.venturepax.com/tsg/mountainbiking/video)



## Making a Difference in Your Community

PROJECT GROUNDWORK  
*your pipeline to clean water*


Project Groundwork is improving the quality of life in Hamilton County through cleaner streams, improved protection of public health, and enhancements to the communities where we work, live, and play.

- *Protecting the environment*
- *Partnering with our communities*
- *Revitalizing the economy*
- *Designing innovative solutions*


Project Groundwork is your program. It's an investment in your community for generations to come.

[www.projectgroundwork.org](http://www.projectgroundwork.org) • A program of the Metropolitan Sewer District of Greater Cincinnati





Come out and play at Cincinnati Nature Center's PlayScape



NATURE  
**PLAY**  
**SCAPE**

Carve your own path & climb to the top!

Check out all of the camping, outdoor adventure, and excitement you can have in Scouting.



BOY SCOUTS OF AMERICA  
DAN BEARD COUNCIL

[www.danbeard.org](http://www.danbeard.org)  
513.577.7700



city of  
**CINCINNATI**  
HEALTH DEPARTMENT



We know **health** matters

Keeping you informed:

Web [www.cincinnati-oh.gov](http://www.cincinnati-oh.gov)

Twitter <http://twitter.com/CinciHealthDept>

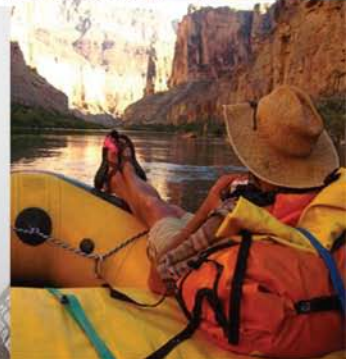
Facebook [www.facebook.com/CincinnatiHealthDepartment](http://www.facebook.com/CincinnatiHealthDepartment)



What's **Your** Story?  
Share it here:



VENTUREPAX.COM



## LET'S GO FISHING! By Craig Troescher

Each year, fishing is enjoyed by nearly 40 million people of all ages and physical abilities. Fishing doesn't require strength, stamina or any special skills. Plus, you don't need to spend \$100's of dollars to get started. New, beginning equipment can be purchased for as little as \$25 and garage sales can offer fantastic deals too!

Local fishing can be broken down into 2 categories; **bait** or **artificial lures**. Most people start out using bait and eventually learn how to fish with lures.

Fish love **bait**. Live bait can be a minnow, crawfish or any living animal or insect. Cut bait can be a piece of fish, cheese or even a hot dog. Bait fishing is usually done with a bobber or a weight. If you're using a bobber, the bait is suspended under the surface of the water. When using weight, the bait settles near the bottom. Catfish are commonly pursued when using bait.

**Artificial lures** mimic something that's alive, such as a minnow, frog or a bug. Lure fishing is more technical because you're trying to make the lure look alive. Casting and retrieving a lure is meant to mimic the action of the bait moving through the water.



Fishing on the Ohio River by David Abad

### GETTING STARTED

Generally a **fishing license** is needed. States offer a yearly, daily or multi day licenses. Children, senior citizens, and sometimes vets receive special fishing privileges. Licenses can be bought on line or at most stores that sell fishing equipment. The money from licenses supports the state Fisheries Department.

It's important to know what a legal catch is, most **regulations** are written around the length of a fish, the number of fish or the species. When you buy a license you'll receive a copy of fishing regulations, make sure to read it and know what's legal.

Recently, more and more people have started to practice "**catch and release**". Plus, states are constantly evaluating the rules to preserve the fishery for future generations. However, there's absolutely nothing wrong with catching fish to eat. But, keep only what you intend to eat.

### About Craig Troescher

Craig produces an award winning fishing show called "Fishing on the Fly" and he's an active member of the Northern Kentucky Fly Fishers.

### WHERE TO FISH

Watch for information released from the state division of fisheries on stockings in local lakes, streams or reservoirs. Both Ohio and Kentucky Department of Fisheries have web sites that post information on local stocking. Another approach is going to a pay lake. They're usually well stocked and you can expect good fishing. Don't hesitate to ask anyone where they like to go and keep your eyes and ears open for any tips.

Ponds in residential neighborhoods, small streams and creeks are always good choices too. Stop in local bait shops and ask where the fish are biting, or ask a neighbor or friend where they fish. Most fishermen will share information if you ask politely.

Good luck and I hope you catch a big one!

### TIPS

1. Handle fish with care.
2. Downgrade for bigger fish: Sometimes slower smaller bait helps to attract the big fish.
3. Pack a Sharpie and customize your bait: Example, a red sharpie behind the gills mimics bleeding.
4. When all else fails, use a grub: Who doesn't love a grub?
5. Find the bird, find the fish: Watch for birds preying on fish. They have the best view.
6. Glue your bait: Just a little dab of super glue on the hook will keep the bait from slipping off.

### Ohio Fishing [www.gofishohio.com](http://www.gofishohio.com)

From newsletters, maps, local tips, fishing times, reviews, and articles this site has everything for the Ohio fisherman.

### Kentucky Fishing

<http://fw.ky.gov/pdf/2012fishingforecast.pdf>

This handout is designed to assist anglers in planning their fishing trips and improving fishing success

### Indiana Fishing

<http://indianainfo.net>

Not only is this your best outdoor resource but it covers everything on Indiana fishing, including pay lakes, discussion boards, river flows, maps, liveries, camping and much more.

### Best Fishing Website

[www.fishingnotes.com](http://www.fishingnotes.com)

**Fishingnotes.com** provides you with lake conditions, fishing reports, articles, and the techniques you'll need to make the most out of your fishing trips. Daily lake conditions page includes weather conditions, water temperatures, moon cycles, and fishing ratings to help you decide where and when the best fishing is.

### Where to fish





Rowe Woods

## Ancient Ocean Floors And Glacial Formations In Your Backyard By Emily White

Many people don't know the immense hiking opportunities in the tri-state area and the ancient history you can experience close up. During the last Ice Age prehistoric glaciers moved into Ohio, never reaching the tri-state area, but shaping our region all the same. The rolling hills, breathtaking gorges, and scenic creeks and rivers are all a product of 3 glaciers about 1 million years ago.

These geographical treasures are not the only thing left behind; Over 420 million years ago a large ocean covered the tri-state area leaving large deposits of fossils like trilobites, horn corals, brachiopods, bryozoans, and crinoids. The hikes listed are all a direct result of millions of years of geographical evolution and you can still find these ancient fossils in many places today. This weekend, go explore history.

### The Magical Rest Step (why didn't they teach this in gym class?)

The rest step is used for ascending steep *slopes*. When muscles get fatigued and are overworked it's lactic and carbonic acids that cause the initial burn. The rest step can be used to "relax" and flush away these acids without fully stopping. It's essentially a pause of motion with the rear *leg* vertically locked and fully extended, while the front leg is bent uphill and relaxed (except as needed to adjust the *balancing* of the body and burden on the rear leg.) Slow and steady *can* win the race.

### TIPS

#### Avoid Aches and Pains

**Stretch your muscles** during your breaks and when you finish for the day. This will improve your hike AND your recovery the next day.

Consider using trekking poles to reduce the **impact on your knees**. Your knees will thank you some day.

Add tart cherries or dried blueberries to your trail mix. Not only will it taste better but these amazing fruits **reduce inflammation**, which is a major cause of joint pain.



Discover more places to hike:

<http://www.venturepax.com/tsg/browse/hiking>

## 9 Great Hiking Destinations

### Boone County Cliffs State Nature Preserve, Florence, KY

The preserve, located near Florence, KY, is named for the 20- to 40-foot conglomerate cliffs that outcrop on the valley slopes. The conglomerate is composed of gravel that was deposited as glacial outwash about 700,000 years ago. You'll see panoramic views of the Ohio River, steep wooded ridges and gentle rolling hills with picturesque creeks and valleys. The 2.4 mile trail is considered a moderate hike over uneven terrain. Be careful around the steep cliffs and enjoy the fresh air!

### Natural Bridge SP, Southeast of Lexington, KY

It has taken nature millions of years to form the natural sandstone arch from which Natural Bridge State Park takes its name. Located southeast of Lexington, the Natural Bridge spans 78 feet and is 65 feet high. Hikers are drawn to this rugged, scenic area of high stone cliffs and stone arches with nine hiking trails that range from ½ mile to 8.5 miles there's something for everyone.

### Big Bone Lick, Boone County, KY

Once tread upon by mastodons, ground sloths, mammoths, and bison, Big Bone Lick offers a chance to take a trip back in time. The museum, outdoor museum, nature center, buffalo herd, and trails at Big Bone Lick State Park provide glimpses into the unique history of this area. Located in Boone County, Kentucky, Big Bone Lick features 6.4 miles of hiking trails that are easy to moderate with a disabled-accessible Discovery Trail.

### Clifty Falls State Park, Richmond, IN

Located near Madison, IN, Clifty Falls State Park is a rugged geologic splendor with its deeply cut gorges, sheet rock walls and the plunging waterfalls of the creek and canyon, offering exciting scenery year-round. A product of the Ice Age, this destination offers incredible hiking trails, exquisite views and an interesting place to explore. The best times to view the waterfalls are from December to June, the trails are rated moderate to difficult so check with the visitor center for more information before you go.

### Whitewater Gorge, Richmond, IN

Whitewater Gorge, located 1.5hrs northwest of Cincinnati, is the convergence of three branches of the Whitewater River. This spectacular geological gorge formed during the last ice age and now provides miles of great hiking trails with scenic vistas, picnic areas, vertical cliffs, as well as a wheelchair accessible path. Be sure to take a minute and enjoy Thistlethwaite Falls, they are rich in fossils from the prehistoric ocean located here over 420 million years ago.

### Mounds State Recreation Area, Brookville Lake, IN

Hike through hallowed grounds in Mounds State Recreational Area. Follow the tree-lined paths along the shore of 5,260-acre Brookville Lake. Find evidence of the once-prominent Native American settlements and pass smooth 2,000-year-old mounds that were likely ancient temples. The area is also known for its significant deposit of Ordovician fossils. These 450-million-year-old fossils, reminders of a primeval inland sea, can still be seen. The lake property has more than 25 miles of hiking trails rated from easy to difficult.

### Rowe Woods Cincinnati Nature Center, Milford, OH

Located 30 minutes east of Cincinnati, the Cincinnati Nature Center has more than 20 miles of trails winding through mature forests and fields, past ponds and streams. It's now wonder why CNC was voted "Best Hiking Trails" in CityBeat's Best of Cincinnati issue for the fourth year in a row.

### Mt. Airy Forest, Cincinnati Westside, OH

Mount Airy Forest encompasses more than 1,469 acres and the once-barren land now includes 700 acres of reforested hardwoods, 200 acres of forested evergreens, 269 acres of wetlands, 170 acres of meadows, and a 120-acre arboretum. As Cincinnati's largest park, Mt. Airy Forest boasts a multitude of picnic areas, playgrounds, pavilions, and bridle trails, and the arboretum displays more than 5,000 plants. Mount Airy Forest's trails are designated as a National Recreational Trail by the U.S. Department of the Interior and are also a nationally designated trail by the Boy Scouts of America. The park's lush wooded ridges and valleys make it hard to believe that downtown Cincinnati is only 10 minutes away.

### John Bryan State Park, Yellow Springs, OH

John Bryan is said to be the most scenic state park in western Ohio. The 752-acre park contains a remarkable limestone gorge cut by the Little Miami River. A portion of the gorge is designated as a national natural landmark. Nature lovers can enjoy any of the 10 different trails found in the park. Follow the scenic river, meander through majestic woodlands, but exercise caution along the rim. Because of this pets are not allowed anywhere in the preserve. There are multiple handicap accessible trails so this is a great park for any hiker to enjoy.

## THE TEN ESSENTIALS FOR HIKING

**WATER:** durable bottles, and water treatment such as iodine or filter

**MAP:** preferably a topo map and a trail map with a route description

**COMPASS:** a high-quality compass

**FIRST-AID KIT:** a good quality kit including first-aid instructions

**KNIFE:** a multi-tool device with pliers is best

**LIGHT:** flashlight or headlamp with extra bulbs and batteries

**FIRE:** windproof matches or lighter and fire starter

**EXTRA FOOD:** you should always have food in your pack when you've finished hiking

**EXTRA CLOTHES:** rain protection, warm layers, gloves, warm hat

**SUN PROTECTION:** sunglasses, lip balm, sunblock & sun hat

(Source 60 Hikes within 60 Miles by Tamara York)





## LET'S GO CAMPING

By Larry Benken

One of my favorite ways to spend a weekend is to camp. I am out in the woods, away from phones, TV's, traffic, schedules, deadlines, etc.

Camping can very broadly be broken down into three types – backpacking, “car camping,” or recreational vehicle camping. Backpacking is where you take everything you are going to need – tent, sleeping bag, water, food, extra clothing, etc., and carry it in a backpack on your back. Car camping is where you put these items into your car, SUV or truck, drive to a campground (or to a farm, beside a lake, someone's backyard, etc.), and set up the tent. Recreational vehicle camping is similar to car camping, except that everything is in the vehicle, you sleep in the vehicle, possibly cook in it, etc. This article will cover primarily car camping, although much of it could apply to the other types.

When camping, there are a number of items I like to have with me. The list will vary depending on the length of the trip, weather, your preferences for activities, etc. See suggested list:

Most campgrounds have restrooms or pit toilets; many have showers; many have firewood for sale; some have a convenience store on-site or nearby. These factors will require or allow changes to the above-list. You must also add the appropriate gear for any planned activities, such as hiking, fishing, hunting, caving, rock-climbing, etc. Enjoy!



### TIPS

**Waterproof Matches:** Dip regular matches in your favorite nail polish to waterproof, and don't forget to color coordinate.

**Travel Pillows vs. Regular Pillows:** Regular pillows will become sticky in hot, humid weather. Travel pillows and camping pillows have protective coatings that prevent this.

**The Amazing All-in-One Flying Disc Tool:** I refer to all flying discs as a Frisbee™. It's the perfect multi-use camp tool: cutting board, wind block, fire fan, seat or foot rest on wet ground, and signaling device if it has reflective tape on back side. So many options!



www.cincinnatiobservatory.org 513-321-5186

**Astronomy & Space Science  
Programs for Families,  
Students, Scouts and Teachers**

# CAMPING



East Fork Lake camping grounds



**Discover more places to camp:**  
<http://www.venturepax.com/tsg/browse/camping>

## Suggested List of Must Have items:

- Tent (including stakes, poles, etc.)
- Groundcloth
- Hammer (for stakes)
- A few tools (pliers, screw driver, multi-tool)
- Throw rug for in front of tent
- Sleeping bag(s)
- Pad or mat of some kind for under sleeping bag
- Clothing appropriate for the season
- Sweater or jacket
- Rain poncho
- Toothbrush, toothpaste, shaving equipment, toiletries in general
- Towel, soap, washcloth
- Toilet paper
- Hiking boots and hiking stick
- Gym shoes or sandals for around camp
- Map, compass, and/or GPS
- Cooking stove with fuel, and/or grill, and/or dutch-oven
- Dishes, utensils, condiments, etc. appropriate for menu
- Food, drink, ingredients, etc. for menu
- Lantern
- Flashlight
- First aid kit
- Saw, wedge, etc. for firewood
- Fire starters, matches, etc.
- Five gallon water jug
- Water bottle
- Thermometer
- Knife
- Pocket knife
- Mosquito head net, repellent
- Pepper spray
- Tracking book
- Tree identification book
- Pen, pencil, paper
- Whistle
- Cordage
- Sunblock

## SKIPPING FISH BOAT SCHOOL



BOAT BUILDING & PADDLING

Build Your Own Traditional Kayak or Qajaq

Carve a Kayak or Canoe Paddle

Custom-built Qajaqs

Rolling Instruction

Paddling Instruction

[www.skippingfishboatschool.org](http://www.skippingfishboatschool.org)

609 East Washington Street  
 Louisville, Kentucky 40202  
 (502) 298-0932



...just a few river miles from Cincinnati



in Louisville on the Ohio.



## 2012 DESTINATION CAMPGROUNDS

### OHIO

#### 1- Morgan's Riverside Campground and Cabins

Located on the bike trail and Little Miami River this is the closet camping to Kings Island. Plus you can rent canoe's or kayaks and schedule a paddle during your visit.

Morrow, Ohio ~ 513-899-2166  
[www.morganscanoe.com](http://www.morganscanoe.com)

#### 2- Rocky Fork State Park

A lot of history, plenty to keep you busy such as disc golf, swimming, hunting, the marina, and they're open year round.

Hillsboro, Oh ~ 937-393-4284  
[www.stateparks.com/rocky\\_fork.html](http://www.stateparks.com/rocky_fork.html)

#### 3 - Dayton Tall Timbers Resort KOA

Well maintained grounds with lots of trees and beautiful gazebos. Enjoy the heated 80 foot pool, on site Café, mini-golf, fishing, paddle boats, hiking, bike rental, mini train rides and much more!

Brookville, OH ~ 937-833-3888  
[www.daytonkoa.com](http://www.daytonkoa.com)

### KENTUCKY

#### 1- Mammoth Cave National Park Campground

Caves, boating, educational programs, fishing, hiking, and horseback riding; what more could you ask for in a camp ground?

Mammoth Cave, KY, ~ 270-758-2180  
[www.nps.gov/macai/index.htm](http://www.nps.gov/macai/index.htm)

#### 2- A. J. Jolly Golf Course & Campground

The name says it all, golf course and campground. It also has 200-acre fishing lake, 18-hole disc golf course and an extensive network of hiking and horse trails.

Alexandria, KY ~ 859-635-2106  
[www.ajjolly.com](http://www.ajjolly.com)

#### 3- Oak Creek Campground

20 min south of Cincinnati near the Florence Speedway, Oak Creek offers many events through the year and has been family owned and operated for over 42 years.

Walton, KY ~ 859-485-9131 ~  
[www.oakcreekcampground.com](http://www.oakcreekcampground.com)

### INDIANA

#### 1- Brookville Lake

With over 5,000 acres and over 25 miles of hiking trails, boating opportunities, two beaches and traces of prehistoric Native American mound, Brookville has plenty to explore!

Brookville, In 765-647-2657  
[www.franklincountyin.com/](http://www.franklincountyin.com/)

#### 2- Clifty Falls State Park

Waterfalls, hiking through Clifty Canyon, fossils, nature center, swimming pools and much more make this a great family destination.

Madison, Indiana 812-273-8885  
[www.indianaoutfitters.com](http://www.indianaoutfitters.com)

#### 3- Whitewater State Memorial Park

Situated on 200-acre Whitewater Lake, this park features horseback and hiking trails, canoe and paddleboat rentals, fishing, and Ainsley's Cafe and Harbor Bar.

Liberty, In ~ 765-458-5565  
[www.indianatraveler.com](http://www.indianatraveler.com)

Going,  
 Going,  
 Green  
 One kitchen at a time!

Your kitchen has been put to good use over the years. Now, you're ready for a change. There are still many good years left in it. **Reuse it!** through **Building Value.**

At Building Value you donate your perfectly good cabinets, fixtures and other materials, and save the environment - and it's a charitable contribution on your taxes!

Your kitchen and other items will be reused by others improving their own spaces. Check it out yourself, you might find something for your next project.

- Donate your unused building materials
- Shop for architectural gems or unique treasures
- Recycle through deconstruction.

RENOVATE GREEN at  
**Building Value**

4040 Spring Grove Ave.  
 Northside  
 513-475-6783



[www.buildingvalue.org](http://www.buildingvalue.org)





## MORE CAMPGROUNDS

### Kentucky Campgrounds

**Oh! Kentucky Campground & RV Park, Berea**  
859-986-1150

**Jellystone Park Camp Resort, Cave City**  
800-523-1854

**Corbin KOA Campground, Corbin**  
606-528-1524

**Chimney Rock RV Park, Harrodsburg**  
859-748-5252

**Cumberland Falls State Park, Corbin**  
606-528-4121

**Camp Nelson RV Park, Lancaster**  
859-548-2113

**Kentucky Horse Park Campground, Lexington**  
859-259-4257

**K&W Campground, Paris**  
859-987-5221

**Oak Creek Campground, Walton**  
859-485-9131

**Sparta Campground, Sparta**  
859-356-9859

**Turnabout Camp & Boat Club**  
859-384-3060

### Indiana Campgrounds

**Brookville Lake, Brookville**  
765-647-2657

**Charleston State Park, Charleston**  
812-256-5600

**Grand Trails RV Park, Corydon**  
812-738-9077

**Whitewater Memorial State Park, Liberty**  
765-458-5565

**Clifty Falls State Park, Madison**  
812-273-8885

**Harmonie State Park, New Harmony**  
812-682-4821

**Muscatatuck Park, North Vernon**  
812-346-2953

**Little Farm on the River, Rising Sun**  
812-438-4500

**Hardy Lake, Scottsburg**  
812-794-3800

**Yogi Bear Jellystone Camp Resort, Scottsburg**  
812-752-4062

**Versailles State Park, Versailles**  
812-689-6424

### Ohio Campgrounds

**Stillwater Beach Campground, Bradford**  
937-448-2382

**Dayton KOA, Brookville**  
937-833-3888

**Cross's Campground LLC, Camden**  
937-452-1535

**Green Meadows Campground, Clarksville**  
937-289-2284

**Shady Trails Family Campground, Hillsboro**  
937-393-5618

**Paramount's Kings Island Campground, Kings Island**  
513-754-5541

**Cedarbrook Campground, Lebanon**  
513-932-7717

**Arrowhead Campground, New Paris**  
937-996-6203

**Indian Springs Campground, North Bend**  
513-353-9244

**Olive Branch Campground, LLC, Oregonia**  
513-932-2267

**Enon Beach, Springfield**  
937-882-6431

**Frontier Campground, Waynesville**  
937-488-1127

**Beechwood Acres Camping Resort, Wilmington**  
937-289-2200

**Miami Whitewater Forest Campground  
Hamilton County Park District  
Steamboat Bend Campground**  
513-367-9632

**Hamilton County Park District  
Winton Woods Campground**  
513-851-2267

**Hamilton County Park District**  
513-851-2267



Photo courtesy of Tom Croce

## Horseback Riding Basics

### Approaching Your Horse

Always approach your horse in a calm and confident manner. Horses sense when a rider is nervous or scared and the way you approach can greatly affect your horse's attitude. It is unlikely a horse would hurt you intentionally, but you still need to use caution to prevent the possibility of injury. Always have a clear path to get out of the way of your horse should unexpected circumstances cause him to panic.

### Mounting Your Horse

In order to sit properly and have a comfortable ride, check the stirrups to make sure they are an appropriate length. To do this, simply place your arm on the saddle.

Grab the stirrup and put it under your arm. The stirrup should be the length of your arm. The length of your arm is also the length of your leg.

A proper mount will go a long way in establishing trust between you and the horse.

- If you are an inexperienced rider, have someone hold the horse steady while you get on.
- Begin by standing on the left side of the horse.
- Hold the reins in your left hand (drape any slack over the horse's right side) while also grabbing hold of the horse's mane with your left hand as well.
- Use your right hand to turn the stirrup out and place your left foot into the stirrup, parallel to the horse's side. If you are too short to reach the stirrup, stand on a box or other object that will enable you to reach.
- Now grab the back of the saddle with your right hand.
- Bounce off the ground with your right foot putting weight onto your left foot in the stirrup, while simultaneously pulling yourself up using the back of the saddle and the horse's neck.
- Once you are balanced on your left foot in the stirrup, swing your right leg over the horse as you release your right hand from the back of the saddle and gently lower yourself into the saddle.
- Place your right foot into the other stirrup.
- Make sure your weight is distributed over the center of the horse.
- You will dismount from your horse by reversing the steps you took to get on. Hold the horse's neck and remove your foot from the right stirrup. Stand up and swing yourself up and off of the saddle and finally to the ground.

You should maintain good posture, and your legs should be relaxed so they can move easily. Pull your spine and lower back in slightly, but make sure you are not sitting too stiffly. You want to be able to maintain balance without clamping down hard on the horse with your legs or having to grab the saddle horn.

Your knees should lie flat against the saddle. The balls of your feet should rest on the stirrup with your toes pointing slightly upward, with the heels down. Your feet need to be able to fall out of the stirrup, so you can land free of the horse should you be thrown.

Hold the reins loosely down and over the front of the saddle. Don't hold the reins tightly as this will only confuse the horse making him think you want to stop.

## Local Horseback Destinations

### East Fork Stable and Trails

East Fork Stables specialize in lessons, day camps, scout groups, parties, boarding and training. Facilities include an indoor arena, riding track, round pen, 50 miles of trails, clubhouse, cabin with grills and a fishing lake. Batavia, OH, 513-797-7433, [www.eastforkstables.net](http://www.eastforkstables.net)

### First Farm Inn

First Farm Inn B&B offers a unique country escape on a Kentucky horse farm. Learn horsemanship and how to fit into the equine world while riding over the scenic Northern Kentucky hills. Petersburg, KY, 859 586 0199, [www.firstfarminn.com](http://www.firstfarminn.com).

### Muddy Water Equestrian Park

Offering trail rides, kid's rides, riding classes and clinics this Cincinnati based park focuses on capturing the attention of youth and building character. Cincinnati, OH, 513-522-8545, [muddywaterranch.org](http://muddywaterranch.org)

### Northern Kentucky Horse Center

Nestled in the countryside of bluegrass state, NKHC sprawls over 35 acres and features a jump field, a free-span indoor arena, and two outdoor arenas. NKHC offers lessons for riders of all skill levels in Western and English Riding, and allows use of their trained horses, with the option to train your own horses. The Center can also personalize your experiences with a custom trail ride. Verona, KY, 859-485-NKHC (6542), [www.nkyhorse.com](http://www.nkyhorse.com)

### Wilstem Guest Ranch

Enjoy quaint cabins nestled in the woods, horseback riding and hiking trails, and a serene oasis of wooded hills and gently rolling pastures sit on 1,100 acres at the southwestern edge of Southern Indiana's Hoosier National Forest. French Lick, IN, 812.936.4484, [www.vostheranch.com](http://www.vostheranch.com)

### Winton Woods Riding Center

Offering riding lessons and an extensive system of trails, Winton Woods is a great destination. If you just want a pony ride for your kids, head to Parky's Farm and for \$2.50 they can have a guided ride. Cincinnati, OH, (513) 931-3057, [www.greatparks.org](http://www.greatparks.org)

### Best Tri-State Trail Riding Forum

<http://www.horseforum.com/trail-riding/cincinnati-area-trail-riding-38728/>



# HORSEBACK RIDING

## Walking Your Horse

Many horses are trained to respond and move based on the pressure applied by the rider's legs. Because your leg movements can confuse a horse, be sure and keep your legs relatively still and only use them to provide signals to your horse.

To get your horse to walk, squeeze both legs against the side of the horse. As the horse starts to move, relax the pressure of your legs. If your horse does not respond, you can give a gentle kick into his side while making a clucking sound with your tongue.

Your horse can be thrown off balance when you go up or down a hill so you will need to adjust the way you sit in the saddle. When going downhill, you need to lean back in the seat, and you need to lean forward when you are going uphill.

## Steering Your Horse

A majority of trail horses are trained to neck rein. This means you hold both reins in one hand. Then when you want the horse to turn right, simply pull the reins to the right, so that the left rein lies across the left side of the horse's neck. To turn left, pull the reins to the left so the right rein lies across the right side of the horse's neck.

When turning your horse, you may also need to apply pressure from your right leg while pulling the reins to the left to signal your horse to move left. Likewise, apply pressure from your left leg while pulling the reins to the right to signal you horse to move right.

So in other words, to turn your horse right, you will be applying pressure on the left of your horse's neck and side (using the rein and your leg), and will be applying pressure on the right of your horse's neck and side to turn left.

Or maybe another way of thinking is you apply all pressure to the outside of the turn.

## Stopping Your Horse

When you want your horse to stop moving and stand still, simply pull the reins firmly back toward you, and say, "Whoa."

## What to Wear

Select clothing that will help ensure your safety. Your clothes should not get in your way or be able to get caught on anything, such as a branch or saddle horn. Your clothes or anything you wear should not be able to flap around to avoid scaring the horse.

Avoid wearing dangling necklaces, purses, scarves, bracelets or anything that can get caught on the

saddle, in the horse's mane or tail, or branches, and also to avoid potentially scaring the horse. Horses have extraordinary peripheral vision and any flashing jewelry from the sun could startle them. Also if you have long hair, you should tie it back to avoid it from flying around in the wind.

**Wear your shirt tucked into your pants to avoid it from flapping in the wind or getting caught.** Loose and un-tucked shirts have a tendency to get snagged on the saddle horn when mounting or dismounting, or when leaning down to avoid getting hit by a branch. A button shirt is preferred because if you do get it snagged on something while the horse is moving, and for some reason you are unable to stop her, the buttons would come off to help free you.

**Do not wear shorts.** Wear long pants made of tough material, such as jeans, to avoid getting scratched or gouged by branches, and to avoid tearing. Your pant legs should be long enough so that they do not ride up when you are mounted on the horse, and your legs stay protected.

**Most importantly, wear the correct type of footwear when going horseback riding.** Sandals simply are not a good choice! Your entire foot should be covered to avoid any injury, such as getting stepped on by a horse. Your footwear should also have a heel to prevent your foot from accidentally sliding through the stirrup and getting trapped - it's possible you could be dragged if you were to fall off. Boots are preferred as they also offer protection around your ankles and shins, should you brush up against a tree or post.

From *The Beginner's Guide to Horseback Riding* & [www.learnhorsebackriding.com](http://www.learnhorsebackriding.com)

**For more information on local parks and trails check out the links below:**

**Cincinnati Parks:** [www.cincinnatiiparks.com](http://www.cincinnatiiparks.com)

**Hamilton Country Parks District:**  
[www.greatparks.org](http://www.greatparks.org)

**Little Miami State Park:**  
[www.stateparks.com/little\\_miami\\_scenic.html](http://www.stateparks.com/little_miami_scenic.html)

**Miami Whitewater Forest Horse Trail:**  
[greatparks.org/parks/miamiwhitewater.shtm](http://greatparks.org/parks/miamiwhitewater.shtm)

**Ohio Department of Natural Resources:**  
[www.ohiodnr.com/parks](http://www.ohiodnr.com/parks)

**Winton Woods:**  
[www.greatparks.org/parks/wintonwoods.shtm](http://www.greatparks.org/parks/wintonwoods.shtm)

## TIPS

- Avoid riding alone.
- Wear hard soled shoes with a small heel.
- Always wear protective head gear.
- Wear sunglasses to protect your eyes from the sun, dust and dirt.
- Wear a long sleeve shirt and long pants to protect yourself from scrapes, sunburn and bugs.
- Take along a poncho in case of rain.
- Take along a small bottle of insect repellent and apply to hands and face.

## Did you know...

Some say that Kentucky's culture can be defined by its obsession with **Equus ferus caballus**, or as we call it, the domestic horse. Horses were said to have been domesticated in central Asia prior to 3500 BC, and ever since these majestic beasts have been used by mankind for work, travel, sport, entertainment, therapy, and pleasure.<sup>1</sup> It's no shock that the residents of Kentucky fell in love with these amazing creatures. Kentucky, Indiana, and Ohio offer plenty of horse trails, guided horseback tours, horse camps, and horse racing. Find your next horse adventure. . .

[http://www.kentuckytourism.com/things\\_to\\_do/horses.aspx](http://www.kentuckytourism.com/things_to_do/horses.aspx)

1- Horses [www.wikipedia.com](http://www.wikipedia.com) March 1, 2011



OTHER LAKES IN REGION		
<b>Acton Lake</b> Hueston Woods State Park Butler County, OH (513) 523-6347	<b>Cowan Lake</b> Cowan Lake State Park Clinton County, OH (937) 289-2105	<b>Rocky Fork Lake</b> Rocky Fork State Park Highland County, OH (513) 393-4284
<b>Brookville Lake</b> Brookville, IN (765) 647-2657	<b>Harsha Lake</b> East Fork State Park Clermont County, OH (513) 734-4323	<b>Stonelick Reservoir</b> Stonelick State Park Clermont County, OH (513) 625-7544
<b>Caesar Creek Reservoir</b> Caesar Creek State Park Warren County, OH (513) 897-3055		

River Amenity	Address / Phone	Mile Marker
1 Neville Boat Ramp Launch	Neville, OH	429
2 Moscow Boat Ramp	Moscow, OH (513) 553-3214	443
3 Augusta Street Boat Launch	New Richmond, OH (513) 553-4188	449.5
4 The Landing	421 Front St., New Richmond, OH (513) 553-6400	450.1
5 Steamboat Marina <i>(closed for season)</i>	395 Susanna Way, New Richmond, OH (513) 553-7847	450.5
6 Steamboat Bend Boat Ramp <i>(closed for season)</i>	5250 Kellogg Ave., Cincinnati, OH (513) 524-7275	458
7 Aquasano Harbor & Marina	800 Mary Ingles Hwy., Ft. Thomas, KY (859) 441-0053	463.9
8 Four Seasons Marina	4825 Kellogg Ave., Cincinnati, OH (513) 321-3000	464.1
9 Rivertowne Marina and Bar & Grill	4921 Kellogg Ave., Cincinnati, OH (513) 533-3300	464.5
10 Riverside 4 Boat Harbor	145 Mary Ingles Hwy., Dayton, KY (937) 442-8111	465
11 Schmidt Field Boat Ramp	2944 Humbert Ave., Cincinnati, OH (513) 321-0962	466.6
12 Manhattan Harbor	1321 Fourth Ave., Dayton, KY (937) 264-8930	467
13 Hooter's & Beer Seller Restaurants	331 Riverboat Row, Newport, KY (502) 294-6191	468.4
14 Cincinnati Public Landing Boat Ramp	East Mehring Way at Broadway (513) 352-0106	470.2
15 Cincinnati Riverfront Marina	33 E. Mehring Way, Cincinnati, OH (513) 352-0150	470.4
16 Ludlow Bromley Yacht Club	860 Elm St., Ludlow, KY (859) 294-6132	474
17 Riverside Boat Launch	3942 Southside Ave., Cincinnati, OH (513) 624-5657	475.4
18 Riverview Landing Marina	3653 River Rd., Cincinnati, OH (513) 924-3210	475.6

← Additional amenities downstream; see chart



# OHIO RIVER

**HAMILTON COUNTY PARK DISTRICT LAKES** (canoes & kayaks only)

- **Winton Woods Lake** (156 acres), 10245 Winton Rd., Cincinnati
- **Miami Whitewater Forest Lake** (85 acres), 9001 Mt. Hope Rd., Harrison
- **Campbell Lakes Preserve** (57 acres, 4 lakes), 10431 Campbell Rd., Harrison
- **Lake Isabella** (Little Miami River access), 10174 Loveland-Madeira Rd., Symm

**LEGEND**

- River Access Points
  - Interstates
  - 515 River Mile Markers
  - Major Roads
  - River
  - 39 Site Marker
  - M Marina (Most marinas have restroom facilities)
  - F Fuel
  - R Restaurant
  - C Camping
  - P Picnic Area
  - BR Boat Ramp
  - PO Public Pump Out
- 

Note: This map is not intended for navigational purposes. Facilities identified have at least one amenity open to the public. Additional facilities and amenities, not identified on this map, may exist.  
© 2011, The Ohio River Way, Inc.



River Amenity	Address / Phone	Mile Marker
19 Villa Hills Marina	733 River Road, Villa Hills, KY 415.7	
20 Mandy's Landing	4331 River Rd., Cincinnati, OH 477	
21 Fernbank Park (canoes/kayaks only)	50 Thornton Ave., Cincinnati, OH 483	
22 Mariners Landing Marina	7405 Forbes Rd., Cincinnati, OH 483.7	
23 Catalina Harbor (on Muddy Creek)	1 Lowland Rd., Adityson, OH 484	
24 Tanner's Creek Public Access Site	Lawrenceburg, IN	495
25 Petersburg Boat Ramp	Petersburg, KY	495
26 Tradewinds Marina (on Wilson Creek)	U.S. Highway 50, Aurora, IN 495.8	
27 Aurora Landing (on Hogan Creek)	103 Judiciary St., Aurora, IN 496.8	
28 Lighthouse Point Yacht Club (on Laughery Creek)	11042 Highway 56, Aurora, IN (812) 926-4505	498.7
29 Camp Shore Campground	3 miles North of Rising Sun, IN	501.7
30 Rising Sun Municipal Park	Rising Sun, IN	506
31 Magic Valley Marina (on Arnold Creek)	3370 St. Rt. 56N, Rising Sun, IN 508.4	
32 Arnold Creek Public Access Site	2 miles South of Rising Sun	508.5
33 Big Bone Landing Marina (on Big Bone Creek)	14036 Boat Dock Rd., Union, KY (859) 384-1713	516.5
34 Patriot Public Access Site	Patriot, IN	518.5
Not Shown on Map		
Turtle Creek Harbor (on Turtle Creek)	20563 Highway 156, Florence, IN (812) 554-2387	529
Smugglers Cove Marina (on Craig's Creek)	1150 U.S. 42 West, Warsaw, KY (859) 567-7601	530
Pier 99 Marina (on Craig's Creek)	379 Knox-Lillard Rd., Warsaw, KY (859) 567-8811	530

Many facilities are seasonal - call for hours  
[www.OhioRiverWay.org](http://www.OhioRiverWay.org) for more information

**WATER TRAIL**





## GOT RIGHTS? Get the Bike Lawyer!

A cycling crash can turn your life upside down. The last thing you need is some insurance company taking advantage of you. Steve Magas, an Ohio attorney and avid cyclist, has handled hundreds of cases involving the death or injury of a cyclist. Get the Bike Lawyer.

Call or e-mail Steve today for a **FREE** consultation.

**STEVE MAGAS**  
**BIKE LAWYER**

[ohiobikelawyer.com](http://ohiobikelawyer.com)

513/484-BIKE [2453] [BikeLawyer@me.com](mailto:BikeLawyer@me.com)

H U M A N  
N A T U R E

990 St. Paul Place  
Cincinnati, OH 45206  
[www.humannature.cc](http://www.humannature.cc)  
T: (513) 281-2211

A Landscape Architecture and Planning firm specializing in the design of:

- Parks, greenways, nature preserves, trails and other open space systems
- School & corporate campuses
- Streetscapes & urban spaces
- Memorial & commemorative landscapes
- Sustainable & restorative landscapes
- Green infrastructure

## Oxbow, Inc. Protecting and Preserving Wetlands

Sixteen miles from downtown Cincinnati, at the mouth of the Great Miami River near Lawrenceburg, IN is Oxbow, Inc., a Land Trust whose mission is to protect and improve the floodplain of the Great Miami River. 3000 acres of floodplain draw more than 285 species of birds. Over 470 species of vascular plants have been identified in the area. The area abounds with mammals, fish, amphibians, and mussels. There are over 900 acres of unique floodplain habitat available to explore. Bird watching, botanizing, photography, kayaking and canoeing, bicycle riding (gravel and dirt roads) hiking and nature walks are only some of the activities in the Oxbow. This important migratory bird stop over is open to the public.



Great Egret by Ruhikant Meetei, Eagle by Bruce Leohardt

Go to [oxbowinc.org](http://oxbowinc.org) or [oxbowinc.info](http://oxbowinc.info) to see maps, instructions on how to visit, latest sightings as well as a list of programs and guided nature walks.



# BACKPACKING



Big South Fork

## Backpacking In The Tri-State Area

By Jim Gadrow

### Don't be shy

For those looking to get started backpacking in this area, it can be a difficult task to begin selecting the necessary gear and figure out where to go. Don't be hesitant to jump right in though, the experiences you'll have are priceless.

Even backpacking gurus still practice and learn as they go, so there's no reason to be shy about it. I know of at least one world traveler who, although he has backpacked at Mt Everest, Patagonia, and other

exotic locations (he's in Burma as I type this), also enjoys going to local places because it gives him an opportunity to learn about and try different gear and techniques in a safe environment.

### Gear

Don't obsess about gear when you first start. The most important advice for those just getting started is to begin by doing short overnight trips, and to remember that the things you need on a short overnight trip are very minimal.

Just to illustrate the point, let's say on a short overnight trip in decent weather you brought a sleeping bag and blue tarp in a garbage bag slung over your shoulder. If you add a few granola bars and a canteen of water, you could possibly get away with it and might even have fun.

You don't really want to do that of course. It's just to highlight that you don't need to bring "just in case" things, because it's only an overnight. Along with something to put it in, you need food, water, shelter, warmth, and a way to keep from getting lost. You can leave everything else at home for now.

Keep your eyes open and ask questions of other backpackers you meet. After a couple of trips, you'll get a feel for which gear might be a good investment and which to avoid, and you can refine later. I don't know of any backpacker who doesn't fine tune his or her gear over time.

Also ask at the area outfitters and avoid any that don't seem to know their products well or are focusing more on making a sale than ensuring you enjoy backpacking. Ask what gear they personally use, why they use it, and where they go. Go somewhere else if they don't seem excited about using their products.

### Where to go

Join a local event! See the Resources below for suggestions on a local group and places. But when starting out, try to select a trail that gives you the option to easily bail out if needed. A number of trails make that possible by having multiple loops. Easily accessible water is important. Also, be aware that the more remote and less popular an area is, the more difficult it can be to get assistance.

**East Fork State Park** has two hiking trails. Avoid the 32 mile Perimeter Trail and use the 14 mile (or less) Backpack Trail. You can actually be at Camp 1 within a mile or 2 of the trailhead depending upon your route. Every camp is reasonably close to a road if the need arises, and some have multiple shelter options. You

# SEE WHAT YOU CAN SAVE!

Join the campaign to protect our region's environment



[WhatsYourGreenUmbrella.org](http://WhatsYourGreenUmbrella.org)

# BACKPACKING

will need to carry or filter water. Get the aerial map at the Park office (note: closed on weekends). It's well worth the couple of dollars to have a good map.

**Lake Vesuvius Recreation Area** has a scenic 16 mile double loop trail which is also a great place for beginners. An option I like is to head for Paddle Creek Trailhead which has road access, picnic tables, and pit toilets. For peace of mind you can stash a car there with some of that "just in case" gear, or to give you the option to bail out if the day proves to be tougher than you thought.

**Zaleski Forest** is one of the most loved trails in the area, for good reason. It also has a multiple loop design, the 22 mile trail is well marked, and the map/brochure you can get online is very nice, with many points of interest marked for you.

**Red River Gorge** is probably the most popular backpacking option in the Tri-State area due to its scenic beauty, and therefore tends to be a little crowded, especially around holidays. There are many different trails in the area, so you'll want a good map.

**Shawnee State Forest** is known for its hills, with over 60 miles of trails that often go straight up and over rather than using switchbacks, so it can be physically challenging. It's not known for its scenery, although the area around Camp 6 is very pretty with a confluence of 2 creeks and a large stand of eastern hemlock evergreen trees. That is however, the one camp where water is not provided, so you'll need to carry or filter it. Otherwise all the other Shawnee camps should have water nearby.

## Attitude

One thing you can plan on is that the unexpected can and will happen. You'll break your shoelace or forget your spoon. It might rain or snow when they predict sun. The tent might leak, other gear could fail, a mouse might chew a hole in your pack, or any number of minor disasters could befall you.

It happens. But by keeping a positive attitude, knowing that everything can be worked around or tolerated, you'll have a great trip no matter what. These things are called experiences. Just remember that bad ones make better stories, and worse ones are even more entertaining around the campfire. Backpackers who have a lot of these "experiences" are treasured assets on the trail and around the campfire because

they've learned to take things in stride. The sooner you get started, the sooner you'll start gaining your own experiences and find out just how much fun backpacking can be.

Jim Gadrow is an avid backpacker, paddler, mountain biker and scuba diver.



**Discover more places to backpack**

<http://www.venturepax.com/tsg/browse/backpacking>

## RESOURCES



East Fork

**East Fork** - <http://goo.gl/lpsvB>

**Lake Vesuvius** - <http://goo.gl/94B5A>

**Zaleski** - <http://goo.gl/PX2Q5>

**Red River Gorge** - <http://goo.gl/xk92r>

**Shawnee Forest** - <http://goo.gl/3dTnF>

*Meetup.com* has various groups of hikers and backpackers among others. You'll find many local backpacking events here. - <http://goo.gl/LjngZ>



MetroParks of Butler County (513) 867-5835  
has something for everyone!

YourMetroParks.net  
metro parks  
2051 Timberman Rd  
Hamilton, OH 45013

## TIPS

**Maximize traction on steep rock slabs** by keeping your entire body weight over your feet. Leaning back or forward can cause you to tilt your center of gravity and slip.

**Trekking poles give you better traction** while hiking and help distribute your weight. While going downhill, lengthen the trekking poles and shorten them for uphill treks.



## What To Wear Backpacking

**Boots:** Boots are the single most important piece of gear you'll ever buy. Invest wisely! Find the boot that fits your foot the best, and get the lightest weight boot you can get away with for the terrain and season you are hiking. You'll never regret this crucial investment.

**Socks:** Merino wool socks reign supreme. They absorb sweat, temperature regulating, itch-free, keep you warm, and comfortable even when wet.

**Base layer:** Wool and synthetic are your best bet (**NO COTTON**). Wool will keep you warm when wet and many synthetics are quick drying. The one benefit to wool – it won't smell. Even after 16 days on the Appalachian Trail.


**Pants:** Light, stretchy, durable, and well-fitting. Buy the brand that fits your body type the best. Many people opt for the zip off convertible pants – they're a 2 for one option that have become a backpacking must!

**Insulation:** Whether fleece, down, wool or synthetic this is the layer that will keep you warm in the evening and during those epic summits. Hoods are great for containing body heat and keeping you extra warm.

**Waterproof shell:** Opt for going light if possible, but be sure that by going light you're not risking water repellency. Many brands advertise to be "waterproof" but there are different levels and different things like waterproof zippers that make one better than the other.

**Buff:** Get a *Buff* or two, they are indispensable. A *Buff* is great protection for all types of weather, from blowing wind and sleet to baking sun. It is lightweight, versatile and protective.

UNLEASH  
the LAUGHTER AT  
**ACE ADVENTURE RESORT**



**LOL CERTIFIED at ACE**

We all love to laugh out loud. You know the one - it lurks in the pit of your stomach and bubbles to the surface until you burst with thrill and exhilaration. That's ACE - that's what we live by. Join us this summer and unleash your laughter!

Featured on the Travel Channel - North America's Largest Adventure Resort

800.787.3982 • [AceRaft.com](http://AceRaft.com)

**WVTOURISM.COM**  
**West Virginia**  
*Wild and Wonderful*  
800-225-5982

**99 West dental**  
*laser dentistry and more*

**Edward G Parobek, DDS**

[www.parobekdds.com](http://www.parobekdds.com) 513.753.4780

## The Red By Zachary Davis

Red River Gorge, also known as “The Red,” is partially located in the Daniel Boone National Forest, but also encompasses other climbing areas outside of the park. The Red is such an amazing place to rock climb, hike or kayak. About two years after my first couple of trips to The Red, I had the opportunity to join and help start up a rock climbing club at my school (Northern Kentucky University) in January of 2011.

Our first trip was to Red River Gorge in March for spring break; More particularly, it was to a place called Muir Valley (Pronounced Meer). Muir Valley is not in the park area, but on private property owned by Liz and Rick Weber. They leave the whole area open to the public and it is completely free. They operate on donations and are only able to remain open with donations. It is a very well developed climbing area with very well made trails, roads and markers for different walls to climb. They, with the help of volunteers, do a great job keeping this place a gem. They have a large range of easy to extremely hard routes, from overhung to slabby and everything in between. The valley is tightly enclosed making it one of the easier climbing areas to navigate.

As much as I love Muir Valley, it is just a small portion of the climbing that Red River Gorge has to offer. The Southern Region, Eastern Region, and Gray’s Branch hold many more great places for climbing. The two most exciting things are the massive amounts of untapped rock to be found and Miguel’s pizza. If you want to look and see everything climbing-related the Red has to offer, hop on [redriverclimbing.com](http://redriverclimbing.com) and check it out.

I’m 22 years old, I live in Covington, Kentucky and I’m graduating this May from Northern Kentucky University with a Bachelors in Business Management. Ever since I could walk I loved being outdoors. I use to spend most of my days hiking through the woods and enjoying wildlife. Only last January did I start climbing and started with a fear of heights. Ever since then, I’ve been an addict of climbing. Rock climbing is such an amazing sport. It’s about pushing yourself to do better and increasing your problem solving ability. Rock climbing can take quite a bit of strength, but to be truly proficient, you must be able to push mind over matter and choose the right moves that will allow you to finish your climb. Don’t be afraid to try it out!

Red River Gorge



Red River Gorge - Muir Valley.

### Zach’s Top Five:

Climb Time of Blue Ash  
in Blue Ash, Ohio

The old reservoir wall at Eden Park  
in Cincinnati, Ohio

Red River Gorge

RockQuest Climbing Center  
in Cincinnati, Ohio

Urban Crag Climbing Center  
in Dayton, Ohio

For more information on Muir Valley  
go to [www.muirvalley.com](http://www.muirvalley.com)



# AUG 17-19, 2012

## RIVER DAY

NEW RICHMOND on the OHIO

FOR DETAILS: 513-553-4146 ext 15...www.newrichmond.org

- 5 "Daily" Live Music
- BINGO
- BIG BANG FIREWORKS
- Gambling Tent
- KIDS' CRAFTS & FOOD
- ZOO ANIMALS
- Rides & Games
- Dinner Cruises & Rides

Annual River Run  
**MIDDLE BLAST**  
 NEW RICHMOND on the OHIO



**Customs & Classics CAR SHOW**  
 SUN AUG 19, 2012 NOON TO 5PM  
 ON THE RIVERFRONT,

CONTACT: Mike Dirr @ 513-702-8934  
 or email [dirmusicart@gmail.com](mailto:dirmusicart@gmail.com)

**OHIO RIVER KAYAK & CANOE LAUNCH RAMP**



**FREE CARDBOARD & BUILDING TIPS**  
 @ THE CARDBOARD BOAT MUSEUM  
 311 FRONT ST. IN NEW RICHMOND, OHIO  
 CALL FOR HOURS: 513-463-1675



**Aug 18, 2012**  
 The 20th International **CARBONADO BOAT REVEE**  
 THE ANNUAL NEW RICHMOND RACE



**52nd BOAT RACE 2011**

WWW.CANOE KY.COM

Proud Sponsor Of:



## Kentucky's Paddle Sport Shop since 1981.

- Rental, Retail and Instruction
- Elkhorn Creek and Kentucky River
- Canoes, Kayaks and Rafts
- "Try Before You Buy"

Located 8 miles north of Frankfort, on the Elkhorn Creek, in beautiful Peak's Mill, Kentucky



7323 Peaks Mill Road  
Frankfort, Kentucky 40601

Phone: (888) CANOE KY  
email: info@canoeky.com

# PADDLEFEST

June 21-23

at Coney Island



**Kids Outdoor Adventure Expo**  
Thursday, June 21 9:30-4:30 pm  
Tow boat tours, fishing, hiking and much more



**Roots on the River Music & Outdoor Festival**  
Friday, June 22, 4:00 pm - 11 pm  
Presenting Jake Speed & the Freddies and Magnolia Mountain



**Paddle the Ohio, 1st Annual PEDAL Fest & Finish Line Festival**  
Saturday, June 23  
6:30 am - 2:30 pm  
Featuring live entertainment by Lagniappe



www.ohioriverway.org



Sharon Woods Trail by David Abad

## The Joy of Running By Danny Stull

I never understood why people enjoyed running. The only time I had to run was if I did something wrong during football practice growing up. To me, running and fun were complete opposites. That was my attitude towards running until the last few years. Then I decided to start participating in some local triathlons and running events. They gave me something to work towards. I had to really push myself at first because, quite honestly, running hurt! My lungs would burn and legs would ache for the entire first mile, second mile, etc... As I started to train more, something happened. I actually started to enjoy running!

You see, the more I ran on a consistent basis, the less I would have to re-train my body. My legs grew stronger and my lungs stopped feeling the burn. Once I got to this point, I was able to truly enjoy the run. Take in the sights, listen to music, push myself to run faster and longer distances.

My encouragement to those of you who "hate" running would be to start doing it and remain consistent. Even when you do not feel like running, just go for a short run, you'll feel better afterwards! As you continue to run, I hope you find yourself in the same position of enjoyment as I do now.

### Tips to get started:

- 1) Use a run tracking device and/or mobile app. It's way more fun to actually see your results
- 2) Join a running club or find a partner
- 3) Wear the right shoes! Don't use your 3-year old gym shoes
- 4) On a day you're going to run, drink plenty of water and don't eat junk for lunch
- 5) Sign up for the next 5k or Half Marathon. There are endless running events in this area!

### Favorite Places to Run:

- Little Miami Scenic Trail
- Ault Park
- Sawyer Point
- Lunken Airport Playfield
- Redbird Hollow



# edible

## OHIO VALLEY®

### COMMUNITY SUPPORTED AGRICULTURE

by Bryn Mooth

Community Supported Agriculture matches small farms directly with customers who want fresh, seasonal food. According to LocalHarvest.org, an online community for CSA farmers and customers, this approach to eating locally has been growing in popularity over the past two decades, just as consumers have become increasingly interested in organic produce and minimally processed foods. A CSA takes what you eat quite literally from farm to table.

#### HERE'S HOW IT WORKS

A small farm sells shares in its harvest to local customers. For a subscription fee that can vary depending on duration and quantity, a buyer can sign up to receive regular deliveries of fresh, seasonal produce. The farmer arranges a regular schedule where customers can pick up a box of whatever's being harvested that week – deliveries typically coincide with the grower's participation in a local farmer's market. CSA programs can range from a family-sized box of veggies delivered weekly throughout the entire growing season, to portions for one or two, to shorter options that provide, say, four weeks' worth of fall greens. Some CSAs involve only a subscription fee, while others invite (or require) buyers to contribute "sweat equity" in the form of a few hours of labor on the farm.

#### LOCAL FARM CSA PROGRAMS

Farms come in all shapes and sizes, call a few in your area to find out more about the CSA they are offering this year – most sign-ups start in February-March for the spring/summer season. Find a detailed list of area farms offering CSAs at our website [www.edibleohiovalley.com](http://www.edibleohiovalley.com)

Carriage House Farm (513) 235-7868  
Elmwood Stock Farm (859) 621-0755  
Hazelfield Farm (502) 463-2787  
Gravel Knolls Farm (513) 652-7653  
Fair Ridge Farms (937) 927-5692  
Napoleon Ridge Farm (859) 643-FARM  
Greensleeves (859) 445-5044  
Boulder Belt Eco-Farm (937) 456-9724  
Double J Farm (513) 284-7330  
The Farm at Holiday Harbor (859) 815-9415  
Bensman Family Farms (937) 902-1172  
Rush Creek Gardens (937) 778-9393  
Red Sunflower Farm (859) 250-3051  
TS Farms (937) 763-1167

*Bryn Mooth is a contributor to Edible Ohio Valley magazine – read the entire story, A Season of Anticipation, in the winter issue online at [www.edibleohiovalley.com](http://www.edibleohiovalley.com).*

SUBSCRIBE ONLINE  
\$28/year



[WWW.EDIBLEOHIOVALLEY.COM](http://WWW.EDIBLEOHIOVALLEY.COM)

**LOCALS KNOW** with Tina Meinhardt**What's your favorite dog park?****Wags Park**

I love Wags Park first off because it is a private dog park, which means that dogs have to have current vaccinations, as well as pass a temperament test to be allowed to use the park. I do not have a membership to this park, however in the past two years that I've been coming here, I have gotten daily visit passes at discounted rates on websites like Groupon. My dog loves Wags Park because it has a man-made lake for him to swim, and he loves the water!

I also enjoy going to Wags Park because during the warm months, they often put on events such as fundraisers, adoption events and happy hours. Cincinnati Sports League puts on a happy hour one Friday night of each month during the summer, which is a lot of fun. Last summer, Wags Park put on a "Must Love Dogs- Singles Night" a few times. The park has a megatron TV in which they play sporting events on occasion, as well as a sound system to play music. They also sell alcoholic beverages during their events. It's great to go to on a Friday evening, have a drink and meet other "dog people", while our dogs run around and get exercise.

Another nice thing about Wags Park is that the park is well-kept, there are restrooms and chairs available, and there is staff on hand to monitor and help prevent dog fights. The facility also has a new "Spa", which was built next door to the park. Here you are able to give your dog a bath after playing at the park, or schedule an appointment for a bath or grooming session.

I can easily spend two hours at Wags Park on a Saturday afternoon. My dog can swim, play with other dogs, and run around safely. I don't have to worry about him getting into a fight with an aggressive dog, or have any issues with an unpleasant dog owner. I highly recommend checking it out!

Tina Meinhardt, resides in Eastgate/Milford and has a 3 1/2 yr old Golden Retriever named Cooper.

**What are your top 5 dog parks?**

- 1- Wags Park
- 2- Otto Armleder Memorial Dog Park
- 3- Kellogg Park Dog Field
- 4- Boone County Dog Park
- 5- Miami Meadows Dog Park

# Canoe-Camp-Raft



THE ORIGINAL  
& THE BEST!

A relaxing, fun and safe back  
to nature family experience!

**Only 10 minutes  
from Kings Island!**

**2 GREAT LOCATIONS!**

7040 Whitewater River Ln.  
Brookville, IN 47012  
(888) 304-4904

5701 State Route 350  
Ft. Ancient, OH 45054  
(800) 932-2663

**WWW.MORGANSCANOE.COM**



## DOG PARKS IN THE TRI STATE AREA

### Ohio

#### **Fido Field**

630 Eggleston & Reedy, Downtown Cincinnati, 45202

#### **Harrison Community Center**

300 George Street Harrison, OH 45030

#### **Hueston Woods Dog Park**

6301 Park Office Road, College Corner, OH 45003

#### **Kellogg Park Dog Field**

6701 Kellogg Avenue, Cincinnati, OH 45230

#### **Mt. Airy Dog Park**

Westwood Northern Boulevard, Cincinnati, OH 45225

#### **Mi ami Whitewater Forest (Completion Date 2014)**

9001 Mt. Hope Road, Harrison, OH 45030

#### **Northside Bark Dog Park**

5160 Morning Sun Road, Oxford, OH 45056

#### **Otto Armleder Memorial Dog Park**

5000 Wooster Pike, Cincinnati, OH 45226

#### **Red Dog Park (Members Only)**

4975 Babson Place, Cincinnati, OH 45227

#### **Shaffer's Run**

6485 Vonnie Vale Court, Fairfield, OH 45011

#### **Symmes Township Dog Park**

11600 N. Lebanon Road, Loveland, OH 45140

#### **Wags Dog Park (Members Only)**

3810 Church St., Newtown, OH 45224

#### **Wiggly Field Dog Park**

Voice of America, West Chester, OH 45069

#### **Spencer Shank Memorial Park (Great Amelia Paw Park)**

Robin Way and Canary Lane, Amelia, OH

#### **Bark Park at Miami Meadows**

1546 State Rt. 131, Milford, OH 45150

#### **Bigfoot Run Dog Park**

Morrow-Cozedale Road, Deerfield Township, OH 45040

#### **Schappacher Park Dog Run**

4886 Old Irwin Simpson Road, Deerfield Township, OH 45040

### Kentucky

#### **Boone County Dog Park**

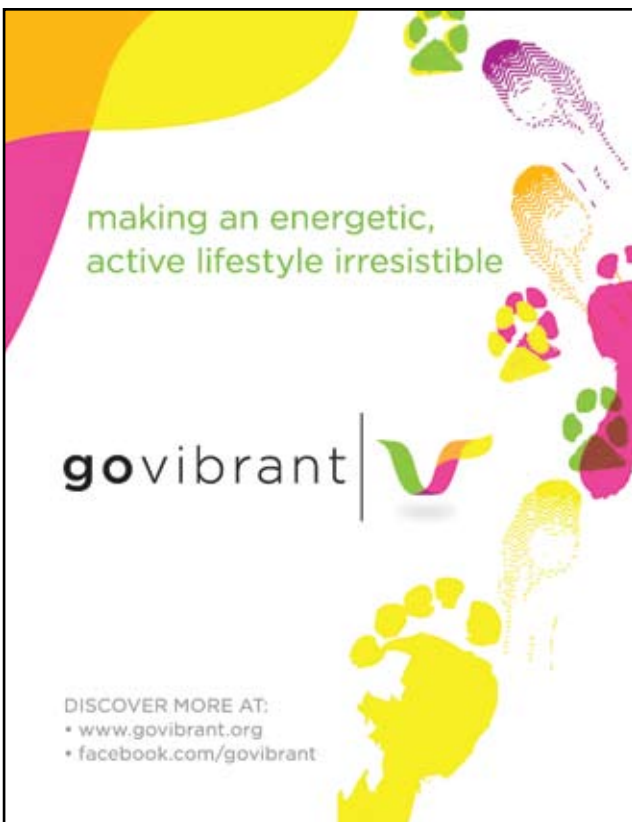
5550 Idlewild Road, Burlington, KY 41005

#### **Fort Thomas Dog Park**

85 Mayfield Ave., Fort Thomas, KY 41075

#### **Kenton Paw Dog Park**

3950 Madison Pike, Covington, KY







**Great Outdoor Weekend**  
An Initiative of Green Umbrella Regional Sustainability Alliance

**SATURDAY, SEPTEMBER 22 & SUNDAY, SEPTEMBER 23**

Join us during this fall 2012 weekend and experience a **FREE** sampling of the best nature programs and activities in the Greater Cincinnati Region!

For program details and to plan your exciting weekend visit:  
[www.GreatOutdoorWeekend.org](http://www.GreatOutdoorWeekend.org)



Presented By:



**Green Umbrella**



**Serendipity**  
DESIGN



**Cincinnati Wildflower Preservation Society**



Greater Cincinnati  
**Energy Alliance**

CONNECTING  
GREATER CINCINNATI  
TO ENERGY SAVINGS



**BETTER BUILDINGS**  
U.S. DEPARTMENT OF ENERGY

**35% INCENTIVES**  
and low-interest loans to help you improve comfort and efficiency in your home.

**FREE HOME ENERGY ASSESSMENT OFFER:**

Sign up online and provide this ad to your Home Performance Contractor to get your free energy assessment. (Valued at \$400).

[www.greatercea.org](http://www.greatercea.org) 513-621-4232

# Central Region

www.cincyparks.com

## Features

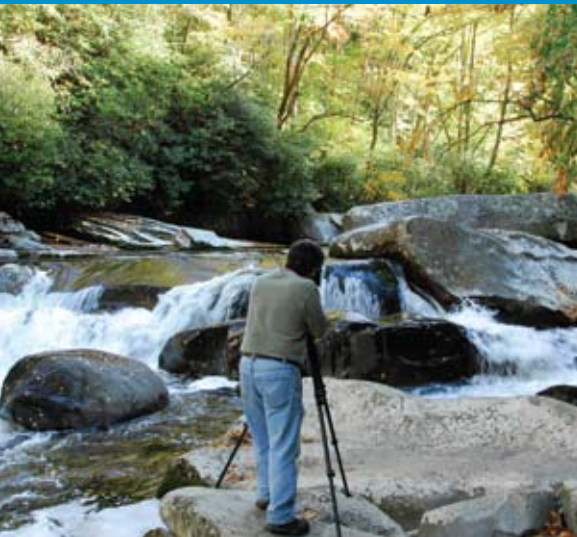
acres	central region	picnic area	shelter	rental picnic area / shelter	rental pavilion / lodge	bandstand / amphitheater	gardens / botanical features	lake / pond / fountain	dog park	playground	overlook / viewpoint	nature center	comfort station (restrooms)	significant natural areas	historic feature / public art	hiking trail	bike trail	disc golf
0.3	auburn park																	
14.5	avon woods																	
0.2	bellevue hill open space																	
15	bellevue park																	
0.1	bishop park																	
0.8	bowdle park																	
89	burnet woods																	
121.7	caldwell preserve																	
0.6	classen park																	
0.3	corryville triangle																	
2	dunore park																	
186	eden park																	
25	edgewood grove																	
17	emery park																	
3.9	fairview open space																	
28	fairview park																	
0.4	fehcheimer park																	
2.7	ferry street park																	
0.8	filson's outlook open space																	
4.4	fleischmann gardens																	
2.4	hastings street open space																	
8	hauck botanical gardens																	
7.5	highland avenue open space																	
0.7	hill street open space																	
	hill street park																	
0.9	hopkins park																	
3.9	ida street open space																	
20	inwood park																	
9	jackson hill park																	
1.2	johnston park																	
8.4	laurel park																	
9.8	lincoln park																	
5.3	losantville triangle																	
2.3	lytle park																	
0.1	marion park																	
6	martin luther king, jr. park																	
0.4	mitchell triangle																	
0.1	mohawk park																	
57.2	mount storm park																	
0.1	northern row park																	
0.7	peck's cliff																	
0.8	piatt park																	
10.7	rawson woods park																	
3.1	saint clair triangle																	
2	seasongood square																	
91.7	seymour preserve																	
1.5	stella park																	
0.7	stowe park																	
2.7	sycamore hill park																	
27	t.m. berry international friendship park																	
3.5	valley park																	
5.6	washington park																	
9.5	woodward park																	



# West & East Regions

[www.cincyparks.com](http://www.cincyparks.com)

Features		acreage
<b>west region</b>		
picnic area		30.2
shelter		212
rental picnic area/shelter		26.9
rental pavilion/lodge		63.5
bandstand/amphitheater		24
gardens/botanical features		3.2
lake/pond/fountain		30
dog park		81
playground		30
overlook/viewpoint		2
nature center		0.7
comfort station (restrooms)		17
significant natural areas		54
historic feature/public art		1.8
hiking trail		26.7
bike trail		37.5
bride trail		1471
disk golf		16.4
		84
		0.3
		62
		49
		2
		0.6
		0.1
		2.1
		15
<b>east region</b>		
		94
		1.6
		224
		6.4
		116.7
		0.4
		66
		5.8
		276
		0.3
		0.2
		0.5
		12.5
		1.3
		9.2
		13.2
		60.3
		4.4
		44.6
		0.2
		0.1
		238.5
		10.4
		2.2
		4.7
		126
		0.1
		8.6
		0.9



Tom Croce at work by David Abad

## Hiking for Photographers By Tom Croce

Earlier this year I went with a group of photographers to the Great Smoky Mountains to capture some images of late winter. We arrived at the cabin on Max Patch Mountain which is at an elevation of about 4,500 ft. to overcast skies with temperatures in the mid 50's, but by the end of the weekend the weather would change quite a bit. One the first morning, we hiked to the top of Max Path Mountain to capture the sunrise in snow and high winds. The desire to photograph these wonderfully beautiful places takes us to areas that by their nature are not easily accessible, and often have very unpredictable weather. Planning is the key for making your trip a fun, rewarding, and a safe experience. For this trip, we used the cabin as our base camp, drove to the trail head, hiked the 1 to 2 miles to our photographic destination. Each morning I checked the weather forecast, dressed accordingly, decided whether to pack the rain gear in the backpack (I always had it in the car) or wear the parka. Having an idea of the subjects I was planning to shoot that day allowed me to carry only the gear that I would be most likely to use. Listed below are some useful tips to help make your next outing a good one.

### Gear in my bag for a one day trip

- Photo Backpack – I have a Tamrac Expedition 6X
- Sturdy Tripod with ball head, I like a tripod without any center structure. This allows me to get much lower to the ground.
- DSLR I have Nikon D300s
- Lens I pack when hiking – 17 to 50 f2.8, a 28 to 70 f2.8, a 80 to 200 f2.8, and a 90mm macro.
- Extension Tubes – allows me to reduce the minimum focus distance of the lens

- Teleconverter – I have a 1.4 which allows me to increase the focal length by 40%
- Cable or remote release
- Circular Polarizing Filter – helps eliminate reflections from water and other surfaces.
- Graduated Neutral Density Filters – helps even out the difference in brightness between sky and ground.
- Small pop up diffuser and reflectors – I use these

- when shooting flowers or other small subjects to shade from direct sunlight, protect from wind, or add some additional light.
- Rain Sleeve – protects camera and lens from rain or water fall spray
- A flash light or head lamp
- Pocket knife or leatherman
- Water and snacks, breakfast bars, fruit or trail mix.



Explore the  
Little Miami River

- Canoe
- Kayak
- Raft

Open daily,  
reservations recommended.

**513-683-4611**

[www.lovelandcanoe.com](http://www.lovelandcanoe.com)



If you are planning a multi-day hiking trip and taking camera gear, here are a few tips to help you lighten your load.

### Tips for Multi-Day Photo Shooting Trips

If you don't have a camera, consider one of the new micro 4/3 cameras, they are smaller and lighter than a DSLR, and the lenses have incredible zoom ranges, reducing or eliminating the need to carry an additional lens. If you are committed to a DSLR, consider one of the consumer models, they all produce outstanding quality images, but due to the difference in the materials used during manufacturing, they are about half the weight; most consumer models are not weather sealed, so be sure to keep them out of the elements.

If like me you're committed to your metal alloy bodied DSLR weighing in at a hefty 2+ pounds, one thing you can do to reduce the weight is to leave the removable battery pack at home and carry the additional battery in your bag.

Carry an all-purpose lens with a lot of zoom range and a variable maximum aperture, a lens with a zoom range of 18mm to 270mm reduces or eliminates the need to carry other lenses. The variable maximum aperture lens will be smaller and lighter than a comparable fixed maximum aperture lens.

Look into a carbon fiber tripod which can be approximately half the weight of the comparable aluminum tripod. Make sure it is rated for the weight of your camera and lens combination.

Leave the macro lens and extension tubes at home. Instead bring a 4X close-up diopter. This screws on the front of the lens just like a filter and it will allow you to focus closer than the lens minimum focus distance.

Other items to take, Cable or remote release, Circular polarizing filter, and Rain sleeve.

## TIPS

- 1 – A photography backpack is a must, and can make the difference in how you feel when you get to your destination. A properly fitting back pack will distribute the weight between your shoulders and waist to allow you to navigate rough terrain without disrupting your balance.
- 2 – Photograph landscapes for the 1 to 2 hours after sunrise and the 1 to 2 hours before sunset.
- 3 – Don't stop shooting as soon as the sun dips below the horizon, the sky can be at its most dramatic for up to about 30 minutes after sunset.
- 4 – Don't stay in because the weather is bad. Very often the most dramatic images can be captured during inclement weather. Bad weather can be good!
- 5 – Although overcast skies may not be good for large landscapes it can be very good for things like waterfalls, and small isolated subjects where the sky is not included in the shot.
- 6 – Plan the shot. When shooting landscape know the orientation of the subject relative to the position to the sun. When possible keep the sun at your back, unless of course you are shooting a sunset or going for a dramatic backlit scene.
- 7 – Use a tripod.
- 8 – Wear the appropriate footwear. You need to be sure footed because a slippery surface can mean the end of your camera or a nasty injury for you that is sure to end your trip.
- 9 – Label all your equipment and memory cards with your name and phone number. If you lose something, whoever finds it, will at least have the option to return it to you.



Photo Hike, Max Patch TN by David Abad

National Parks – [www.nationalparks.org](http://www.nationalparks.org)

Our newest National Park – Cuyahoga Valley National Park, located just outside Cleveland.

Ohio State Parks – [www.dnr.state.oh.us](http://www.dnr.state.oh.us)

Kentucky State Parks – [www.parks.ky.gov](http://www.parks.ky.gov)

Indiana State Parks – [www.in.gov](http://www.in.gov)

**IPad apps** – Sunseeker, shows the sun path information for your current location.

IMapWeather, National Geographic Park Maps

Outdoor Photo Gear [www.outdoorphotogear.com](http://www.outdoorphotogear.com)

B&H Photo [www.bhphoto.com](http://www.bhphoto.com)

Adorama [www.adorama.com](http://www.adorama.com)

K&R Photographics [www.krphotodigital.com](http://www.krphotodigital.com)

Tom Croce is an award winning nature and wildlife photographer located in South West Ohio. To see his work visit [www.tlcroce.smugmug.com](http://www.tlcroce.smugmug.com)

To learn about Tom's upcoming photography workshops contact Tom at: [tlcroce@embarqmail.com](mailto:tlcroce@embarqmail.com)

Your Photos & Videos Look Better Here.

- Beautiful Print Products
- Commerce For Pros
- Gorgeous Galleries
- Complete Customization
- Stunning HD Video
- Unlimited Photos

**SmugMug PRO**

Billions of Happy Photos. Millions of Passionate Customers.



UFCW Local 75  
7250 Poe Ave, Ste. 400  
Dayton, OH 45414  
877.665.0075  
www.ufcw75.org

Representing nearly 30,000 members along the I-75 corridor in Ohio, Indiana, and Kentucky.

Members of UFCW Local 75 work in supermarkets, drug stores, food packing and processing plants, and health care facilities.

*Enjoy the outdoors!*



## Put more paddling FUN in your life. It's free!

Log on today: <http://groups.yahoo.com/group/cincypaddlers/>

Log onto this web page for information about paddling outings, courses, workshops, equipment and resources, and meet your 2,100 new friends. Whether your interest is sea kayaking, whitewater, camping, photography, fishing or recreation, Cincypaddlers makes it easy for you to enjoy a broader range of outings.

Experience level does not matter. Beginners are more than welcome. Get your fun started by logging onto the web site listed above. It's free so you have nothing to lose, but a whole lot to gain.

About 80% of events are within a hundred miles of Cincinnati, but we travel across the country and beyond for special adventures. Here's a pictorial taste of our past trips:

<http://www.youtube.com/watch?v=OeJGQRRE7Lk>

**Life's short – log on today  
to start your fun.  
Over two thousand local  
paddlers can't be wrong.**



# ZIP LINING



Photo courtesy of Hocking Hills Canopy Tours

## TRY A NEW ADVENTURE - ZIPLINING!

Ready to soar like a bird from tree to tree in a rain forest? Zipline or canopy tours give you a bird's-eye view of the forest, move you across canyons and show you scenery that can't be viewed from the ground. Before you hook onto a line and start zipping, however, reputable zipline tour operators give you basic training, which may include a fast ride on wire close to the ground.

### What is Ziplining?

Ziplining is the sport of soaring high above the ground while your body is secured in a harness and attached to an overhead cable.

### What is a zipline tour?

One zipline lover describes it as "being as close as you can get to flying across the top of the jungle." Participants don a harness with a carabiner that is attached to a wheel on a cable strung between trees. You push off from a platform on one tree and zip along the cable to a platform on another tree. You can be anywhere from 20- to 80-feet off the ground and, literally, flying between the trees at a height in jungles where birds and monkeys hang out on the branches.

### Different types of zipline tours

Zipline tours vary both in length and style. Many tours in Costa Rica and other countries with jungles or rainforests include a jeep tour to the zipline site during which a guide tells you about the wildlife and flora. At some mountain resorts, the zipline experiences are near the base of summer-green ski slopes and the first zipline is reachable via a chairlift. Some experiences only have five or six ziplines; others have many more strung between trees.

### What does the basic training include?

Ideally, the experience will include some "how to" information plus a safety briefing. You'll learn how to put on the harness, latch onto the cable and how to brake if you want to slow down while zipping on a cable. After you learn the basics and watch a demonstration, you may get a chance to practice once or twice on a short zipline that is just a few feet off the ground.

### Who enjoys zipline tours?

Many zipline experiences can be enjoyed by entire families. But before you book, ask about the number of ziplines and the heights at which they are strung to make sure you are comfortable with the heights for both you and your children. Also, make sure of the age, weight and height limits.

## Where to Zipline

### Ohio

Hocking Hills Canopy Tours  
Hocking Hills, Ohio  
[www.hockinghillscanopytours.com](http://www.hockinghillscanopytours.com)  
1-740-385-9477

### Indiana

Dagaz Acres Zipline Tours  
Rising Sun, Indiana  
[www.dagazacres.com](http://www.dagazacres.com)  
812-594-2727

### Kentucky

Red River Gorge Zipline Tours  
Campton, Kentucky  
[www.redrivergorgezipline.com](http://www.redrivergorgezipline.com)  
1-888-605-2609

### What do I need to wear and bring?

You should wear long pants and gym shoes or hiking boots. Shoes must not have open toes. If you have long hair put it in a pony tail. Use a strap to keep your glasses secured. Don't have any sharp objects, such as keys or pens in your pockets. Keep your camera in a case close to your body, not dangling on a strap. The company should provide the harness, a helmet and gloves. But, confirm that they provide all three. Helmets are included in the safety gear supplied by zipline tour operators and they should be worn at all times while you are soaring.

### Do I need to be in great physical condition?

The answer depends upon the tour. A basic zipline experience requires little physical exertion, although it's not for anyone who has a serious fear of heights). If the tour you want to take includes hiking, mountain biking, kayaking or other activities, you'll have to be in the proper shape to participate.

### What's the minimum age?

Always verify the minimum age before you book the tour. Some tours require participants be 18 years or older.

### Are there minimum and maximum weights?

Anyone on the big side concerned about fitting into a harness properly should check in advance with any waist-size requirements and ask if there is a chest harness or full body harness.

### How much do these tours cost?

Prices vary dramatically depending upon whether it's just a zipline experience, or if the zipline tour is part of a longer tour that might include a jeep tour to the site where the ziplines are set up and lunch. They can cost as little as \$45 for just the zipline experience up to \$120 or more for a zipline experience and other activities.

*Hawaii Travel Guide* by Kathie Fry

*About.com Guide* by Lois Friedland

Helping people live a healthy, hydrated life.

# chiaqua

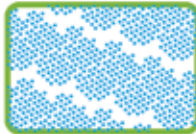
OPEN



POUR



MIX



## THANK YOU

[chiaquastore.com](http://chiaquastore.com)



**DIRECTIONS FOR USE: 1 PACKET PER 20oz OF WATER.**  
Soak seeds for at least 10 minutes until gel forms. Mix well before drinking. Gel can also be added to sport drinks or fruit juices. Try with a twist of lime and drop of honey for a traditional fresco. Dry seeds can be added to salads, yogurt, cereals or oatmeal.

# VEG OUT THE VEGGIE CHILI 3-WAY

Vegetarian chili bowls, burritos, salads and 3, 4 and 5-ways are always an option at Gold Star Chili.



The Flavor of Cincinnati.

Choose Your Frequency...



# wnku

105.9 • 89.7 • 104.1



## Public radio that ROCKs!

Commercial-Free Music...  
now with Static-Free Reception



Learn more at [www.wnku.org](http://www.wnku.org)



Dayton, OH – Highland Heights, KY – Huntington, WV







# ADVENTURE STARTS HERE

**Benchmark**  
OUTDOOR OUTFITTERS

VISIT US ONLINE  
[WWW.BENCHMARKOUTFITTER.COM](http://WWW.BENCHMARKOUTFITTER.COM) | CALL **513.791.WILD** | IN THE HEART OF BLUE ASH  
**9525 KENWOOD ROAD**



Ohio's Statewide River Protection Organization

- Call of the Scenic River: An Ohio Journey  
( Public showings locally through the year )
- Citizens Water Quality Monitoring on the Great Miami every month
- Local river cleanups all summer  
( Part of the Adopt-a-Stream program )
- Fremont Paddling Festival at Miamitown  
( Great Miami River - August 18th, 2012 )

[www.RiversUnlimited.org](http://www.RiversUnlimited.org)

## Making our planet a little healthier.

Which is why at PNC we are very mindful of the resources we use. Our natural resources may be finite. But what we can accomplish when we work together is limitless.



©2009 The PNC Foundation. All Rights Reserved.

# First Annual Cincy Pedalfest 2012

[www.cincypedalfest.org](http://www.cincypedalfest.org)

**Saturday, June 23  
at Yeatman's Cove  
in downtown Cincinnati**  
(near the Purple People Bridge)

Join us for the Inaugural Pedalfest event taking place at Yeatman's Cove at 8 am on Saturday morning. Cyclists will bike from Yeatman's Cove on the Cincinnati Riverfront out through the Ted Berry International Friendship Park, as far as Lunken and Armleder Park. Join the Finish Line Festival already in full swing at Yeatman's Cove, runs 10:30 am-2:30 pm. Great food, bike swap, exhibits and music by Cajun band Lagniappe.

**The event begins with staggered start times as follows:**

- 8:00 am - Long distance riders (11-20 miles)
- 8:30 am - Middle distance riders (5-11 miles)
- 9:00 am - Family friendly riders (5 miles or less - shorter ride route for younger riders will be available within park)

**great miami outfitters**  
WE'VE MOVED!  
LIVING FOR ADVENTURE

Clothing • Footwear • Gear  
Kayaks • Tents • Backpacks  
Paddles • Car Racks • Accessories

25 E. Linden Ave.  
Miamisburg Ohio  
(937) 847-8787

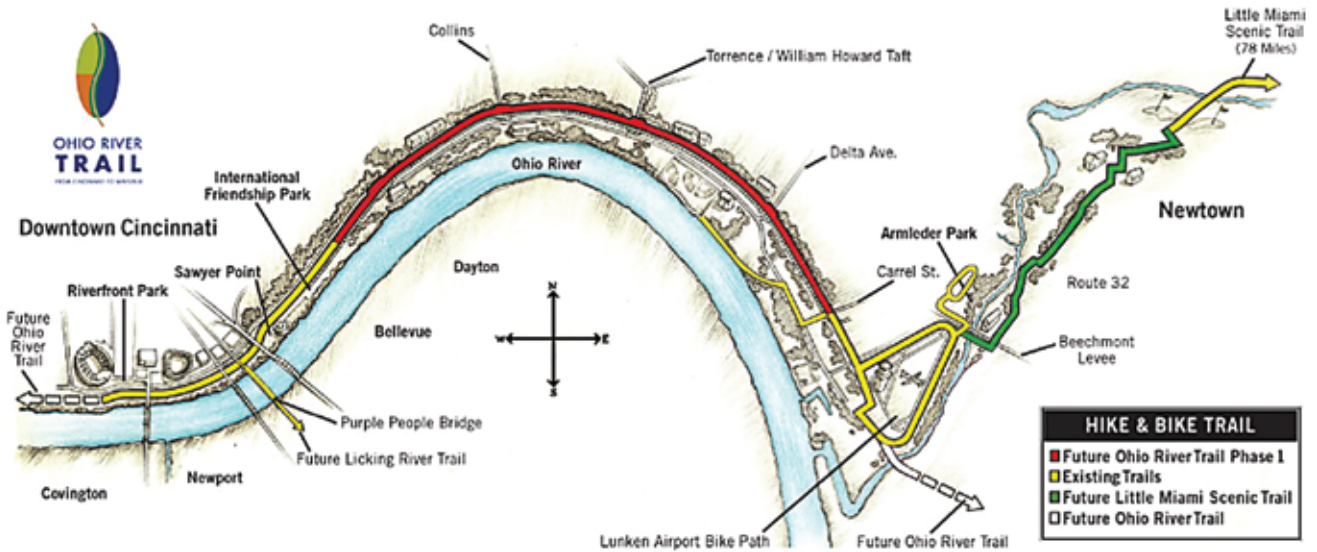
Located near the Dayton Mall.  
Exit 44 off I-75, drive west 3 miles  
to historic downtown Miamisburg.

**GreatMiamiOutfitters.com**

Great selection of kayaks, standup paddleboards and accessories



# Ohio River Trail Update



The Ohio River Way (ORW) is a non-profit corporation with the mission to connect our region to the Ohio River with special events and a hike/bike trail along the banks. The Ohio River is our valuable natural resource and the trail will serve as an important amenity to improve the quality of life for area residents and to recruit companies and young professionals to our beautiful river city.

ORW's current focus is on completing the segment of the Ohio River Trail from Downtown to the Lunken Trail. The ultimate goal is to connect into the Little Miami Scenic Trail, which is a part of a 439 mile trail system connecting the Ohio River to Lake Erie. The Hamilton County Park District is leading the effort to extend the Little Miami Trail from Newtown to the Lunken Trail. A majority of public funds from the local, state and federal level are in place to complete this segment in the next three years.

One of the most challenging segments is from Lunken to Downtown. The City of Cincinnati has been working for the last 20 years to construct a trail along the river's edge and has completed a segment along Schmidt Field.

Ohio River Way advocates the use of part of the Oasis Rail Corridor from Downtown to Lunken for a hike / bike trail. This is part of the multimodal transportation plan being considered in the Eastern Corridor project. This multimodal plan will identify where new road, passenger rail and hike / bike trail should be located and the costs. The recent topographic survey completed by the Hamilton County Park District and ORW shows that a trail and two rail tracks in the 50 foot wide corridor are feasible. While the long range transportation plans are being evaluated, ORW has requested that SORTA (the owner of the OASIS Corridor) allow use of part of the Corridor for a temporary trail to be placed on an abandoned rail line. A decision will be made this year by SORTA and the Federal Transportation Authority on this temporary permit. Once the permit is granted, ORW will complete its private fundraising campaign to build the trail.

The leadership team of Wym and Jan Portman are leading the effort to raise the required \$3 million in private funds for the temporary trail, with \$1.2 million raised to date.

A hike / bike trail connecting our region to Downtown and to the new Riverfront Park will be a great asset for Greater Cincinnati. It would not only enhance our quality of life but also be another economic development tool. Ohio River Way will continue to advocate the vision with your help.

**To make a donation please visit [www.ohioriverway.org](http://www.ohioriverway.org)**



# PADDLE WILLIAMSTOWN KENTUCKY

## Kayaks and Canoes in the Country

Enjoy Northern Kentucky's largest lake in safety, all power boat/jet ski traffic will be restricted

### Saturday, August 25, 2012

7 am - 1 pm

*Register for:*

**Floating Trips**  
**4 Mile & 200m Races**  
**Poker Paddle**  
**Kayak and Canoe Rental**  
**Mayor's Paddle -**  
*Brunch on the water*



**Concert at**  
**Williamstown Marina**  
**Friday August 24, 2012 - 8pm**

**[www.wtownky.org](http://www.wtownky.org)**

**Proceeds benefit St. Elizabeth Medical Center - Grant County - KY**

**SKYDIVING** By Marshall Brain, [www.howstuffworks.com](http://www.howstuffworks.com)

Skydiving is one of those things that you probably see all the time. Pretty much every major soft drink has done a commercial with skydivers in it. Lots of action films feature skydivers. Skydiving appears in reality shows and is a mainstay of the military.

And it's easy to see why. The sport definitely has an edge to it. There is something about leaping from a plane and falling through the air at 120 miles per hour that really gets people's attention.

Have you ever wondered how skydiving works? What kind of equipment do skydivers use? How safe is skydiving as a sport? How do you become a skydiver and how much does it cost?

In this article, we will answer all of these questions and many more. The next time you watch someone skydiving on TV, you will have a whole new appreciation for what's going on!

**TIPS****Tips for First Time Sky-Divers**

- Remember Safety First
- Check out the Schools Safety Record
- Understand the Basics
- Read the Fine Print
- Know the risks
- Have Fun & enjoy the experience!

**A Typical Skydiver Jump**

There are thousands of experienced skydivers in the United States who have hundreds or thousands of jumps under their belts. They typically own their own parachutes, pack their own parachutes and skydive every weekend. A typical jump for this kind of enthusiast goes something like this:

- The skydiver packs his or her parachute and checks it. See more skydiving pictures.
- The skydiver turns on and checks the AAD (automatic activation device).
- The skydiver puts on his/her jumpsuit and parachute. Typically, another jumper will check the straps and the rig to make sure everything looks OK.
- The skydiver gets on the plane. Depending on the size of the plane, there might be up to 20 jumpers sharing a ride.
- The plane flies to the jump altitude. A typical altitude might be around 13,000 feet (4,000 meters), which gives the jumper about 60 seconds of free fall -- the term used in skydiving to describe the moment the jumper exits the plane. It is possible to go as high as 16,000 feet (4,900 meters) without supplemental oxygen, giving the jumper up to 75 seconds of free fall.
- When the plane is lined up properly over the jump site, the skydivers jump out of the plane.
- At about 2,500 feet (760 meters), the skydiver throws out a pilot chute, and it deploys the parachute. In the case of tandem skydiving, a drogue chute is used to regulate the fall rate.
- The skydiver steers the parachute to line up for the landing, and lands.

**Getting Into Skydiving**

If you have never been skydiving before, one popular way to make the first jump is called tandem jumping. In a tandem jump, you get strapped to your instructor and the two of you fall together. The instructor carries one large parachute on his back -- big enough to support your weight and his together. Your instructor controls all aspects of the jump to make sure nothing goes wrong.

A typical tandem jump looks a lot like a normal jump. Here are the big differences:

- An experienced skydiver can simply leap from the plane. In a tandem jump, the student and the tandem instructor are strapped together, so there is a little more maneuvering to get ready for the jump.
- Just after jumping out, the instructor throws out a large (approx. 4-foot/1.2-m diameter) drogue chute, and this drogue is out during the entire free fall. Without this drogue, the combined weight of the instructor and student would cause the pair to fall at 180 to 200 mph (290 to 320 kph) -- much faster than the normal 120 mph. The drogue slows the pair down to the normal falling speed.
- When it is time to deploy the parachute, the instructor or student pulls a cord that lets the drogue do its normal job -- the drogue pulls the parachute out of the container.
- The instructor and student land together.

**Skydiving Costs**

One of the most popular skydiving techniques in use today is called Accelerated Free Fall (AFF). In the United States, the student might go through the following steps to become a licensed skydiver:

- The student probably starts with one tandem jump in order to get a little experience jumping out of the plane and working in free fall. This jump typically costs between \$150 and \$200.
- The student then takes ground school to prepare for the first AFF jump, and then makes the first jump. In the first several AFF jumps, the student leaves the airplane with two instructors and they all fall together, with the instructors holding on to the student. The cost for ground school plus the first jump with two instructors is typically \$300 or so.
- The student then makes two to three more jumps with two instructors, at a rate of around \$180 to \$200 per jump.
- The student then makes four to five more jumps with just one instructor, at a cost of about \$150 for each jump.
- The student is then cleared to jump solo with minimal supervision. The student must complete 20 jumps, pass a test and meet other criteria to get an A License from the United States Parachuting Association.

Once you have your A license, you are generally free to jump at most drop zones, and you pay \$15 to \$25 per jump.

**Where To Go Skydiving****Ohio**

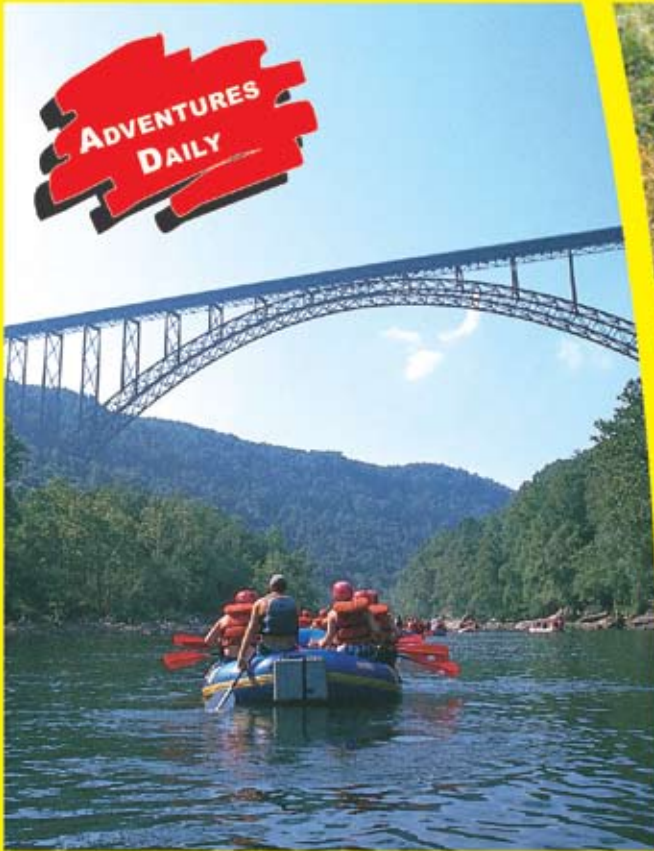
Start Skydiving  
Middletown, Ohio  
[www.startskydiving.com](http://www.startskydiving.com)  
513-422-JUMP (5867)

**Indiana**

Skydive Greensburg  
Greensburg, Indiana  
[www.skydivegreensburg.com](http://www.skydivegreensburg.com)  
812-663-3483

**Kentucky**

Skydive Kentucky  
near Elizabethtown, Kentucky  
[www.skydiveky.com](http://www.skydiveky.com)  
877-875-9348



- New & Gauley River Rafting
- Luxury Cabins, Rustic Cabins, Tent Camping, RV Sites
- Lodge with Wi-Fi, Saloon, Gift Shop
- Outdoor Pool & Hot Tub
- Zip Line, ATV Tours, Rock Climbing, Mountain Biking, Paintball, Fishing



**800.463.9873**  
**raftinginfo.com**



# RiverWorks Discovery®



## Visit the RiverWorks Discovery educational exhibit

Visit the RiverWorks Discovery educational exhibit sponsored locally by Cincinnati Bulk Terminals and McGinnis, at the Paddlefest Kids Outdoor Adventure Expo! You'll learn more about the different types of boats on our nation's great waterways through hands-on activities that include large scale vessel puzzles and a working lock and dam model. New this year, we will have entertainment provided by singer and storyteller "Riverboat John" Ferguson.

PLUS, on June 21, you can tour the towboat *M/V Buckeye State*!

## 11th Annual Paddlefest Kids Outdoor Adventure Expo June 21

At Coney Island Park



Towboat Tour Made Possible By:

**RIVER  
OPERATIONS®**

In Partnership with  
**AmherstMadison,  
Bellevue Sand and Gravel,  
and C & B Marine.**

# THIS IS WHAT WE ARE MADE OF



118 MAIN ST MILFORD OH 45150 513-248-7787 [WWW.ROADSRIVERSANDTRAILS.COM](http://WWW.ROADSRIVERSANDTRAILS.COM)

A RETAILER THAT LIVES AND BREATHES THE EXPERIENCE. IT CONSUMES OUR WORK. IT IS OUR PLAY. IT IS OUR PASSION. PICTURED ABOVE ARE OWNERS AND YOUR EXPERT RRT STAFF.

DREAM - PLAN - LIVE

SEE OUR SCHEDULE OF EVENTS ON OUR WEBSITE OR AT [WWW.FACEBOOK.COM/RRT50](http://WWW.FACEBOOK.COM/RRT50)

