BUCKEYE & NORTH COUNTRY TRAILS
The Buckeye and North Country Trails pass through Eastwood MetroPark. This section of the Buckeye Trail is part of a 1,440-mile continuous loop that completely encircles Ohio. The North Country National Scenic Trail stretches across seven states and will be 4,600 miles long when completed. These trails link and make accessible historic and scenic features and provide long-distance hiking.

EASTWOOD LAKE
This mile-long, 165-acre lake was created as a by-product of gravel mining operations by American Aggregate Corporation. It was completed in 1972 with two goals in mind: to provide water recreation opportunities for the community and to help protect the public water supply. It was operated by the City of Dayton until 1992 when it was leased to MetroParks.

The lake is fed by water from the Mad River and is part of a system of ponds, lakes and lagoons located in the area that serve as artificial charge basins for the Dayton well fields found nearby. Water slowly filters from these bodies of water through layers of sand and gravel and helps restore ground water pumped out for public use. The Mad River provides natural recharging, but it alone cannot meet demands.

In addition, the lake is a popular site for boating and fishing. The Ohio Division of Wildlife periodically stocks the lake.

MAD RIVER RUN
This free-flowing spring-fed river is known as a premier paddling spot for the region. The Mad River boasts Class II river features (containing fast-moving water with easily avoided rocks, holes and waves) along with access to some of the region’s best recreation spots. Many paddlers access the Mad River at Eastwood MetroPark and are able to travel 4 miles of uninterrupted flow to RiverScapes MetroPark in downtown Dayton.