







# FIVE RIVERS METROPARKS TRAILS CHALLENGE 2023 ACTIVITY LOG



LOG NO.	TRAIL	START	END	TRAIL TYPE	MILES	CHECK OFF
1	GREAT MIAMI RIVER TRAIL	RIVERFRONT PARK (3 N. MIAMI AVE., MIAMISBURG)	GREAT-LITTLE TRAIL INTERSECTION	HIKE/BIKE (PAVED)	3.1*	<input type="radio"/>
2	MAD RIVER WATER TRAIL	EASTWOOD METROPARK (1385 HARSHMAN RD.)	RIVERSCAPE METROPARK (237 E. MONUMENT AVE.)	PADDLE	4*	<input type="radio"/>
 3	WOLF CREEK TRAIL	OLDE TOWN STATION (10 E MAIN ST, TROTWOOD)	SNYDER RD.	HIKE/BIKE (PAVED)	1*	<input type="radio"/>
4	STILLWATER RIVER TRAIL	ENGLEWOOD METROPARK (100 E. NATIONAL RD.)	JAKE GROSSNICKLE MEMORIAL PARK (137 HEATHCLIFF RD.)	HIKE/BIKE (PAVED)	3*	<input type="radio"/>
5	TWIN CREEK	GERMANTOWN DAM (7481 CREEK RD.)	CHERRY ST. BRIDGE (398 S. MAIN ST, GERMANTOWN)	PADDLE	2.8*	<input type="radio"/>
6	MAD RIVER TRAIL	EASTWOOD METROPARK (1385 HARSHMAN RD.)	HUFFMAN DAM (4439 LOWER VALLEY PIKE)	HIKE/BIKE (PAVED)	3.3*	<input type="radio"/>
 7	HEART HEALTHY TRAIL	ISLAND METROPARK (101 E. HELENA ST)	ISLAND METROPARK (LOOP TRAIL)	HIKE/BIKE (PAVED)	.5	<input type="radio"/>
8	HILLTOP FLOW	METROPARKS MOUNTAIN BIKING AREA, MOMBA (4485 UNION RD.)	MOMBA (LOOP TRAIL)	MOUNTAIN BIKE	.7	<input type="radio"/>
9	CREEKSIDE TRAIL	METROPARKS MOUNTAIN BIKING AREA, MOMBA (4485 UNION RD.)	MOMBA (LOOP TRAIL)	MOUNTAIN BIKE	2.25	<input type="radio"/>
10	TWISTED TRAIL	METROPARKS MOUNTAIN BIKING AREA, MOMBA (4485 UNION RD.)	MOMBA	MOUNTAIN BIKE	.5*	<input type="radio"/>
11	ADIRONDACK TRAIL	HILLS & DALES METROPARK (2606 HILTON DR., KETTERING)	HILLS & DALES METROPARK (OAK KNOLL DRIVE)	HIKE	1.5*	<input type="radio"/>
12	PURPLE TRAIL	POSSUM CREEK METROPARK (4790 FRYTOWN RD.)	POSSUM CREEK METROPARK (LOOP TRAIL)	HIKE	1.4	<input type="radio"/>
13	BLUE TRAIL	COX ARBORETUM METROPARK (6733 SPRINGBORO PIKE)	COX ARBORETUM METROPARK (LOOP TRAIL)	HIKE	1.1	<input type="radio"/>
14	GREAT MIAMI RIVER TRAIL	FISHBURG ROAD PARKING LOT (5949 RIP RAP RD.)	TAYLORSVILLE DAM	HIKE/BIKE (PAVED)	3*	<input type="radio"/>
15	YELLOW TRAIL	COX ARBORETUM METROPARK (6733 SPRINGBORO PIKE)	COX ARBORETUM METROPARK (LOOP TRAIL)	HIKE	1.8	<input type="radio"/>
 16	YELLOW TRAIL	CARRIAGE HILL METROPARK (7821 E. SHULL RD.)	CARRIAGE HILL METROPARK (LOOP TRAIL)	HIKE	1.8	<input type="radio"/>
17	GARDEN PATH	AULLWOOD GARDEN METROPARK (955 AULLWOOD RD.)	AULLWOOD GARDEN METROPARK (LOOP TRAIL)	HIKE	.8	<input type="radio"/>
18	GREEN TRAIL	ENGLEWOOD METROPARK (4361 W. NATIONAL RD., VANDALIA)	ENGLEWOOD METROPARK (LOOP TRAIL)	HIKE	3.8	<input type="radio"/>
19	GREAT MIAMI RIVER WATER TRAIL	TAYLORSVILLE METROPARK (2005 U.S. 40)	FISHBURG RD. PARKING LOT 5949 RIP RAP RD.	PADDLE	2.5*	<input type="radio"/>
20	RED TRAIL	ENGLEWOOD METROPARK (4361 W. NATIONAL RD., VANDALIA)	ENGLEWOOD METROPARK (LOOP TRAIL)	HIKE	1.2	<input type="radio"/>
 21	HEART HEALTHY TRAIL	GERMANTOWN METROPARK (6401 BOOMERSHINE RD.)	GERMANTOWN METROPARK (LOOP TRAIL)	HIKE	1.7	<input type="radio"/>
 22	HEART HEALTHY TRAIL	EASTWOOD METROPARK (1385 HARSHMAN RD.)	EASTWOOD METROPARK (LOOP TRAIL)	HIKE	1.7	<input type="radio"/>
23	PURPLE TRAIL	TWIN CREEK METROPARK (8502 CHAMBERLAIN RD.)	TWIN CREEK METROPARK (LOOP TRAIL)	HIKE	2.1	<input type="radio"/>
24	RED TRAIL	TWIN CREEK METROPARK (9688 EB Y RD. GERMANTOWN)	TWIN CREEK METROPARK (LOOP TRAIL)	HIKE	1.3	<input type="radio"/>
25	ORANGE TRAIL	SUGARCREEK METROPARK (4178 CONFERENCE RD., BELLBROOK)	SUGARCREEK METROPARK (LOOP TRAIL)	HIKE	1.3	<input type="radio"/>
26	ORANGE TRAIL	TAYLORSVILLE METROPARK (2101 US 40, VANDALIA)	TAYLORSVILLE METROPARK (LOOP TRAIL)	HIKE	3.2	<input type="radio"/>
27	YELLOW OR RED TRAIL	CARRIAGE HILL METROPARK (7743 E. SHULL RD.)	CARRIAGE HILL METROPARK (LOOP TRAIL)	HORSE- BACK**	2.3	<input type="radio"/>
 28	MARIE AULL TRAIL	WEGERZYN GARDENS METROPARK (1301 E. SIEBENTHALER AVE.)	WEGERZYN GARDENS METROPARK (LOOP TRAIL)	HIKE	1	<input type="radio"/>

\* These are just segments of a longer trails, meaning you may have to hike or bike back to your starting point or shuttle back. Mileage listed below is one-way. Other trails are loops, so you will start and end at the same point. \*\* Private Horse owners need to access from 7743 E. Shull Rd., Dayton, OH 45424



These trails are a part of MetroParks' Heart Healthy Trails initiative. Learn more at [metroparks.org/heart-healthy](https://metroparks.org/heart-healthy).



# METROPARKS TRAILS CHALLENGE IS BACK FOR 2023

Are you ready to take on new trails? The 2023 MetroParks Trails Challenge begins Wednesday, Feb. 1, and again is packed with hiking, walking, cycling, paddling, mountain biking and horseback riding adventures.

The MetroParks Trails Challenge is a fun way to explore the region's trails and stay active outdoors on your own time and at your own pace. With more than 1,200 participants of all ages and abilities in 2022, there are trails for everyone to enjoy.

You can participate by completing just one trail or aim to complete all of them. Indeed, the MetroParks Trails Challenge is a convenient way to improve your physical and mental health while connecting with nature and enjoying an active, outdoor lifestyle.

- The 2023 Challenge starts Wednesday, Feb. 1, and runs through Tuesday, Oct. 31, 2023.
- It includes 28 trails, selected to allow participants to customize their adventures and work up to more challenging trails.
- Trails vary in length from 0.5 to 4 miles so there are many opportunities to invite family - including younger ones - on your outings.

## COMPLETE TRAILS FOR YOUR CHANCE TO WIN

Whether you check off just one or every trail, you'll have a chance to snag cool prizes.

You'll be entered to win a \$100 gift card to a local outdoor retailer of your choosing for each trail you complete. Complete all 28 trails and get 28 chances to win.

- Everyone who completes at least 18 trails will receive a MetroParks Trails Challenge sticker. Additionally, 100 people who complete at least 18 trails will be selected at random to receive a 2023 Trails Challenge T-shirt.
- Youth ages 14 and younger who complete just one trail will be entered to win a Kid's Adventure Pack, which includes cool outdoor gear. Youth will receive one entry for each trail they complete. *(Youth 14 and younger must submit their completed entry online at [metroparks.org/trailchallenge](https://metroparks.org/trailchallenge) to be eligible. Prizes to youth will not be awarded for logs submitted on the mobile app)*

- To enter to win, you must submit your trails log by Tuesday, Oct. 31, 2023.



## HOW TO SUBMIT YOUR TRAIL LOG

1. Download the free MetroParks mobile app for Apple and Android devices at [metroparks.org/mobile](https://metroparks.org/mobile). Keep track of the trails you complete, save your progress and submit your log once completed.
2. Submit your log online at [metroparks.org/trailchallenge](https://metroparks.org/trailchallenge)

## REGISTER FOR EVEN MORE CHANCES TO WIN!

- To receive emails about additional pop-up challenges and the chance to win additional prizes, register online at [metroparks.org/trailchallenge](https://metroparks.org/trailchallenge) or sign up for Five Rivers MetroParks' monthly outdoor recreation email at [metroparks.org](https://metroparks.org).
- Registration is free and, while not required, it will give you more chances to win a PRIZE!



Register and learn more about the 2023 MetroParks Trails Challenge at [metroparks.org/trailchallenge](https://metroparks.org/trailchallenge).

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