





FIVE RIVERS METROPARKS TRAILS CHALLENGE 2024 ACTIVITY LOG



LOG NO.	TRAIL	START	END	TRAIL	MILES	CHECK OFF
1	GREAT LITTLE TRAIL	MEDLAR CONSERVATION AREA (4558 MEDLAR RD, MIAMISBURG)	GREAT MIAMI RIVER TRAIL INTERSECTION	HIKE/BIKE (PAVED)	2.3*	<input type="radio"/>
2	GREAT MIAMI RIVER	RIVERSCAPE METROPARK (237 E. MONUMENT AVE, DAYTON)	ISLAND METROPARK (101 E. HELENA ST, DAYTON)	HIKE/BIKE (PAVED)	1.6*	<input type="radio"/>
3	GREAT MIAMI RIVER	ISLAND METROPARK (101 E. HELENA ST, DAYTON)	FISHBURG RD PARKING LOT (5949 RIP RAP RD, DAYTON)	HIKE/BIKE (PAVED)	6*	<input type="radio"/>
4	MAD RIVER	RIVERSCAPE METROPARK (237 E. MONUMENT AVE, DAYTON)	EASTWOOD METROPARK (1385 HARSHMAN RD.)	HIKE/BIKE (PAVED)	3*	<input type="radio"/>
5	GREAT MIAMI RIVER	RIP RAP PARK (6860 RIP RAP RD, DAYTON)	TADMOR	HIKE/BIKE (PAVED)	3.5*	<input type="radio"/>
6	STILLWATER RIVER	ISLAND METROPARK (101 E. HELENA ST.)	WEGERZYN GARDENS METROPARK (1301 E. SIEBENTHALER AVE.)	HIKE/BIKE (PAVED)	2*	<input type="radio"/>
7	WOLF CREEK	GOLDEN GATE PARK (545 UPPER LEWISBURG SALEM RD, BROOKVILLE)	DULL WOODS	HIKE/BIKE (PAVED)	2.1*	<input type="radio"/>
8	ADIRONDACK TRAIL	HILLS & DALES METROPARK (2606 HILTON DR., KETTERING)	OAK KNOLL DR.	HIKE	1.5*	<input type="radio"/>
9	BLUE TRAIL	GERMANTOWN METROPARK (6910 BOOMERSHINE RD.)		HIKE	1	<input type="radio"/>
10	BLUE TRAIL	TWIN CREEK METROPARK (9688 EBY RD. GERMANTOWN)		HIKE	1.1	<input type="radio"/>
11	GARDEN TRAIL	AULLWOOD GARDEN METROPARK (955 AULLWOOD RD.)		HIKE	.8	<input type="radio"/>
12	GREEN TRAIL	TWIN CREEK METROPARK (8502 CHAMBERLAIN RD., FRANKLIN)		HIKE	1.6	<input type="radio"/>
 13	HEART HEALTHY TRAIL	GERMANTOWN METROPARK (6401 BOOMERSHINE RD.)		HIKE	1.7	<input type="radio"/>
 14	MARIE AULL TRAIL	WEGERZYN GARDENS METROPARK (1301 E. SIEBENTHALER AVE.)		HIKE	1	<input type="radio"/>
15	ORANGE TRAIL	POSSUM CREEK METROPARK (4790 FRYTOWN RD., DAYTON)		HIKE	3.5	<input type="radio"/>
 16	HEART HEALTHY TRAIL	ISLAND METROPARK (101 E HELENA ST, DAYTON)		HIKE (PAVED)	.5	<input type="radio"/>
17	RED TRAIL	COX ARBORETUM METROPARK (6733 SPRINGBORO PIKE)		HIKE	.6	<input type="radio"/>
 18	RED TRAIL	ENGLEWOOD METROPARK (4361 W. NATIONAL RD., VANDALIA)		HIKE	1.2	<input type="radio"/>
19	YELLOW TRAIL	CARRIAGE HILL METROPARK (7821 E. SHULL RD.)		HIKE	1.8	<input type="radio"/>
20	YELLOW TRAIL	ENGLEWOOD METROPARK (4361 W. NATIONAL RD., VANDALIA)		HIKE	.8	<input type="radio"/>
21	YELLOW TRAIL	SUGARCREEK METROPARK (4178 CONFERENCE RD, BELLBROOK)		HIKE	.7	<input type="radio"/>
22	YELLOW TRAIL	TAYLORSVILLE METROPARK (2101 US 40, VANDALIA)		HIKE	1.2	<input type="radio"/>
23	YELLOW OR RED TRAIL	CARRIAGE HILL METROPARK (7743 E. SHULL RD.)		HORSE-BACK***	2.3	<input type="radio"/>
24	HILLTOP FLOW	METROPARKS MOUNTAIN BIKING AREA (MOMBA) 4485 UNION RD		MOUNTAIN BIKE**	.71	<input type="radio"/>
25	MR. ZIG ZAG	METROPARKS MOUNTAIN BIKING AREA (MOMBA) 4485 UNION RD		MOUNTAIN BIKE**	.94	<input type="radio"/>
26	UPPER STEALTH	METROPARKS MOUNTAIN BIKING AREA (MOMBA) 4485 UNION RD		MOUNTAIN BIKE**	1.04	<input type="radio"/>
27	STILLWATER	AULLWOOD GARDEN (955 AULLWOOD RD., DAYTON)	WEGERZYN GARDENS METROPARK (1301 E. SIEBENTHALER AVE.)	PADDLE	5.5*	<input type="radio"/>
28	TWIN CREEK	GERMANTOWN DAM (7481 CREEK RD., GERMANTOWN)	CHERRY ST. BRIDGE (398 S. MAIN ST., GERMANTOWN)	PADDLE	2.8*	<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. **Only ride when MoMBA is open. ***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.

METROPARKS TRAILS CHALLENGE IS BACK FOR 2024

Are you ready to take on new trails?
The 2024 MetroParks Trails Challenge begins
February 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 1,140 participants of all ages and abilities in 2023, 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 2024 Challenge starts Thursday, Feb. 1, and runs through Thursday, Oct. 31, 2024.
- It includes 28 trails, selected to allow participants to customize their adventures and work up to more challenging trails.
- Trails vary in length from 0.6 to 6 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 2024 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 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 Thursday, Oct. 31, 2024.



HOW TO SUBMIT YOUR TRAIL LOG

1. Download the free MetroParks mobile app for Apple and Android devices at 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

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 or sign up for Five Rivers MetroParks' monthly outdoor recreation email at 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 2024 MetroParks Trails Challenge at metroparks.org/trailchallenge.

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