

Trailfest Guided Hikes and Activities

1030-1200pm

Title: Morning Mountain Bike Ride

Description: Around four miles of hilly singletrack with Sherman Butler, BICP Level 1 Coach and local rider. This is not a race and nobody gets dropped. We stop early and often at each feature to talk through the line, and take turns until it clicks. We hope you can stay for the entire ride, but we'll have ample opportunities for riders to head back to their vehicles. This is a great opportunity to check out the trails with a local guide.

Riding a new bike or new to dirt? Meet us at the skills course instead and we'll work on the basics there. When the ride ends we all roll back to Cindee Walsh Circle and keep riding the skills course while enjoying the festival.

No loaner bikes, so now's the time to text your friend to borrow their spare bike.

Meet at Mt. Airy Mountain Bike Trailhead. Helmets & Water [required] Small Snack [suggested]. Free, no sign-up.

Leader: Sherman Butler, founder of the Cincinnati Mountain Bike Club and member of the Mt. Airy Forest Advisory Committee

1230pm-130pm

Title: Conservation in Mt. Airy: Native and Non-Native Flora Hike.

Description: Explore the plant biodiversity of Mt. Airy Forest Learn about habitat restoration efforts being undertaken by volunteers and Parks staff within the forest.

Leader: Brendan Bogosian with Cincinnati Parks Department of Conservation and Land Management

1pm-145pm and 230pm-315pm

Title: Connecting Children to Nature Exploration Hike

Description: A kids hike to check out the newly refurbished “Everybody's Treehouse” combined with an exploratory hike down to the creek to turn over some rocks

Leader: Rachel Rice with Cincinnati Parks Explore Nature Department

145pm-245pm

Title: Forest Therapy Stroll

Description: A slow, gentle and embodied experience focused on reconnection and reciprocity with the forest through guided invitations, sharing circles and tea.

Leader: Madison Lindsay, proprietor of Play Wild, Naturalist and certified Forest Therapy Guide

300pm-4pm

Title: Seeing the Forest through the Trees Hike

Description: A hands-on exploration of tree ecology and well-being. Learn also how to use i-Tree Tools technology to calculate the benefits of trees.

Leader: Dr. Teri Jacobs, UC professor of Environmental Science and board member of the Ohio Forestry Fellowship

Additional Activities

- Band
- Kids Scavenger Hunt
- Orienteering
- Goats
- Nature Crafts
- Gear Swap
- Adaptive Mountain Biking