



Bikes and Rails on the Towpath

Friday, September 9, 2016

Contact: Carmen Roebke, croebke@kent.edu

***Please register for this ride at
www.kentnewmancenterparish.org/wellness-ministry***

The Ohio and Erie Canal Towpath through the Cuyahoga Valley National Park provides a great scenic bike ride for riders of all abilities. We have planned this outing so that riders can select their own "jump on" location based on the amount of mileage they feel comfortable riding. The departure times for each trailhead/station are based on an easy 8 mph riding speed. Of course, if you wish to ride faster, meet us at the end!

Features: All of the trailheads are stations along the **Cuyahoga Valley Scenic Railroad (CVSR)**. Each trailhead has ample parking and a bathroom facility, although not all have water.

We have scheduled a 20-minute stop in **Peninsula** so that riders may use the facilities and visit the **Trail Mix Store** sponsored by the Conservancy for Cuyahoga Valley National Park, if desired.

We also plan to stop for lunch at **Yours Truly** on Rockside Road.

Following lunch we would ride approximately .1 mile to the Rockside Station of **CVSR**, arriving at the station by **12:45 pm** for a 12:55 departure to all stations south. The cost for cyclists w/bikes is \$3.00 (cash only, exact change appreciated; pay after boarding). The train will deposit riders/bikes at the Botzum Station at **2:10 pm**. For more information regarding the train and scheduled arrivals at other trailheads please visit <http://cvsr.com/bike-aboard>.

Fast Riders: Ride at your own pace. If you wish to ride further than Rockside, the current end of the trail is at Harvard Road, about 6 miles beyond Rockside. We will plan to arrive at Rockside at 11:35 am, where you may join us for lunch. Or meet us at the Rockside Station at 12:45 to ride the train. Or ride back to your car...your day, your choice!

Cost: The only fixed cost is to ride the train (\$3), although riders are not obligated to ride the train and may cycle back to their point of entry to the towpath. Riders may bring snacks or purchase them at the Trail Mix Store. Riders wishing to join us for lunch are responsible for their own meals.

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Transportation to trailhead: If you have a bike rack and can accommodate other riders please let us know **which trailhead you are departing from and the number of extra spaces on your rack.** If you need a ride to the towpath, please let us know and we will try to arrange a ride for you. If you are joining us mid-trail **plan time to un-rack your bike!** We will depart each station at the published time.

What to Bring:

- Water
 Helmet
 Sunscreen
 Sunglasses
 Bike Lock (lunch)
 Snacks (or buy in Peninsula)
 Cash (singles for train)

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Arrive Botzum Trailhead 8:15 am

Traihead/Station	Departure times	Time allotted	Distance from previous station (mileage from end)
Botzum	8:30 am	start	start (20 mi)
Arrive Peninsula	9:30 am	60 min	7 mi (13 mi)
20 minute bathroom/snack stop			
Peninsula	9:50 am		
Boston	10:10 am	20 min	2.5 mi (10.5 mi)
Brecksville	10:45 am	35 min	4.25 mi (6.25 mi)
Arrive Yours Truly	11:35 am	55 min	6.25 mi (end)
Total Distance:		20 mi	

If you are riding the train, plan to finish lunch by 12:35 pm to allow time to ride to the station.

CVSR train leaves Rockside Station at 12:55 pm. Riders are expected to board at **12:45 pm.**

For more information about the Ohio and Erie Canal Towpath through the Cuyahoga Valley National Park visit <https://www.nps.gov/cuva/planyourvisit/ohio-and-erie-canal-towpath-trail.htm>.

For more information about the Cuyahoga Valley Scenic Railway visit <http://cvsr.com>.

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