

Great Parks Trek & Run Trail Challenge

Recommended Run Routes

Route Name: Mitchell's Mountains

Park: Mitchell Memorial Forest

Location: Cleves

Type: Unpaved, Natural, Paved Shared-Use

Configuration: Loop, Figure 8

Trails: Mountain Bike Trail A Loop (3.37 miles) + B Loop (4.09 miles)

Total Distance: 7.5 miles

Estimated Elevation Gain: 697 ft

Difficulty: Hard

Description: This trail features moderate to steep terrain and several technical features that experienced trail runners looking for a challenge will enjoy. Run the 3.37-mile A loop on its own or add the 4.09-mile B loop for a 7.46-mile-long run. To run the long loop, park at the Tall Pines picnic area and start down the A Loop on the east side of the parking lot. Follow the A Loop for 1.88 miles, then pick up the B loop on the left. Continue on the B loop for 4.09 miles until you find the A loop on your left. Follow the A loop for 1.49 miles back to the west side of the Tall Pines parking lot. This is a shared-use trail; be courteous of mountain bikers. The trail is closed mid-December through early April and after heavy rainfalls.

Route Name: Whitewater Triple Loop

Park: Miami Whitewater Forest

Location: Harrison

Type: Unpaved, Natural

Configuration: Lollipop, Figure 8

Trails: Timberlakes Trail (2.1 miles) + Oakleaf Trail (.8 miles) + Badlands Trail (1.7 miles)

Total Distance: 4.6 miles

Estimated Elevation Gain: 512 ft

Difficulty: Moderate



Scan for maps of routes.



Trek & Run Trail Challenge Recommended Run Routes
Please note that these routes are not marked on the trails.

Description: To run this moderate 4.6-mile route, begin at the Timberlakes trailhead on the east side of the Timberlakes Program Shelter parking lot. Follow the trail, running up and along the east and west sides of the ridgeline skirting the Miami Whitewater Forest Lake. Complete the Timberlakes loop by returning to the trailhead, then proceeding along the south edge of the parking lot onto the Oakleaf Trail. Follow the Oakleaf Trail loop around and back to the trailhead, where you will continue to the Badlands trailhead on the west side of the parking lot across Timberlakes Drive. Follow the trail along 1.7 miles of towering white oaks and meandering streams, finally returning to the parking lot to complete the run.

Route Name: Ohio River Route

Park: Shawnee Lookout

Location: Lawrenceburg

Type: Unpaved, Natural

Configuration: Lollipop

Trails: Blue Jacket Trail (1.3 miles) + Little Turtle Trail (2 miles)

Total Distance: 3.3 miles

Estimated Elevation Gain: 341 ft

Difficulty: Moderate

Description: The Little Turtle and Blue Jacket trailheads are both located at the parking lot just beyond the Waterhole Meadow picnic shelter and playground. Begin at the Blue Jacket trailhead on the northwest side of the parking lot, then follow the trail through a forest rich in wildlife and archeological discovery. Continue back to the parking lot and find the Little Turtle trailhead on the southeast side. Be sure to admire the beautiful overlooks of the Ohio River as you complete the 2-mile loop, finishing back at the trailhead.

Route Name: Creek King

Park: Winton Woods

Location: Cincinnati (West)

Type: Mixed Surface

Configuration: Lollipop, Out-and-Back

Trails: Kingfisher Trail (1.1 miles) + Great Oaks Trail (.7 miles) + Valleyview Drive (.6 miles one direction)

Total Distance: 2.7 miles



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Estimated Elevation Gain: 389 ft

Difficulty: Moderate

Description: Add diversity to your training stimulus with a combination of paved and natural surface running while you explore two trails skirting the banks of the Mill Creek. Start at the Kingfisher trailhead on the north side of the Kingfisher Picnic Shelter parking lot. Follow the Kingfisher loop back to the trailhead and turn right to head west on Valleyview Drive. Continue for approximately 0.5 miles until you find the Great Oaks trailhead on your right, just beyond Oak Hill picnic area. Complete the Great Oaks loop and turn left to head east, back to the Kingfisher parking lot to finish the run.

Route Name: Neat Nature Route

Park: Withrow Nature Preserve

Location: Cincinnati (Southeast)

Type: Unpaved, Natural

Configuration: Lollipop, Loop

Trails: Trout Lily Trail (1.7 miles)

Total Distance: 1.8 miles

Estimated Elevation Gain: 125 ft

Difficulty: Moderate

Description: This moderately challenging trail is attainable for trail runners of various experience levels. Novice trail runners will appreciate the reasonable 1.8-mile length, but the trail can be easily looped into a longer 3.6-mile or 5.4-mile route for more experienced runners looking to stretch their legs. All runners will enjoy exploring the wildlife and wildflowers in this beautiful mature hardwood forest. Begin the run at the trailhead near the Highwood Lodge. Keep right at the first two intersections until the trail turns south toward the Ohio River. Run a short out-and-back at the southernmost point of the trail to the overlook, then follow the trail to the right as it turns north and continues through the forest and along a creek. Upon exiting the forest, complete the prairie loop to the right, then run west back into the woods on the northern section of the trail. Take the trail to the exit at the east end of the parking lot. Continue approximately 0.15 miles along the drive to return to the trailhead on the west side of the parking lot to complete the run or repeat the loop.



Route Name: Super Circuit South

Park: Woodland Mound

Location: Cincinnati (Southeast)

Type: Mixed Surface

Configuration: Out-and-Back / Loop

Trails: Hedgeapple Trail (.73 miles) + Seasongood Trail (.8 miles) + Shared-Use Trail (1.2 mile) + Fitness Trail (1 mile out-&-back)

Total Distance: 2.9 miles

Estimated Elevation Gain: 237 ft

Difficulty: Moderate

Description: Link together all four trails at Woodland Mound for a varied trail run through native prairies and forested hills on mixed surfaces. Park at the south end of Woodland Mound at the Weston Picnic Shelter and start south at the Hedgeapple trailhead. Run the Hedgeapple Trail to a short out-and-back at the southernmost point of the trail to the vernal pond. Turn left at the intersection and then run west and then north to the paved Shared-Use Trail. Follow for .26 miles, crossing Woodland Mound Drive and passing Breezy Point, then pick up the Seasongood Trail on the left behind the Visitor Center. Keep left at both the first and second junctions to follow Seasongood back to the Shared-Use-Trail. Turn left onto the Shared-Use Trail to continue for .67 miles as the trail runs north before turning south to rejoin the Weston parking area. Take the Fitness Trail, trailhead located immediately adjacent to the Hedgeapple trailhead, and complete the out-and-back through second-growth forest to finish the run.

Route Name: Double Shaker

Park: Miami Whitewater Forest

Location: Harrison

Type: Paved

Configuration: Loop, Figure 8

Trails: Shaker Trace Inner Loop (.72 miles) + Shaker Trace Outer Loop (6.68 miles)

Total Distance: 7.5 miles

Estimated Elevation Gain: 255 ft

Difficulty: Easy

Description: Shaker Trace Inner and Outer Loops combine to make a long but easy loop through prairie, wetland, and woods; perfect



for logging slow, easy miles, or for higher intensity speed work. Pick up the Shaker Trace Inner Loop trailhead that heads west at the northeast side of the parking lot. Follow the trail for .4 miles, then keep left to cross the Dry Fork Creek on the Shaker Trace Outer Loop. The Outer Loop runs north, past the Shaker Trace Wetland, crossing Howard Creek, then turns south, crossing the Dry Fork Creek again, reconnecting with the Shaker Trace Inner Loop in a large 6.68-mile loop. Keep left again to head southeast on the Inner Loop for .36 miles to finish the run at the visitor's center parking area. This is a shared-use trail; please be courteous of others.

Route Name: River & Runway Route

Park: Otto Armleder Memorial Park

Location: Cincinnati (Southeast)

Type: Paved

Configuration: Loop, Out-and-Back

Trails: Shared-Use Trail (2.12 miles) + Armleder-Lunken Connector (2.4 miles out-and-back) + Lunken Airport Playfield Trail (5 miles)

Total Distance: 9.5 miles

Estimated Elevation Gain: 316 ft

Difficulty: Easy

Description: Best known as a dog park, Otto Armleder Memorial Park's trails run through grasslands, along the Little Miami River, and connects with the trails of the Lunken Airport Recreational Area, providing miles of paved trails perfect for running. Park at the northmost parking lot beyond the soccer fields and pick up the trail that heads east from the east side of the parking lot. Turn left onto the Shared-Use Trail and follow it as it immediately turns south along the Little Miami River. Continue for 1.38 miles as the trail turns back north, then keep left where the trail forks at the shelter, then turn left onto the Armleder-Lunken Connector trail adjacent to the parking area. Follow the Connector Trail for 1.2 miles, then turn right onto the Lunken Loop, where you will descend a steep hill and find the golf course on your right, and the airport on your left. Continue on the Lunken Loop as it proceeds counterclockwise around the perimeter of the airport. Be sure to keep left at the southernmost point to stay on the Lunken Loop, rather than crossing the Little Miami. Complete all 5 miles of the Lunken Loop, then continue straight back onto the Armleder-Lunken Connector to return to Otto Armleder Memorial Park. Retrace your steps back to the Shared-Use Trail by turning right at the parking area, then turn left at the shelter to pick up the Shared-Use Trail heading north. Continue on the Shared-Use Trail for .64 miles until you turn left to return to the parking lot and complete your run. This is a shared-use trail; please be courteous of others. The Armleder Trail Connection to Lunken is closed when the Ohio River level is at 38 feet. Otto Armleder Memorial Park closes when the river level is at 42 feet.



Route Name: Shawnee Hills Run

Park: Shawnee Lookout

Location: North Bend

Type: Paved

Configuration: Loop

Trails: Loop A (1.9 miles) + Loop B & C (1.9 miles)

Total Distance: 3.9 miles

Estimated Elevation Gain: 575 ft

Difficulty: Hard

Description: When the Shawnee Lookout golf course was retired, it opened up miles of steep and challenging paved paths for runners to enjoy. Park at the Archaeological Museum (formerly the Club House) and find the trailhead for Loop B & C on the right (southeast) side of the building. Keep right to begin running Loop C in a counterclockwise direction. Continue to bear right to proceed onto Loop B as you run up and down steep and rolling hills. Loop B will return you to the trailhead, where you will turn right to cross behind the museum to pick up the Loop A trailhead on the northwest side of the building. Turn right onto Loop A, and again keep right to run the loop in a counterclockwise direction. Return to the building to complete this challenging 3.9-mile route. This is a shared-use trail; please be courteous of others.

