

All trails have ADA-compliant parking spaces.

OHIO & ERIE CANAL TOWPATH

Ira Trailhead, 3881 Riverview Rd., Akron 44313

Trail surface is crushed limestone with less than a 4% grade. There is a bench at the boardwalk overlooking the beaver marsh. Accessible restrooms are available.

Big Bend Area, 1337 Merriman Rd., Akron 44313

Trail surface is crushed limestone with very little grade. Participants must cross railroad tracks near the trailhead. At approximately 1,800 feet there is a bridge with a slight grade. Benches can be found near the trailhead and at about 1/2 mile. Accessible restrooms are available.

Mustill Store, 248 Ferndale St., Akron 44304

Trail surface is crushed limestone; some areas are a bit gravelly. Grade is flat except for the slight grade near the trailhead. There are benches along the trail at approximately 1/4 mile and 1/2 mile. Accessible restrooms are available. The historic Mustill Store, located at the trailhead, is accessible. For information, call the Cascade Locks Park Association at 330-374-5625.

Memorial Parkway, 499 Memorial Pkwy, Akron 44313

Trail surface is crushed limestone and the grade is flat. There is a bench at approximately 1/4 mile. Accessible restrooms are available.

Franklin Trailhead, 2328 Center Rd., New Franklin 44216

Trail surface is crushed limestone and the grade is flat. There is a bench near the trailhead, but no benches along the trail. Accessible restrooms are available.

Clinton Trailhead, 2749 North St., Clinton 44216

Trail surface is mostly asphalt and the grade is flat. There is a bench near the trailhead, but no benches along the trail. Accessible restrooms are available.

CASCADE VALLEY METRO PARK

Overlook Trail, 354 Sackett Ave., Akron 44313

Trail surface is crushed limestone; some areas are a bit gravelly. The overlook provides spectacular views of the Cuyahoga River Valley. There are no benches. Accessible restrooms are available.

CUYAHOGA VALLEY NATIONAL PARK

Everett Road Covered Bridge, 2370 Everett Rd., Peninsula 44264

Trail surface is crushed limestone with less than a 4% grade. There are benches, picnic tables and accessible restrooms available.

Horseshoe Pond, 2075 Major Rd., Peninsula 44264

Trail surface is asphalt with a 5% grade. There are benches, fishing piers and a picnic shelter. Accessible restrooms are available.

F.A. SEIBERLING NATURE REALM

1828 Smith Rd., Akron 44313

Trail surface varies between brick and asphalt. Grades are variable throughout; some approach 5% as the trail winds through the arboretum. There is plenty of seating available, along with a few accessible picnic tables. Accessible restrooms are available.

FURNACE RUN METRO PARK

Brushwood Area, *4955 Townsend Rd., Richfield 44286*

Accessible portion of this trail (slightly more than 1/8 mile, round trip) is brick and crushed limestone. After approximately 850 feet the trail becomes more rugged and has a dirt surface. Accessible restrooms are available, as are non-accessible picnic tables.

GOODYEAR HEIGHTS METRO PARK

Alder Trail, *550 Frazier Ave., Akron 44305*

Accessible portion of this trail (approximately 1/2 mile, round trip) is crushed limestone. Beyond Alder Pond the trail is a dirt path with a wooden boardwalk in some places. The non-limestone sections can be muddy and difficult to travel after heavy rains. Most of the trail is flat, but at a few intervals there are some slight inclines. Benches overlook the pond. Accessible restrooms, picnic tables and an open-air shelter are available.

GORGE METRO PARK

Gorge Trail, *1160 Front St., Cuyahoga Falls 44221*

Accessible portion of this trail (approximately 1/2 mile, round trip) is asphalt. Grade is approximately 5%. An accessible fishing dock overlooks the river. Accessible restrooms, non-accessible picnic tables and an open-air shelter are available.

SAND RUN METRO PARK

Old Portage Area (Jogging Trail), *1300 Sand Run Pkwy, Akron 44313*

Trail surface is crushed limestone. Grade is generally flat, although there are some light gradations. At 1/2 mile, grade approaches 5%. There are no benches available. An accessible restroom is available, but hikers may have to travel through the parking area to reach it.

BIKE & HIKE TRAIL

Barlow Road Lot, *331 Barlow Rd., Hudson 44236*

Trail surface is asphalt and quite flat. There is a slight grade after 1/4 mile, where participants have to cross a very quiet residential street to continue the trail. There are no benches or restrooms.

SUMMA HEALTH SYSTEM

Summa Center at Green, *3838 Massillon Rd., Uniontown, 44685*

Trail surface is the sidewalk surrounding the building. Accessible distance is 1/2 mile round trip, only. There are no restrooms available.

Summa Center at White Pond, *One Park West Blvd., Akron, 44320*

Trail surface is the sidewalk surrounding the building. Five laps equal one mile. There are no restrooms available.