



Portage Park District

Park Rx



Start a journey to better health



Park map & activity list inside!

Find out more at portageparkdistrict.org or call 330-297-7728



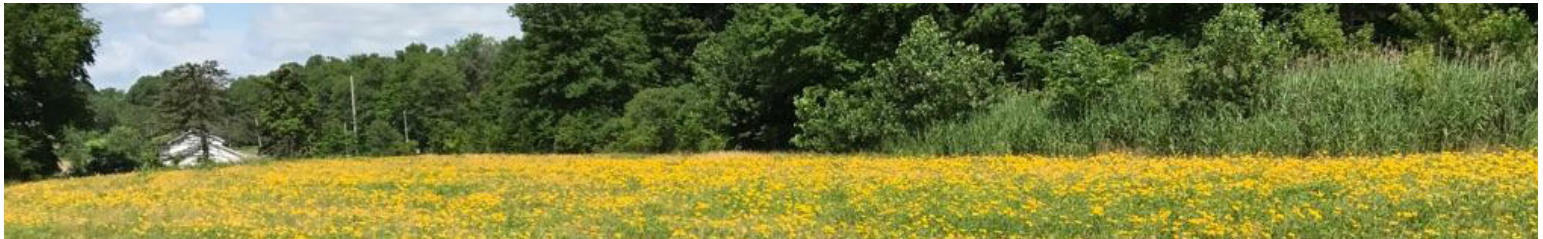


Portage Park District

The mission of the Portage Park District is to conserve Portage County's natural heritage and provide opportunities for its appreciation and enjoyment.

Berlin Trail

This easy 2.2 mile limestone-paved trail was built on a former railroad corridor that crosses Berlin Reservoir. You'll enjoy panoramic views of over 1,000 acres of lake and surrounding wildlife areas, with a good chance of seeing eagles and ospreys.



Dix Park

The property is a mix of forest, wetlands and old farm fields soon to be restored to forest and meadow. The mature forest includes streams, wetlands and a beautiful spring wildflower show.

Headwaters Trail

This moderate 8-mile limestone-paved hike and bike trail passes by beautiful forests, wetlands, ravines and farmland as it connects Garrettsville and Mantua. It was built upon the former Erie Lackawanna railroad corridor that crosses the divide between the Great Lakes watershed and the Gulf of Mexico watershed.



Morgan Park

A variety of foot trails wind through forests, old fields and high quality wetlands that ensure a diverse nature experience. A handicapped accessible trail and new natural surface trails totaling over 4 miles of trail will be open by the end of 2018.

For Fun, For Health, For Life!

The PORTAGE Hike and Bike Trail

The PORTAGE connects Kent, Ravenna and Kent State University with Summit Metroparks' bike and hike trails via an easy asphalt-paved trail totaling over 13 miles. Lots of opportunities to enjoy quiet natural areas, historic sites and university town attractions.

Red Fox Boat Access

This site south of ST RT 303 in Shalersville provides access to the beautiful Upper Cuyahoga State Scenic River. It serves as the last public takeout point for paddlers who have launched upstream, access for river bank fishing, or just watching the river roll by.

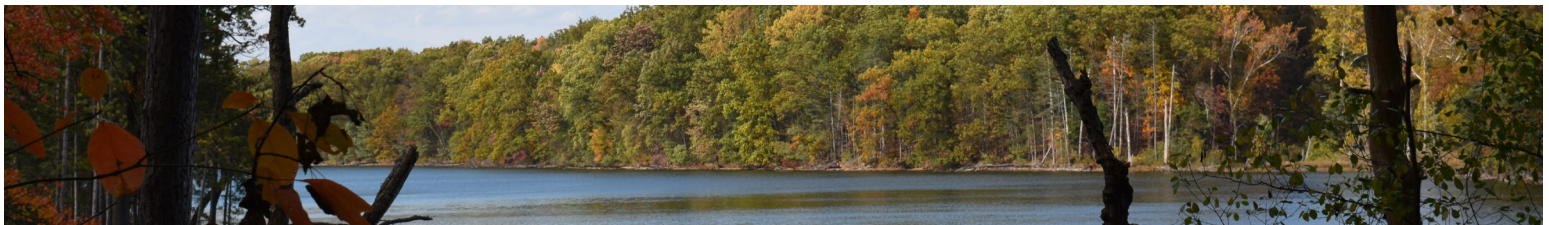
Seneca Ponds

Located in Streetsboro, this lovely oasis in the middle of an industrial park offers 1.2 miles of hiking trails through the woods and around two ponds which are also used for catch and release fishing.



Shaw Woods

The West Branch of the Mahoning River and smaller streams cross the property where over three miles of hiking and horseback riding trails wind through rolling mature woods with views over steep ravines.



Towner's Woods

Over five miles of trails run through a diversity of beautiful natural habitats, including views of the pristine Lake Pippen. Hilly trails provide a good workout, or you can loop in the flat section of The PORTAGE that runs through the park. Historic features include the Brady Interlocking Railroad Switch Tower in the parking area, and the 2,000 year old Hopewell Indian Mound.



What can I do in the parks?



Hike

Hiking can be more than walking as you explore our beautiful natural parks. Keep your eyes and ears open for birds and other wildlife and don't be afraid to stop and smell the flowers along the way. There are many easy to strenuous trail options to choose from. You may even want to take the Wild Hikes Challenge and earn a hiking staff and medallion for your efforts!

Bike

Dust off that bike, grab your helmet and hit the trail! We offer over 14 miles of safe, handicapped accessible off-road hike and bike trails that are great for cyclists of all ages and abilities. Whether you're enjoying a leisurely family ride or commuting to work, our trails will connect you with nature, people and special places along the way.



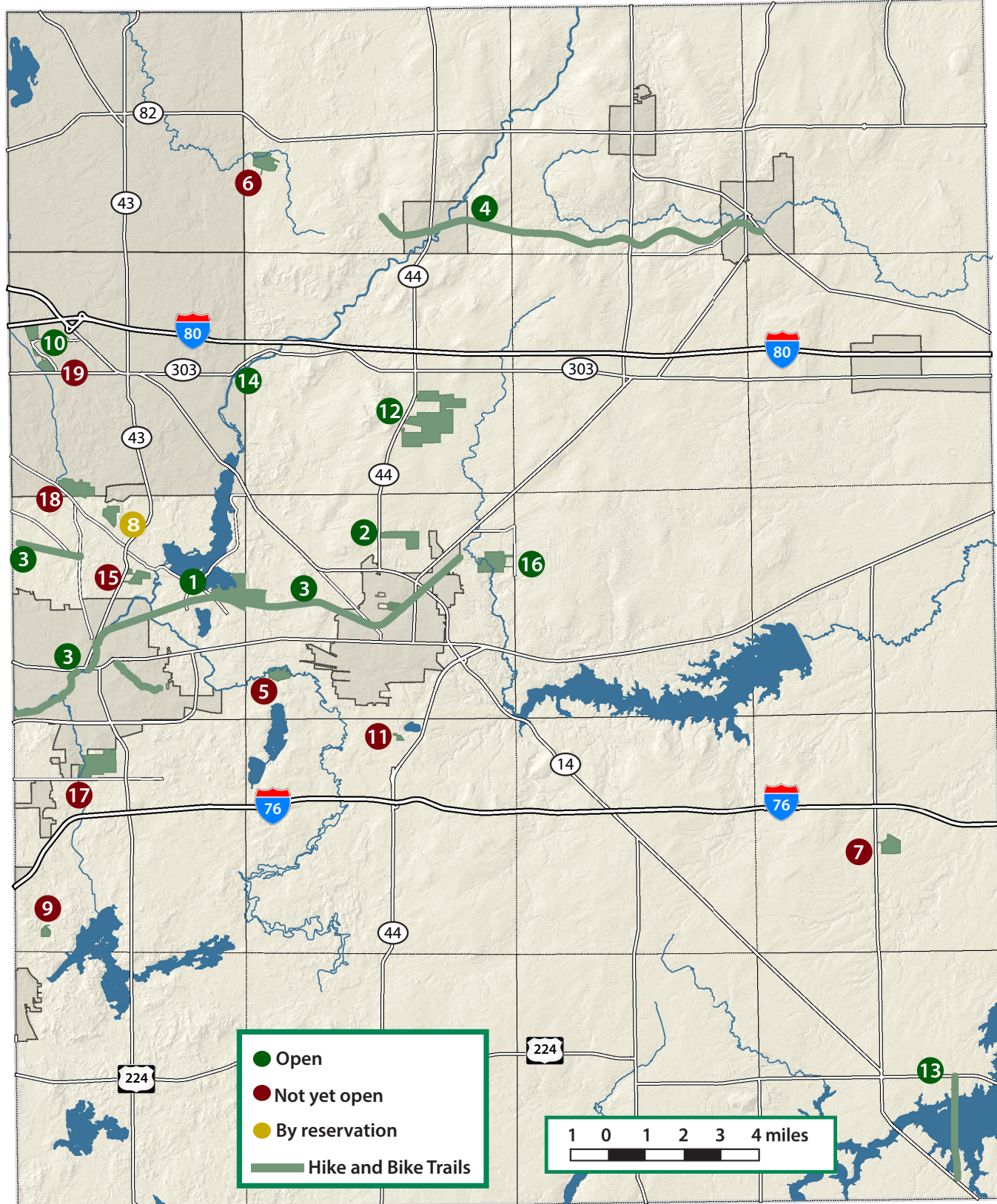
Paddle

Grab a lifejacket and your canoe or kayak and spend some time on the water! Paddling provides a great core and upper body workout, while enjoying some peaceful time in nature. Paddle the Cuyahoga River from Mantua to our Red Fox Boat access.

Ride

The Headwaters Trail (on the shoulder) and Shaw Woods both offer equestrian trails for your enjoyment. Keep in mind that on the Headwaters Trail, horses are only allowed outside of Village limits. Plan your route before you head out on your journey and enjoy the beauty of Portage County on horseback.





1 TOWNER'S WOODS PARK
2264 Ravenna Rd., Franklin Twp.

2 DIX PARK
7318 ST RT 44, Ravenna Twp.

3 THE PORTAGE HIKE AND BIKE TRAIL
535 Cleveland Rd., Ravenna; 1557 Lake Rockwell Rd., Franklin Twp.; 784 Judson Rd., Franklin Twp.

4 HEADWATERS TRAIL
4633 Mill St., Mantua; 10480 ST RT 700, Hiram Twp.; 10647 Freedom St., Garrettsville Village; 10482 South St., Garrettsville Village

5 BREAKNECK CREEK PRESERVE
Opening in 2019!

6 CHAGRIN HEADWATERS PRESERVE
Open only for guided hikes

7 WALTER PRESERVE
Open only for guided hikes

8 CAMP SPELMAN
Open only by permit for group camping or special events

9 GRAY BIRCH BOG PRESERVE
Open only for guided hikes

10 SENECA PONDS PARK
515 Mondial Pkwy, Streetsboro

11 DIX PRESERVE
Open only for guided hikes

12 MORGAN PARK
8828 ST RT 44, Shalersville Twp.

13 BERLIN LAKE TRAIL
10228 ST RT 224, Deerfield Twp.
232 Kirkbride Rd., Deerfield Twp.

14 RED FOX BOAT ACCESS - UPPER CUYAHOGA STATE SCENIC RIVER
9263 Price Rd., Shalersville Twp.
Parking and safe access for paddlers

15 FRANKLIN BOG PRESERVE
Open only for guided hikes

16 SHAW WOODS
7075 Beery Rd., Ravenna Twp.

17 18 19 NEW PARK IN PROGRESS
Open only for guided hikes

What is Park Rx? The National Park Rx Initiative is made up of agencies that are dedicated to using nature and public lands to improve individual and community health.

Portage Park District Park Rx: Our goal is to help our community get healthy and stay healthy while enjoying Portage Parks. Walk or bike to take care of your heart, rehabilitate after surgery or simply relax in the beauty and peace of nature.

Dosage: As often as needed

Refills: Unlimited



Learning more about Park Rx is easy!
Visit portageparkdistrict.org to get information on:

- Health benefits of spending time in nature
- Park locations and amenities
- Trail surface types and accessibility
- Park programs
- Taking the Wild Hikes Challenge

