

4 Southeast Ohio Autumn Hikes Perfect for the Family

CAMBRIDGE, OHIO (Sept. 15, 2016) – The brilliant colors of autumn beckons families to step back and relax to a slower pace of life. Positioned in the rolling hills of southeast Ohio, Cambridge/Guernsey County's expansive lakes and woodlands welcome families to gather here.

- **American Electric Power** (AEP Ohio) - One of AEP's best-known reclamation projects, ReCreation Land, is a 34,500-acre area that offers an assortment of activities. AEP reclaimed this land, once strip-mined for its rich coal deposits, and turned it into a vibrant outdoor area. A must-see is the "Big Muskie" bucket, formerly the world's largest earth moving machine. Use of the land requires a free permit. www.aepohio.com/info/recreation/
- **Salt Fork State Park** - The landscape of rural Guernsey County appears as a patchwork of forested hills, open meadows, and misty valleys threaded by numerous streams. At its heart is Salt Fork State Park, Ohio's largest state park. The park boasts 17,229-acres with 14 scenic hiking trails, ranging from easy to moderate.



Special features: Two connecting trails will lead you straight to the Stone House Museum. Built in 1840 by Irish immigrants, the two-story Federal style house is open for seasonal tours. Hosak's Cave is a 60-foot-tall sandstone cliff where the bottom part has eroded away, creating a rocky overhang and a natural shelter. The cave was once used as a hide-out for the Confederate Army. <http://parks.ohiodnr.gov/saltfork>

- **Great Guernsey Trail** - Take a leisurely stroll with your family or an invigorating 12-mile bike ride enjoying the solitude and beauty along this paved, low-grade path. The scenery along the way is unforgettable as you disappear into the serene woods. The fiery autumn colors are breathtaking. Travel over three bridges; stop for an ice cream cone, or make it a great workout. www.guernseycountycdc.com
- **Seneca Lake** – Autumn colors bursting forth in radiant splendor around Seneca Lake, making it one of our favorite places to hike. www.senecaparkohio.org

Plan your fall family getaway to Cambridge/Guernsey County by calling the VCB office at 740.432.2022 or log on to VisitGuernseyCounty.com.

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