

## **Southeast Ohio Trails to Trek on Foot, Bike or Horse**

CAMBRIDGE, OHIO (Aug. 7, 2018) – Whether you're coming to escape life, or to find it, Cambridge/Guernsey County, Ohio is that place. Nothing rejuvenates the soul like a walk in the woods, flying down a hill on your bike, or a moseying slowly through a field on horseback. For recreation seekers, southeast Ohio's trails are approachable for all skill levels and timeframes.

Here are a few of our favorites:

### **ON FOOT OR BY WHEELS**

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. Two easy to hike to locations in the park include the **Stone House Museum** and **Hosk's Cave**. 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>

Enjoy a leisurely stroll with your family or an invigorating 12-mile bike ride enjoying the solitude and beauty along the **Great Guernsey Trail**. This paved, low-grade path offers an unforgettable natural setting as you disappear into the serene woods. Travel over three bridges; stop for an ice cream cone; or make it a great workout. [www.guernseycountycdc.com](http://www.guernseycountycdc.com)

Ohio's third largest lake, **Seneca Lake**, offers hikers and mountain bikers the opportunity to traverse a series of wooded trails, lush with summer fauna. [www.senecaparkohio.org](http://www.senecaparkohio.org)

### **HOOFING IT**

Guernsey County, Ohio offers a variety of horseback riding options for all skill levels. Several popular stables provide lessons, guide trail rides, or allow you to bring your own horse to ride at your own pace.

**Horseback Riding Safari tours at The Wilds** immerses guests on a journey along the beautiful southeast Ohio hillsides overlooking rare and endangered animal species roaming in large, natural settings. Tours begin at The Wilds entrance and travel through breathtaking landscapes with spectacular views of safari areas and habitats. [www.thewilds.org](http://www.thewilds.org)

For the experienced horseback rider, **Salt Fork State Park** has a camping area for horses and their owners with easy access 72 miles of bridle trails. Bring your own horse and enjoy a unique getaway. [www.parks.ohiodnr.gov/saltfork.com](http://www.parks.ohiodnr.gov/saltfork.com)

Whether you are an experienced rider or have never been on a horse, **Drafty Acres Stable** offers horseback riding for everyone. Drafty Acres allows children 6 years of age and younger to ride double with an adult. [www.draftyacresstable.net](http://www.draftyacresstable.net)

Let expert guides lead you on trails located throughout **Rocky Fork Ranch Resort**'s picturesque rolling hills while observing nature as you ride on one of their gentle and friendly horses. Riding lessons, barn tours, horse camp and other enjoyable activities are available throughout the year. Open all year with seasonal hours. [www.rockyforkranchresort.com](http://www.rockyforkranchresort.com)

**Salt Fork Stables** offers ten miles of enjoyable riding trails and is located 3 miles east of Salt Fork State Park. [www.saltforkstables.com](http://www.saltforkstables.com)

Plan a getaway to Cambridge/Guernsey County by calling the VCB office at 740.432.2022 or log on to [VisitGuernseyCounty.com](http://VisitGuernseyCounty.com).

###