

Spinning Your Wheels: Bike trails for all ages, interests in Southeast Ohio

CAMBRIDGE, OHIO (August 3, 2022) – Southeast Ohio is known for its lush woodlands and expansive lakes for hiking and fishing. But more and more visitors are delighting in discovering the region's bike trails.

Guernsey County, Ohio – located just an hour southeast of Columbus – provides cyclists of all ages and interests the opportunity to spin their wheels on a variety of paths.

The Buckeye Trail (BT), stretching 1,400 miles from Cincinnati to Cleveland, traverses Ohio's diverse rural communities and natural scenic beauty. Established in 1959, the Buckeye Trail is a long distance biking (and hiking) trail that offers multi-day rides or shorter daily excursions.

The trail crosses through the center of Guernsey County, providing enthusiast with two stops – Seneca Lake Park and Salt Fork State Park.

Seneca Lake Park offers several miles of biking trails on natural surface trails through the woods surrounding the park. The Buckeye Trail can be accessed from the Cemetery or Beech Tree Ridge Trails. Most trails are very challenging with unpredictable trail conditions, so please use caution and be prepared with proper footwear. Learn more by viewing the Seneca Lake Trail Map:

https://senecapark.mwcd.org/upload/maps/seneca_lake_trail_map.pdf

As Ohio's largest state park, **Salt Fork State Park** boasts 17,229-acres with 14 scenic trails, ranging from easy to moderate. Don't miss taking a few minutes off from pedaling to experience two easy hikes to locations in the park - Stone House Museum and Hosak's Cave.

Built in 1840 by Irish immigrants, Stone House Museum is a two-story Federal style house open for seasonal tours May - September. 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. To learn more about the park, visit: <http://parks.ohiodnr.gov/saltfork>

Another wonderful biking option is the **Great Guernsey Trail**. Enjoy a leisurely or invigorating 12-mile bike ride through the solitude and beauty Guernsey County. This paved, low-grade path offers an unforgettable natural setting as you disappear into the serene woods. You will travel over three bridges and have the option to stop for an ice cream cone or take a few great photos. To learn more about the trail, visit:

www.guernseycountycdc.com

For more information, contact the Cambridge/Guernsey County Visitors & Convention Bureau office at 627 Wheeling Avenue, Suite 200 in downtown Cambridge, call 740-432-2022, email info@VisitGuernseyCounty.com, or log onto VisitGuernseyCounty.com.

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