

Southeast Ohio system of trails offers a mix of outdoor adventures

CAMBRIDGE, OHIO (Oct. 9, 2024) – 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 moseying slowly through a field on horseback. For recreation seekers, southeast Ohio's mix of trails is approachable for all skill levels and timeframes.

Salt Fork State Park offers 15 official hiking trails ranging from easy loops and cave routes less than half a mile long to a 6.86-mile section of the Buckeye Trail (part of an ambling 1,440-mile loop around the state). A family-friendly Storybook Trail was added recently near the campground creating a unique opportunity to improve childhood literacy and develop an early love of the outdoors. Families also love exploring the Civil War era hideout Hosak's Cave. If you're a horse lover don't miss the park's extensive bridle trails too!

Seneca Lake is surrounded by 14 gorgeous hiking trails and 6 bridle trails; popular routes include the Beech Tree Ridge Trail, Schoolhouse Trail, Cemetery Trail and the aptly named Lakeside Trail.

The Great Guernsey Trail occupies a former CSX railroad corridor. The trail cuts a pretty paved path 14-miles round trip through rural wooded countryside, from the eastern edge of Cambridge to Lore City. Much of the trail runs parallel to Leatherwood Creek making it a great opportunity to spot local wildlife (including bald eagles) and waterfowl.

Prefer a walk within city limits? **Cambridge's City Park** offers a conveniently located oasis, with a well-maintained walking trail and even a historic covered bridge. Stay for a round of disc golf at one of the area's five courses. Courses range from beginner to advanced level and weave players in and out of Guernsey County's most beautiful scenic views.

Guernsey County, Ohio also 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

Lantern Lighter Ranch brings a multitude of ways to enjoy horses – from horsemanship lessons to trail rides – all are taught by certified riding instructors with safety as a priority.

www.LanternLighterRanch.com

Placed within the Appalachian hills of Southeast Ohio, **M & H Stable** offers both indoor lessons and trail rides. The site also hosts open horse shows and other events for kids. Call 740-801-0528 to learn more.

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

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 **Salt Fork Stables** offers ten miles of enjoyable riding trails and is located 3 miles east of Salt Fork State Park. www.saltforkstables.com

Plan a getaway to Cambridge/Guernsey County by calling the VCB office at 740.432.2022 or logging on to VisitGuernseyCounty.com.



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