

WALKING THRU AUTUMN



2018 Hiking Series

There's nothing quite like a walk on a sunny, crisp autumn morning! Hiking is an enjoyable form of an aerobic and great way to increase your health. Please join us for the 12th consecutive year of the popular Walking Thru Autumn series. Each week, 50-70 participants meet for conversation and to explore some of the 20 miles of Metro Parks trails. Upon completing 5 out of the 8 offered hikes, participants will receive a \$200 Metro Parks hiking stick certificate. Hand-made wood hiking sticks will be available for purchase for \$10. All participants are required to pre-register by calling the main office at 419-221-1232.

All hikes will start at 9:00 a.m., will last approximately 1 1/2 to 2 hours and will be an easy to moderate terrain. The date, time and location of each hike are listed below. September 8 marks the first hike; however, participants may register as late as September 27 for the final 5 hikes. After this date, walk-ins are welcome but will not be eligible for the hiking stick certificate.

Come enjoy the amazing beauty of fall as you explore your Metro Parks. It's the natural thing to do!

Sat., Sept. 8 - 9 a.m. Location: Kewadin Woods Metro Park - 971 N. Delaware Trail, Spencerville

Sat., Sept. 15 - 9 a.m. Location: McLean Teddy Bear Park - 2104 N. Erie Hwy., Lima

Sat., Sept. 22 - 9 a.m. Location: Mutter Metro Park - 10140 Columbus Grove Shiffin Rd., Lima

Sat., Sept. 29 - 9 a.m. Location: Uppercut Bird Sanctuary - 3090 Suburban Dr., Lima

Sat., Oct. 6 - 9 a.m. Location: Deep Cut - 22900 St. Rt. 66, Spencerville

Sat., Oct. 13 - 9 a.m. Location: Kewadin Woods Metro Park - 971 N. Delaware Trail, Spencerville

Sat., Oct. 20 - 9 a.m. Location: Heenan Woodlands - 685 N. Wayne Road, Lima

Sat., Oct. 27 - 9 a.m. Location: Lower Historical Farm - 500 South Road, Lima



Jeffrey Appleson Metropolitan Park District

2305 Ada Road, Lima, OH 45802

Phone: 419-221-1232 Website: www.metrodistricts.com Email: japp@limapark.com