

Trails in the Athens, Ohio Area



Dow Lake at Shelterhouse 1

Trail Heads (for more than one trail):

Sells Park: At the end of Avon Place, off East State Street. Access to the Athens Trail, Rockhouse Trail, and minor trails.

Pioneer Cemetery: On Strouds Run Road in Strouds Run State Park. Coming from Athens, first parking area on the right in the park. Access to Hickory Trail, Finger Rock Trail and minor trails.

Dow Lake Dam: On US-50 / OH-32, east of the end of East State Street. Access to Lakeview, Hickory, Sundown, Indian Mound, and horse trails.

Dow Lake Swimming Beach: Swimming Beach Rd off Strouds Run Rd in state park. Access to Lakeview, Broken Rock, Chestnut, horse trails.

Bike Path Terminus: On East State Street near the Pepsi plant. Access to the Hocking-Adena Bike Path and Athens Trail.

Cucumbertree Trail: At end of road north from E State St at credit union light. Park by barn. Access to Rockhouse Trail via Cucumbertree Trail.

Baker Tract: On OH-690, ½ mile north of US-50, gravel parking area on left. Access to Baker Tract trails.

Dow Lake Circuits: By foot, on Lakeview, Hickory and Strouds Run Trails, plus 1.2 miles on Strouds Run/Swimming Beach Roads, a total of 7.5 miles.

By bicycle, on the Sundown, Hickory, Thunderbunny, Hollow Point Trails, plus 0.1 mile on roads, a total of 15.7 miles.

HORSE TRAILS at Strouds are in a separate brochure - see the Friends website.

Athens Trail, Strouds Run Section: 3.5 miles from Sells Park to the Bikeway Trailhead on E. State (3.2 mi. to Hope Drive). Open to hikers and bicyclists. There are long, steep climbs near the ends, but most is relatively easy, with a few short climbs. Intersects with Rockhouse Trail, Finger Rock Trail, and several connectors. It is blazed with a modified white "A" (that looks like an arrowhead) on a red background.

Rockhouse Trail: 2.6 miles, from Sells Park to Blue Ash Run east of Turtlehead Cave, where the White Oak Trail connects to the Athens Trail. It also connects with the Lookout, Redbud, Sourwood, Pawpaw, Basswood, Cucumbertree, and White Ash Trails. It is open to hikers and bicyclists. It is an easy trail with a few moderate climbs. Great trail for cross-country skiing. It is blazed with a white arch on an orange blaze.

Finger Rock Trail: This trail is 0.95 mile long, and connects the Athens Trail with the Trace Trail at Dow Lake. The Athens Trail intersection is 1.5 miles from Sells Park, and the Trace Trail intersection is 0.2 mile from the Pioneer Cemetery Trailhead. It is open to hikers and bicyclists. It is moderate on the ridgetop, but moderately strenuous at the north end. The trail is marked with blue blazes.

Connector Trails, Athens Trail System: From west to east starting at Sells Park, shorter connector trails are: Lookout Trail, to Sells Park Lookout (0.1 mi); Redbud (0.1 mi), Sourwood (0.2 mi), Pawpaw (0.25 mi), and Basswood (0.3 mi) Trails, connecting Athens and Rockhouse Trails; Cucumbertree Trail (0.4 mi), connecting to the Cucumbertree Trailhead on East State Street; and the White Ash (0.6 mi) and White Oak (0.15) Trails, connecting Athens and Rockhouse Trails.

Lakeview Trail: 3.25-mile trail following northeast shoreline of Dow Lake. From end of Swimming Beach Road to Dow Lake Dam. Connects with horse trails (not covered here) and Hickory, Sundown, Indian Mound and Broken Rock Trails. The trail from Swimming Beach Road to the Sundown Trail junction near Whitesel Junction is open to hikers ONLY. Bicycles permitted on trail only to cross Whitesel Junction between legs of the Sundown Trail.

Hickory Trail: 2.8-mile trail following the southwest shoreline of Dow Lake, from Dow Lake Dam to the Pioneer Cemetery Trailhead. Open to bicycles, moderately easy. Connects with Lakeview and Trace Trails.

Vista Point and White Pine Trails: The 1.95-mile Vista Point Trail begins at the amphitheater in the campground just north of Strouds Run Road and loops back to the campground road in the upper campground. The Vista Point, overlooking the north end of the lake, is on this trail at 0.4 mile. The 1/3-mile White Pine Trail begins at a parking area off Strouds Run Road just inside the state park, and connects with the Vista Point Trail. Both are moderately strenuous. The Vista Point Trail also connects with the Thunderbunny Trail.

Broken Rock Trail: 1.3 miles long, from Swimming Beach Road near the boat house in the state park to the Lakeview Trail. Strenuous at ends, easy in middle. The 0.3-mile Chestnut Trail (strenuous) connects the middle of this trail with the area of Shelterhouse 3.

Beaver Pond Trail: 0.7-mile, from State Park Road north of Strouds Run Road to the beaver ponds up the valley. Easy.

Indian Mound Trail: From Lakeview Trail near Dow Lake Dam to the same trail. 0.65 mile, or 1.5 miles from dam & back. Strenuous.

Thunderbunny Trail: 2.85-mile bicycle trail, also open to hikers. From the Pioneer Cemetery Trailhead to State Park Road north of the campground, where it intersects with Hollow Point Trail. It also intersects with the Vista Point Trail. Moderately easy.

Sundown Trail: 6.55-mile bicycle trail, also open to hikers, from Swimming Beach Road at Strouds Run Rd (first gravel parking area on the left), to Dow Lake Dam. It intersects with many of the horse trails, as well as the Broken Rock, Chestnut, Lakeview and Indian Mound Trails. Moderately easy.

Baker Tract Trails: 5 miles of trails, open to both hikers and horses.

Other Trails:

Hocking Adena Bikeway: 21-mile paved multi-use path, from Holzer Clinic on E. State Street in Athens (east end) to Rocky Boots in Nelsonville (west end). Extensions to Athens High School and to County Road 24A are planned. This trail connects with the Athens Trail at the Pepsi trailhead. Open to all nonmotorized users except horses.

Moonville Rail-Trail: 16 miles of old B&O Railroad grade from Mineral through the Zaleski State Forest west beyond Zaleski. Open to all non-motorized transportation. Under development, because most of the bridges are still missing. Six miles from Zaleski northeast are completed and open. Project under Moonville Rail-Trail, Inc.

The Ridges Cemetery Nature Walk: The Cemetery Nature Walk is 1.3 miles long, from Dairy Lane at the Dairy Barn to the Tower Cemetery (near the The Ridges water tower). Moderately strenuous. It will coincide with the Athens Trail for a way. This is a historically-oriented trail that connects all the old cemeteries.

The Ridges Nature Trail: 1-mile nature loop, built by River Valley School students, from a small parking area off SR-682 halfway between Richland Ave. and White's Mill, or via a mown trail leading northeast from the top of Radar Hill. Moderately strenuous.

Other Paths at The Ridges: Ridgetop gravel roads for walking only, as well as a multi-use paved path connecting the two sections of the City's Southside Park along Dairy Lane. Bikes not allowed on the gravel paths.

Hocking River Water Trail: Under development. There are now put-in/take-out places for kayaks and canoes at Logan, Hocking College, Hamley Run Road west of The Plains, West State Street Park in Athens (this is take-out only for down-river travel, because of dangerous rapids ahead), and County Road 24A (on the east, downstream, side of the road). The Hocking River Commission is guiding its development.

Other Venues: Burr Oak SP (foot+horse), Lake Hope SP (foot+bicycle), Zaleski SF (foot+horse), Hocking Hills SF (foot+bicycle), Hocking SF (foot+horse), Forked Run SP (foot), Desonier Nature Preserve (foot), and Trimble Township Community Forest (foot) (see outdoor guide at www.athenstrails.org).

Friends of Strouds Run State Park: www.friendsofstroudsrun.org

Athens Trails: www.athenstrails.org (including Outdoor Guide)

Athens Conservancy: www.athensconservancy.org

Ohio Horsemen's Council: www.ohiohorsemenscouncil.com

Buckeye Trail: www.buckeyetrail.org

North Country Trail: www.northcountrytrail.org

America Discovery Trail: www.discoverytrail.org

Hocking Adena Bikeway: www.athensohio.com/whattodo/534

Moonville Rail-Trail, Inc.: www.moonvillerrailtrail.com

Athens Bicycle Club: www.athensbicycleclub.org

Hocking River Commission: www.hockingrivercommission.org

State Parks, Wildlife, Forests, Preserves: www.dnr.state.oh.us

Wayne National Forest: www.fs.fed.us/r9/wayne