Due to the effects of the COVID-19 pandemic, the annual LUNG FORCE Walk Cleveland is going virtual. The health and safety of our participants, volunteers, and staff members is our top priority.

Please join our virtual community and head outside to one of the many beautiful trails throughout Northeast Ohio (while practicing safe, social distancing) anytime between now and October 24 for your Virtual Walk. It’s the same mission, just a different place to walk (or run, climb or bike) doesn’t have to be a certain distance. By participating, you’re supporting lung health research and helping us find a cure for COVID-19 and other lung diseases that affect our community.

Here, we recommend a number of trails and paths, but you’re not limited to these trails—if you have another favorite, go conquer it!

Before heading out to a trail or park, please check your current local listings to ensure the park is open and safe to use.

**CLEVELAND**

Edgewater Park

*Cleveland Metroparks – Lakefront Reservation*
- **Trail:** follow paved AP trail route within park area
- **Distance:** 2.3 Miles
- **Route Type:** Loop
- **Difficulty:** Easy
- **Features:** Paved, scenic, attractions, easy walk
- **Dogs:** Welcome, must be on leash

Hinckley Lake Boathouse

*Cleveland Metroparks – Hinckley Reservation*
- **Trail:** Hinckley Lake Loop Trail
- **Distance:** 3.3 Miles
- **Route Type:** Loop
- **Difficulty:** Moderate
- **Features:** Paved and trail, easy walk, scenic, elevation changes
- **Dogs:** Welcome, must be on leash

**SOUTHSIDE**

Hemlock Creek Trail

*West Creek Conservancy*

*(park at back of lot at Cleveland Clinic Business Operations Center, to access trailhead)*
- **Trail:** Hemlock Creek Trail
- **Distance:** 1.5 Miles
- **Route Type:** Out and Back
- **Difficulty:** Moderate
- **Features:** Paved, scenic, elevation changes
- **Dogs:** Welcome, must be on leash

**WESTSIDE**

Rocky River Nature Center

*Cleveland Metroparks – Rocky River Reservation*
- **Trail:** Fort Hill Loop
- **Distance:** 1.9 Miles
- **Route Type:** Loop
- **Difficulty:** Difficult
- **Features:** Trail, steps, scenic, elevation changes
- **Dogs:** Welcome, must be on leash

LET’S GET PHYSICAL! Share your walk photos and videos on social media using #LUNGFORCEWalkCleveland and #ONEBreathONEFORCE.
Participating at Home

Looking to join us at home? Walk/run around your neighborhood, hop on a treadmill, climb your staircase to track your miles just like you would at a park or hiking trail.

Get creative and join the FORCE!

Bonnie Park

*Cleveland Metroparks – Mill Stream Run Reservation*
- Trail: Mill Stream Run AP Trail
- Distance: 4.1 Miles
- Route Type: Out and Back
- Difficulty: Easy
- Features: Scenic, paved
- Dogs: Welcome, must be on leash

EASTSIDE

Acacia Reservation

*Cleveland Metroparks – Acacia Reservation*
- Trail: Lake Loop
- Distance: 1.8 Miles
- Route Type: Loop
- Difficulty: Easy
- Features: Paved, scenic, easy walk
- Dogs: Welcome, must be on leash

Squires Castle

*Cleveland Metroparks – North Chagrin Reservation*
- Trail: Squires Lane Trail
- Distance: 1.5 Miles
- Route Type: Out and Back
- Difficulty: Moderate
- Features: Historic, elevation changes, trail, scenic
- Dogs: Welcome, must be on leash

SUMMIT COUNTY

Hudson Springs Park

*City of Hudson Park*
- Trail: follow main gravel loop trail around lake
- Distance: 2 Miles
- Route Type: Loop
- Difficulty: Moderate
- Features: Trail, elevation changes, scenic
- Dogs: Welcome, must be on leash

TOUR NE OHIO

St.Helena Heritage Park-Canal

*Ohio & Erie Canalway – Canal Fulton*
- Trail: Ohio & Erie Canal Towpath
- Distance: Your choice!
- Route Type: Out and Back
- Difficulty: Easy
- Features: Scenic, gravel, rolling, easy walk, historic
- Dogs: Welcome, must be on leash

Headwaters Trail

*Portage Park District*
- Trail: Headwaters Trailhead in Mantua
- Distance: 8.5 Miles
- Route Type: Out and Back
- Difficulty: Easy
- Features: Easy walk, scenic, historic, gravel
- Dogs: Welcome, must be on leash

Brushwood Area

*Summit County Metro Parks – Furnace Run Reservation*
- Trail: Rock Creek Trail
- Distance: 1.3 Miles
- Route Type: Loop
- Difficulty: Easy
- Features: Scenic, easy walk, trail
- Dogs: Welcome, must be on leash