



FOR IMMEDIATE RELEASE

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### **Cincinnati Nature Center Voted "Best Hiking Trails" for Fourth Year**

Despite tough economic times, Cincinnati residents can find affordable solace, beauty, entertainment and exercise all in one place and with the best trails in the region. For the fourth year in a row, Cincinnati Nature Center was voted reader's pick for "Best Hiking Trails" in *CityBeat's* 2009 "Best of Cincinnati" issue.

Cincinnati Nature Center's Rowe Woods boasts 18 miles of hiking trails for visitors to explore and enjoy. Trails vary from a paved All-Persons' Trail to more difficult trails that stretch across fields, forest and streams. There are a total of ten trails at Rowe Woods, each with different landscapes and wildlife to discover. Self-guided hiking guides, such as the history hike and wildflower hike, are offered to guests in the Rowe Visitor Center.

CNC's hiking trails also serve as outdoor classrooms for people of all ages. The educational programs teach about interdependence and diversity in the natural environment. Visitors can easily spend an hour, a day or all four seasons exploring what Rowe Woods has to offer.

On March 14, CNC will introduce new "Nature Calls" stations, which allow visitors to use their cell phones to learn more information at eight stops in various locations along the trails. Each time hikers come across a station, they can connect to a naturalist-recorded voice message that highlights interesting natural events as they unfold.

"The cool thing is that these information stations can be moved throughout the year, and it allows us to share information whenever a hiker wants it, without the obtrusiveness of signs and exhibits," said Connie O'Connor, Director of Education and Visitor Services.

Whether hitting the trails for exercise, exploration or simply to witness the land's natural beauty, hikers of all experience levels can enjoy everything CNC has to offer.

Nonmember admission is FREE on Mondays, \$3 per adult and \$1 per child Tuesday through Friday, and \$5 per adult and \$1 per child Saturday and Sunday. Cincinnati Nature Center is open seven days a week at 8 a.m. Closing time varies by month.

For more information, visit [www.CincyNature.org](http://www.CincyNature.org) or call 513/831-1711. Cincinnati Nature Center's Rowe Woods is located at 4949 Tealtown Road, Milford, OH 45150.

Cincinnati Nature Center is a non-profit, environmental education organization. Their mission is to inspire passion for nature and promote environmentally responsible choices through experience, education and stewardship to ensure a sustainable future.

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