



Meet your instructor

**PEGGE SCHNEIDER**



Mt. Airy Park Hiking has been a big part of my fitness program for the past 17 years. I am a native of the Cheviot Area. My specialty is showing a person how to create a Personal Style, as well as Health and Wellness. This allows a complete balance of body, mind, and spirit.



- R Restroom
- S Shelter
- L Lodge
- TH Treehouse



For more information, contact

**PEGGE SCHNEIDER**

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**DORNETTE FOUNDATION**



EXPERIENCE *the*  
*beauty*  
*of*  
**CINCINNATI PARKS**

Join the  
Cincinnati  
Parks'  
Hiking Club



# MT AIRY FOREST HIKING CLUB MEETS

Wednesday 5:00 pm\* / 4:00 pm\*

Saturday 8:00 am

Sunday 8:00 am

\* Hikes begin at 5 pm from April 1 through September 30 and at 4 pm from October 1 through March 30. Check online calendar for updated schedule.



All hikes start and finish at Everybody's Treehouse.

[www.cincinnatiiparks.com](http://www.cincinnatiiparks.com)



To join the Cincinnati Parks Hiking Club mailing list, please email Pegge at:  
[backststudio@cinci.rr.com](mailto:backststudio@cinci.rr.com)

## MT AIRY FOREST TRAILS

level one | **easy**

### TREEHOUSE TRAIL

Gravel, a few steps

30 minutes

1 3/4 miles

level two | **moderate-cardio**

### SCENIC TRAIL

A few hills

1 hour to 1 hour & 20 minutes

5 miles

level three | **strenuous-cardio**

### STONE STEPS TRAIL

25 minutes [warm-up], going down hill  
- low grade

15 to 20 minutes uphill [90 steps]

15 minutes intermediate small hills &  
cool down

45 minutes to 1 hour total

3 1/4 miles

## HIKING CLUB INFO

### HIKERS SHOULD COME PREPARED WITH THE FOLLOWING ITEMS

Water

Hiking shoes

Walking sticks (optional)

### WEATHER

We will hike year round ~ please be prepared for the weather.

**Note:** *We will not hike if there is heavy rain or lightening, if there are icy conditions, or if the temperature is above 90 degrees.*

## CINCINNATI PARKS' HIKING CLUB MEMBERSHIP INCLUDES

- Free admission to experience the beauty of Cincinnati Parks
- A great opportunity to meet new friends
- Wellness of the mind & body
- Free subscription to Parkways newsletter

### I will join the Cincinnati Parks' Hiking Club:

(Print full name for official record.)

name

address

city

state

zip

email

phone number

### I would like to make a donation to the Cincinnati Parks' Hiking Club:

Check     Credit Card (Visa or MasterCard only)

credit card number

expiration date

billing address

### Check may be made payable to: CINCINNATI PARKS FOUNDATION

950 Eden Park Drive, Cincinnati, OH 45202

Phone: 513-357-2621

Fax: 513-352-4096

All gifts are fully tax deductible.