

# Northeast Bike Trails

## Cater to Variety of Cyclists

The popularity of bicycling is at an all-time high, as people of all ages are participating in the sport for a variety of reasons. For many it's an inexpensive activity that is not only fun, but also the entire family can do it together. For others, it's a great form of exercise while enjoying the outdoors. And some even use cycling as a physical challenge to test their

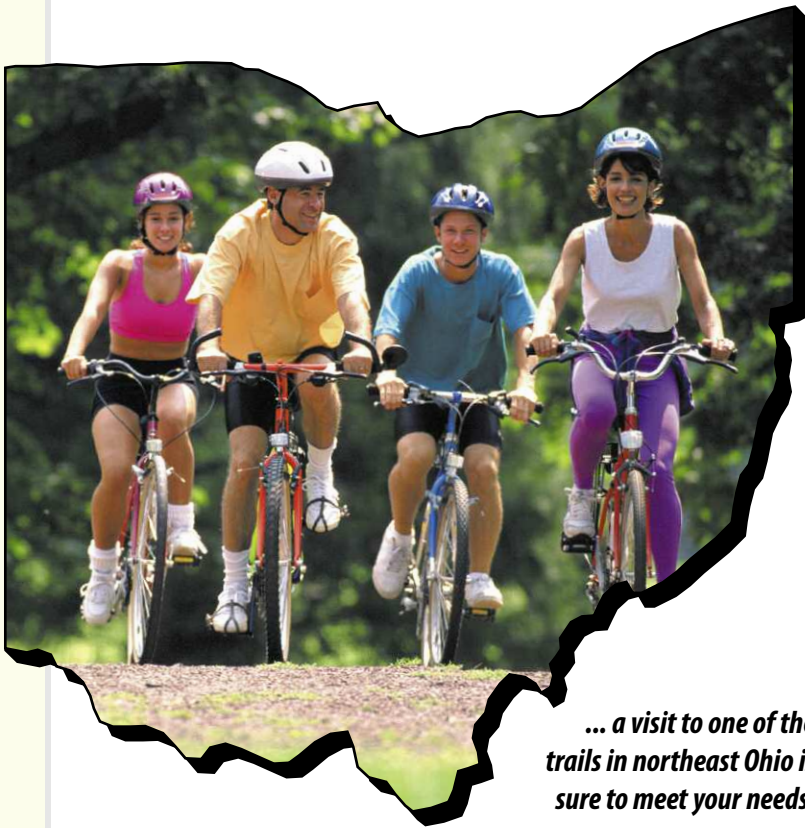
Ohio & Erie Canal, this trail runs for 20 miles through the Cuyahoga Valley National Park, before extending beyond the park. Bike the Towpath Trail in one direction, and then hop on board the Cuyahoga Valley Scenic Railroad for a relaxing train ride back to your starting point!

The Metro Parks Bike & Hike Trail of Summit County is ideal for family bike rides. This 16-mile asphalt trail has a connector that provides access to the Towpath Trail. Cleveland Metroparks maintains over 60 miles of all-purpose trails in Brecksville and Bedford.

The Western Reserve Greenway trail serves the recreational needs of Ashtabula County. The Greenway, which runs on the former PennCentral Railway, begins in the city of Ashtabula and proceeds 43 miles south to Champion, just north of Warren. This all-season trail will even allow snowmobiling - good news since the Ashtabula area is known for its extreme snowfall.

Serious mountain bike enthusiasts flock to the Mohican Mountain Bike Trail. Perhaps Ohio's best mountain bike trail, this 24.5-mile loop twists and turns through Mohican State Park and Forest. The extreme elevation changes make the Mohican both fun and physically challenging, and the land's beautiful scenery is an added bonus.

Whether your interest in bicycling is as a serious sport or simply as a relaxing family activity, a visit to one of the trails in northeast Ohio is sure to meet your needs.



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endurance against the laws of nature.

Northeast Ohio is blessed with a variety of bike trails to please all ages and skill levels. Some of the best are found in and around the Cuyahoga Valley. Perhaps the most unique is the Ohio & Erie Canal Towpath Trail. As it follows the historic path of the