



Expeditions Summer 2022 BSAC High Adventure

North Country Scenic Trail 100 Mile Challenge



The North Country National Scenic Trail is the longest in the National Trails System, stretching 4,800 miles across eight states from North Dakota to Vermont, traversing forests and farmlands, remote terrain and nearby communities. Whether looking to day-hike a few miles or plan a longer overnight backpacking trip, a multitude of diverse landscapes and hiking opportunities are waiting.

A significant portion of the Buckeye Trail, a 1400-mile loop in Ohio, is also a part of the North Country Scenic Trail. And a large part of the Buckeye Trail is located in western Ohio. Thus, Scouts have an excellent opportunity to hike or backpack this trail.

Hike 100 miles on the NCT in the calendar year 2022 (January 1 through December 31), talk about it, then receive a patch and certificate. For more information, search northcountrytrail.org.

Cuyahoga Valley National Park East Rim Trail System



The East Rim Trail System has stunning views, varied terrain, exciting obstacles, and an element of adventure for anyone who explores it. The trail is designed for mountain bikers, but hikers and runners can challenge themselves on the varied trails in the system. The level of trail difficulty is as follows: East Rim Trail – A 2.3 mile trail for intermediate level bikers; Lamb Loop – A 4.7 mile trail for intermediate level bikers; Post Line – A shorter technical trail. Ultimately, the trail will connect to a system of bike trails over 100 miles long.

GREAT PADDLEBOARDING SPOTS IN OHIO



Paddleboarding is a wonderful way to spend time on the water. Not only is the sport a great way to enjoy time outdoors, but it's also an invigorating workout and a relaxing experience. Once you've got a handle on the basics, you'll be ready to explore the waters of Ohio. With its beautiful lakes, including the magnificent Lake Erie, Ohio makes for an excellent paddleboarding destination. Here are five great spots.

1. ALUM CREEK STATE PARK

Alum Creek State Park is the perfect place to go paddleboarding. The north end is great for beginners who want calm waters to get comfortable in. Shale cliffs and abundant nature lets you escape from the daily grind and connect with nature as you paddle. During the summer, SUP Columbus offers paddleboarding lessons, yoga, and excursions at Alum Creek.

2. HOOVER RESERVOIR, WESTERVILLE, OH

Hoover Reservoir is a great paddleboarding spot because of its easy access and limited boat traffic. You can sign up for paddleboarding lessons with SUP Columbus there, or just hit the water and forget your troubles. Crystal clear waters and calm currents make this spot one of a kind.

3. LAKE ERIE

Most Ohioans know Lake Erie as a great fishing spot, but it's also one of the best paddleboarding locations around. Check out Nalu Standup Paddle and Surf to pick up a brand-new paddleboard or sign up for lessons and hit the lake!

4. VERMILION RIVER

The Vermilion River is a great paddleboarding spot because of the sheer amount of beautiful natural sights you can experience along the way. With massive rocky cliffs, dense forestry, and even a healthy fish population. Vermilion River offers an experience unlike any other!

5. OLENTANGY RIVER

The Olentangy River is 97 miles-long, and much of it is calm enough to be the perfect paddleboarding location. There's a limited amount of boat traffic and fishermen as well as a wealth of beautiful natural sights to take in, making Olentangy one of the most fun paddleboarding experiences you'll ever have!