

# Warren County Wellness Walks

A fun and easy way to improve mental and physical health!

Join us as we explore parks across the county on quiet and relaxing walks that are perfect for enjoying some “Vitamin N” (nature) and connecting with new friends. It’s a great way to get a little exercise, breathe in fresh air, and enjoy the beauty around us. Some parks have multiple trailheads, so be sure to use the addresses listed below to arrive at the correct starting point. No pre-registration required. Questions? Please contact your walk leader.

## Summer 2026

- **Wed., 5/13/26, 9-10:15am:** Hisey Park, 5443 Middletown Rd., Waynesville. Led by Warren County Park District’s Shannon Pennington, SPennington@WarrenCountyParks.com. Trail rating: 2.5
- **Wed., 6/10/26, 9-10:15am:** Roberts Park, 3580 Butler-Warren Rd., Deerfield Township. Led by Deerfield Township’s Sarah Kirby, SKirby@DeerfieldTwp.com. Trail rating: 1
- **Wed., 7/8/26, 9-10:15am:** Bowman Trail, 1 Taylor St., Lebanon. Led by City of Lebanon’s Casey Burdick, Cburdick@LebanonOhio.gov. Trail rating: 1
- **Wed., 8/12/26, 9-10:15am:** Caesar Creek State Park Nature Center, 4006 Pioneer Village Rd., Waynesville. Led by CCSP’s Erin Shaw, Erin.Shaw@DNR.Ohio.gov. Trail rating: 2.5

**Trail Ratings:** 1 = Primarily paved walkways, mostly level. 2 = Mix of paved, gravel and dirt trails and walkways, mostly level. 3 = Mostly gravel and dirt trails, has steps or steep areas.

**A Note About Weather:** These walks will be held rain, sleet, or snow but will be cancelled if there is lightning, thunder, dangerously high winds, or inclement driving conditions. “There’s no such thing as bad weather, only bad clothes.” Please dress for the weather and wear comfortable walking shoes that can get dirty. If you prefer to walk with hiking sticks, please bring them!

**A special thank you to this session’s partner organizations:**



[warrencountyparks.com](http://warrencountyparks.com)



[deerfieldoh.myrec.com](http://deerfieldoh.myrec.com)



[lebanonohio.gov](http://lebanonohio.gov)



[ohiodnr.gov](http://ohiodnr.gov)