Hiking in the Hocking Hills

With more than 30 miles of hiking trails in Hocking Hills State Park, there is something for every outdoor enthusiast. The scenic rock formations, waterfalls and unique forests make this one of the gems in Ohio’s state park system.

1. **ROCKHOUSE**
   Situated midway up a 150-foot cliff, Rockhouse is a tunnel-like cavern 25 feet high and roughly 200 feel long. The gorge trail provides direct access to the cave. The “window” at the west end provides stunning views of the waterfall flowing over the cliff face.

2. **CONKLES HOLLOW**
   The deep, cool gorge, which is only 100 feet wide in places and is considered by some to be the deepest in Ohio, has numerous waterfalls cascading over its sandstone cliffs. The Lower Gorge trail is designed to accommodate visitors of all abilities.

3. **OLD MAN’S CAVE**
   Comprised of the Upper Falls, Upper Gorge, Middle Falls, Lower Falls and Lower Gorge, Old Man’s Cave travels along the magnificent gorge cut through the entire 150-foot thickness of the Blackhand sandstone.

4. **WHISPERING CAVE**
   Whispering Cave features a gorge overlook, sandstone cliffs and a bridge that connects to the Buckeye Trail. The 105-foot waterfall continues to carve out this young sandstone gorge filled with ice age era fauna of hemlock and rhododendron.

5. **CEDAR FALLS**
   The trail leading to Cedar Falls passes through the most exquisit area in Hocking Hills. This remote, primitive chasm is laden with hemlock and bound by steep rock walls and their accompanying grottoes and waterfalls. It is a wild and secluded but spectacularly beautiful place.

6. **ASH CAVE**
   The approach to Ash Cave is through a narrow gorge lined with massive hemlocks, beech trees and various hardwoods. The valley floor offers brilliant displays of wildflowers in season, including large flowered trillium. The narrow gorge is approximately one-fourth mile in length and gives way to the tremendous overhanging ledge and cave shelter.

7. **CANTWELL CLIFFS**
   Cantwell Cliffs is known for its deep valleys, cliffs and rock shelter. Visitors can either hike the rim trail or follow the narrow passageway along the valley floor. One of the most unique features in the area is a narrow passage visitors must access to reach the bottom of the gorge.

**TRAIL SAFETY TIPS**
Please remember that hikers must remain on designated trails at all times while in the Hocking Hills region, and stay clear of all cliff edges. Young children should be closely supervised.