



# wilderness & well-being

In honor of Mental Health Awareness Month,  
the Knox County Convention & Visitors Bureau invites you to wander  
into our wilderness and reconnect with your well-being. Beyond the  
trails and waterways, let nature gently guide you back to you.

share your journey with us on social, tag us @visitknoxohio and use #gowildfeelwellknox

hike the prairie trail at honey run highlands park	enjoy a hilly hike at ramser arboretum	picnic at ariel- foundation park	bird watch at ackerman nature preserve	float the kokosing river
fish at knox lake	cycle along the heart of ohio trail	walk the labyrinth trail at the BFEC	connect with friends at the farmers market	volunteer with the friends of the kokosing river
rollerskate on the kokosing gap trail	visit the bridge of dreams	rock hunt along the mohican river bank	stroll through kokosing nature preserve	play disk golf at thayer ridge park
meditate under the upside down tree in gambier	follow a storybook trail	rent a bike from danville outdoors & ride the mohican valley trail	take your lunch break at the dog fountain	enjoy the silence at the wolf run fishing dock
enjoy your four legged friend at the wolf run dog park	climb the rastin tower to enjoy a sunset	identify native plants and flowers at the BFEC	explore fredericktown on the owl creek trail	kayak at the lakes in ariel- foundation park

"In the presence of nature, a wild delight runs through us, in spite of real sorrows." - Ralph Waldo Emerson