



## Discover Gahanna, Ohio's Herbal Trail! One Day Sample Itinerary

Welcome to Gahanna – the Herb Capital of Ohio! Chart your group adventure along our one-of-a-kind Herbal Trail, featuring dozens of experiences that immerse visitors in the health, culinary and wellness benefits of herbs! To book this adventure or learn about our other many Herbal Trail experiences, contact Mary Szymkowiak at the Gahanna OH Convention & Visitors Bureau. (614/418-9114 [MSzymko@VisitGahanna.com](mailto:MSzymko@VisitGahanna.com)).

### Morning

**9-10:30 am - Herbal Trailblazers.** Experience Gahanna's Herbal Trail in a fun and engaging way during this 1.5 hour adventure. Smell, taste and savor some delightful herbs—while visiting three of Gahanna's signature businesses. Your Gahanna CVB guide will meet your group upon their arrival in Olde Gahanna, divide them into smaller groups and provide guests with a trivia game sheet and an explanation of how the activity will work. Guests will explore Olde Gahanna, visiting three local businesses for answers to trivia questions about some powerful herbs—their characteristics, healing properties and culinary uses. Enjoy treats, gifts and activities along the way! Cost: \$12/per person.

**11 am -12:30 pm - Lunch at 101 Beer Kitchen.** Savor seasonal, locally sourced chef-driven cuisine in fun setting. This signature Central Ohio eatery provides friendly service with an uncomplicated, comfortable style. Focused on educating visitors in the joys of food and beer.

### Afternoon

#### 1-3 pm Universal Design Living Laboratory

Gahanna is home to THE highest rated universal design home in North America (earning 3 national certifications)! Tour the Universal Design Living Laboratory, the breathtaking Frank Lloyd Wright inspired home, and meet the inspiring couple that envisioned (and now resides in) this home. This home went beyond green to promote an economically, environmentally and socially sustainable lifestyle. It provides comfort, independence, convenience and safety for people who have physical challenges as well as for those who would like to age in place gracefully. Universal design features include: no step entrances, low door thresholds, wider doors and hallways, curbless showers, and multiple height countertops. \$15/per person. (Minimum 30.)

#### 3:30-5 pm Preserving the Harvest Workshop

Preserving is a great way to capture autumn's bountiful herbal harvest. In this workshop, you'll learn different ways to preserve herbs from your garden to enjoy them in your cooking and home throughout the winter. An expert from the Ohio Herb Center will lead this workshop, inspiring participants with great herbal recipes and a hands-on, herb-infused culinary creation to take home! \$12/pp

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