

## Historical Fun-Facts

Many of the buildings you will pass by are post-1852. On April 1 of that year the Great Fire burned much of this block. The fire began near the alley on the west side of Walnut Street in the cabinet shop of a Mr. John Watt, and was spread east by a brisk west wind. Because at the time the canal was dry, and firefighting equipment was in short supply, residents and firefighters had to use water from private wells in their firefighting efforts.

Water Street was once much narrower, sharing space with the Ohio-Erie Canal, which was used from 1831 through 1907. From Water St. the canal followed Mulberry Street south before crossing Main Street and veering off to the southeast.

As you walk east on Water St. you may notice the “park lake” to the north (left). Before its flow changed following a flood in 1817 that was a channel of the Scioto River. It was cut off completely in 1851 by the laying of railroad tracks. Floods in later years still affected the old channel.

Yoctangee Park is located on land that was once an island of the Scioto River.

Chillicothe was laid out and named in 1796 by Nathaniel Massie. It is a Shawnee word meaning “principal village” or “gathering place.” Massie laid out 287 in-lots and 169 out-lots. He offered one free to each of the first 100 settlers.

Northwest Territory Governor Arthur St. Clair named Ross County for his friend, Senator James Ross of Pennsylvania.

# Walking Map and Guide To Chillicothe's First Capital District



*Compiled and Designed by the*

Ross County

  
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DISTRICT**

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## Ross County Health District

This brochure is a publication of the Ross County Health District and its Ross County Heart Health Program.

The Chillicothe City Health Department was formed in 1882, and the Ross County General Health Department in 1920. In 1979 the two merged.

Our goal is to protect and improve the health of the citizens of Chillicothe and Ross County. One of the best ways to do this is to promote a healthier lifestyle for all.

Walking is an easy and enjoyable way to improve your health. It burns calories and builds a strong heart.

Unlike jogging, walking is something almost anyone can do and benefit from. Before you begin your walk make sure that you are wearing comfortable shoes and weather-appropriate clothing. Also, extreme care should be taken when crossing streets.

We hope that this brochure will be used by our local residents and by visitors alike. Not only can it be used as a method for improving health, but also as a way to expand knowledge and interest in Chillicothe and its significant history.

Be sure to look for our other brochures: Main Street Church Walk and Historic Paint Street Walk, and please enjoy your stroll around Chillicothe's First Capital District.

*\*\*Much of the information included in these brochures is from the Bicentennial Commission's book, "Chillicothe, Ohio 1796-1996."*

## Health Facts - Walking

Walking regularly can offer many benefits to your body... and your mind.

Consider these facts:

- ⇒ Walking for 20 minutes a day can burn off around seven pounds of body fat per year.
- ⇒ Walking can extend your life: For every minute you walk you add 1-2 minutes of life.
- ⇒ Shorter, faster walks are best for conditioning your heart and lungs, while longer, slower walks work best when trying to lose weight.

Here are some benefits of walking:

- ⇒ Builds healthier heart and lungs
- ⇒ Burns body fat
- ⇒ Increases metabolism
- ⇒ Reduces cholesterol
- ⇒ Lowers high blood pressure
- ⇒ Can help control and prevent diabetes
- ⇒ Helps you sleep
- ⇒ It may also help control your appetite, increase your physical energy, relieve stress, slow aging, reduce the risks of some kinds of cancer, help you recover from a heart attack or stroke, promote intestinal regularity, and reduce stiffness from arthritis.

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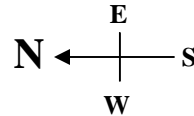
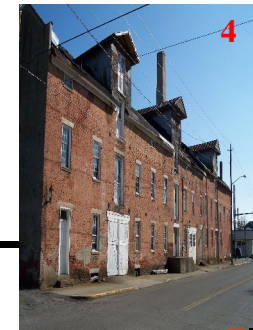
**10 Sites of Interest:**

1. As you walk east on Water St. you'll notice two cabooses on your left. These represent the importance of the railroad to Chillicothe's past.
2. From 1831 to 1907 the Ohio and Erie Canal ran alongside Water St. Many of the buildings that can still be seen today were served by the canal boats and frequented by their operators.
3. This mural at Second and Mulberry pays homage to the city's canal past. The canal came into town from the north (Ohio 104), turned and ran east beside Water St., then turned south with Mulberry St. After crossing Main St. it veered off to the southeast.
4. This canal warehouse dates from the 1850s.
5. Built in 1904, the Masonic Temple is a Second Renaissance Revival style building. The group first organized in Chillicothe in 1805.
6. Once a private home, this Queen Anne (w/Chateausque) style building, built in 1879, is home to Horizon Telcom.
7. The Ross County Courthouse, on the Public Square, was completed in 1858 on the site of Ohio's first statehouse and the county's first jail.
8. This High Victorian Italianate structure was built in 1877 as a jail, and now serves as Probate Court Archives. Originally, the sheriff lived upstairs.
9. Built as the Third Presbyterian Church in 1858, this building now serves as the Eastern Star Temple.
10. The Chillicothe Gazette building, built in 1940, is a replica of Ohio's first statehouse.



*This is a late 19th century photo looking west on Water St. from near its intersection with Mulberry.*

**Mulberry St.**



*The Sherman Theater once stood at this spot, on the north side of Water St.*



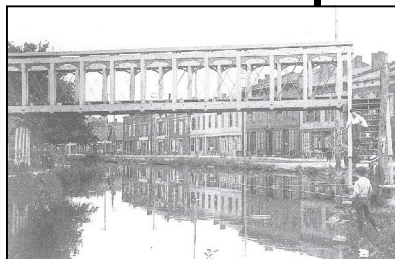
To City Park

Paint St.

Second St.



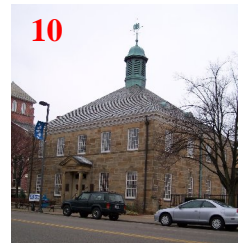
**Water St.**



*This is a late 1800s view of a pedestrian bridge crossing the canal at this very spot on Water St.*



*Abram's Big House once stood at this site, the northwest corner of Walnut and Second streets. It was used by the Northwest Territory legislators, and as a barracks during the War of 1812.*



**Main St.**

**Walnut St.**

**Length of Walk: 1.08 miles**