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Ranging from easy to moderate, Western Maryland nature trails are a popular source of year-round recreation within a scenic two- to

	Location	Description	Activities & Amenities	Recommended Seasons	Surface	Additional Opportunities	Contact
Garrett County	<b>DEEP CREEK LAKE STATE PARK TRAILS</b> Meadow Mountain. From I-68, take exit 14 and travel on US 219 South for 18 miles. Turn left onto Glendale Road and proceed one mile, crossing over the Glendale Bridge. Turn left onto State Park Road and continue for one mile to the state park facility.	Many trails are offered for the family to enjoy, from a 0.2-mile Discovery Trail and half-mile Brante Mine Trail to a Meadow Mountain Trail of more than five miles.	 (park hq and lake area)	Spring through fall, and winter for skiing.	Various, but primarily dirt.	This park features one mile of shoreline on Deep Creek Lake, which is Maryland's largest freshwater lake. Visitors can enjoy a variety of water-related recreation activities and tour the hands-on Discovery Center. Camping is available at the Meadow Mountain campground, which has 112 campsites. Restaurants, food stores and overnight accommodations are available in the towns of Friendsville, Accident, McHenry and Oakland.	State Forest and Park Service, 1-800-825-7275. For information about guides and outfitters in the Deep Creek Lake area or trip itineraries in the park, call the Discovery Center, 301-387-7067.
Garrett County	<b>HERRINGTON MANOR STATE PARK TRAILS</b> From I-68, take exit 14 and travel on US 219 South for 19.5 miles. Turn right onto Mayhew Inn Road and proceed 4.5 miles. Turn left onto Oakland-Sang Run Road. Turn right onto Swallow Falls Road and proceed 5.8 miles.	More than 21 miles of trails, including 5.7 miles of the family-friendly Herrington Manor to Swallow Falls Trail.	 (park hq and lake area)	Spring through fall, and winter for skiing.	Various, but primarily dirt.	This park features a 53-acre lake for swimming, boating, paddling and fishing. Twenty rustic log cabins are available year-round for renting. Restaurants, food stores and overnight accommodations are available in the towns of Mountain Lake, McHenry and Oakland.	State Forest and Park Service, 1-800-830-3974. Park map and trail guide available. For guides and outfitters, contact DNR's Nature Tourism office, 301-334-9180.
Garrett County	<b>MT. NEBO WILDLIFE MANAGEMENT AREA</b> From I-68 at Keyer's Ridge, take MD 219 South. Mt. Nebo is three miles north of Oakland, along the west side of MD 219. Parking is available within the wildlife management area.	A 2,000-acre tract of land protects one of the most unique wetlands in the state, with a red spruce bog, beaver ponds, alder thickets and sedge meadows.		Spring through fall.	Primarily dirt.	A variety of eateries, convenience stores and accommodations are located in Oakland. Many attractions are found in town, including the Historic B&O Train Station and Oakland Visitors Center. Cabins are found in Herrington Manor and Swallow Falls state parks.	Mt. Nebo Wildlife Office, 301-334-4255.
Garrett County	<b>NEW GERMANY STATE PARK TRAILS</b> Along the westernmost edge of Maryland's Chesapeake Bay watershed. From I-68, take exit 22 onto Chestnut Ridge Road South. Proceed to New Germany Road and follow signs to the park office.	More than 12 miles of trails, including a quarter-mile Gazebo Trail and 1.6-mile Green Trail.	 (park hq and lake area)	Spring through fall, and winter for skiing.	Various, but primarily dirt.	Swim, boat and fish in a 13-acre lake. Picnic and appreciate nature in the 400-acre park and around the adjoining 54,000-acre Savage River State Forest. Camp from spring through fall. Plus, 48 campsites and 11 rustic log cabins are available year-round. Dining and accommodations are found in Grantsville and Frostburg. Pets are prohibited in New Germany State Park, but are permitted on a leash in Savage River State Forest and Big Run State Park.	State Forest and Park Service, 1-800-830-3974. Park map and trail guide available. For guides and outfitters, contact DNR's Nature Tourism office, 301-387-7341.
Garrett County	<b>OAKLAND RECREATIONAL TRAIL</b> From I-68, take exit 14 and travel 20 miles on US 219 South. More than 100 on-street parking spaces are available throughout the town, as well as at the town parking lot on South 2nd Street, the Historic Train Station and Museum on Hutton Street, and Glades Park.	Small-town America at its best. Enjoy a casual bike ride or an easy walk on a three-mile trail around the town of Oakland.	 (town parking lot and train station)	Spring through fall.	Asphalt	A variety of eateries, convenience stores and overnight accommodations are located within Oakland. Many attractions border the trail, including the Historic B&O Train Station and Oakland Visitors Center. Cabins are available at Herrington Manor State Park and Swallow Falls State Park.	Garrett County Chamber of Commerce, 301-387-4386. Go online at <a href="http://www.oaklandmd.com">www.oaklandmd.com</a> .

**Key:**  = Walking  = Running  = Hiking  = Biking  = Snowshoeing/Skiing  = Wildlife & Nature Viewing  
 = Historic Sites  = Wheelchair Accessible (Portions)  = Pets welcome, on leash  = Restrooms

FAMILY-FRIENDLY TRAILS OF WESTERN MARYLAND

	Location	Description	Activities & Amenities	Recommended Seasons	Surface	Additional Opportunities	Contact
Allegany County	<b>ROCKY GAP STATE PARK TRAILS</b> Martin's Mountain. From I-68, take exit 50 into Rocky Gap State Park.	Situated among one of the world's oldest mountain ranges, the Appalachians. Families can enjoy more than 10 miles of family-friendly trails within the park, including 4.5 miles around the lakeside.	 (mobility-impaired fishing dock on Lakeside Loop Trail) (lake area, park hq and golf resort)	Spring through fall, and winter for skiing.	Various, but primarily dirt.	Rocky Gap State Park also offers the Rocky Gap Lodge and Golf Resort, as well as swimming, fishing and boating on the 243-acre Lake Habeeb. Camping is available at the Evitt's Mountain campground, which has 278 campsites and 10 mini-cabins. Restaurants, food stores and overnight accommodations are available in Cumberland, Flintstone and LaVale.	State Forest and Park Service, 1-800-830-3974. Stop by the park headquarters for a detailed park map and trail guide.
Washington County	<b>APPALACHIAN TRAIL</b> Bordering the ridge crest of South Mountain. Access and parking is available at South Mountain, Greenbrier, Washington Monument and Gathland state parks. The Appalachian National Scenic Trail is a public footpath following more than 2,100 miles of Appalachian Mountain ridgelines between Maine and Georgia.	The 40 miles of trail in Maryland incorporates a 38-mile walk along the ridge crest of South Mountain. Excellent for backpacking. Some of the hiking can be characterized as difficult.	 (contiguous state parks)	Spring through fall.	Various, but primarily dirt.	Catoctin Mountain Park and state parks bordering the trail offer a variety of historic sites, lakes for swimming and boating, bird watching and nature appreciation. Camping is available at the state parks. Restaurants, food stores and overnight accommodations can be found in surrounding towns.	State Forest and Park service, 1-800-830-3974, and National Park Service Trail Office, 304-535-6278. For more information, visit the Appalachian Trail Conference web site at <a href="http://www.appalachiantrail.org">www.appalachiantrail.org</a> or the DNR web site at <a href="http://www.dnr.state.md.us/publiclands/at">www.dnr.state.md.us/publiclands/at</a> .
Washington County	<b>C&amp;O CANAL TOWPATH TRAILS</b> Bordering the Potomac River. Accessible from either the City of Georgetown, in Washington, D.C., or in Cumberland at the Western Maryland Railroad Station.	A 184-mile, unpaved trail that stretches along the Potomac River from Washington, D.C., to Cumberland, where it will eventually hook up with the Allegany Highlands Trail.		Spring through fall.	Unpaved.	Take a mule-drawn barge ride, admire the Great Falls of the Potomac from the overlook on Olmstead Island, view exhibits at one of the six visitors centers, or join a guided ranger program. Dining and accommodations are in Brunswick, Cumberland, Hancock and Williamsport.	Western Maryland Railroad Station, 301-722-8226, Georgetown Visitor Center, 202-653-5190, or National Park Service, 301-739-4200.
Washington County	<b>FORT FREDERICK STATE PARK TRAILS</b> Big Pool. From I-70, take exit 12 (Big Pool/Indian Springs) and proceed east on Big Pool Road. The Western Maryland Rail Trail parking lot is on the right and the park entrance is a mile further on the right.	Situated on the banks of the Potomac River near the historic town of Hancock, trails surround a unique stone fort that served as Maryland's frontier defense during the French and Indian War.	 (visitor center)	Spring through fall	Various, but primarily asphalt.	Built by English Colonists during the French and Indian War, Fort Frederick features an 18-foot-high stone wall and two barracks restored to their original appearance and opened for tours. Camping is available at 29 unimproved sites at the park, as well as five sites along the C&O Canal. Dining and accommodations are in Big Pool, Clear Spring, Hagerstown and Hancock.	State Forest and Park Service, 1-800-830-3974. Stop by the park headquarters for a detailed park map and trail guide.
Washington County	<b>GREENBRIER STATE PARK TRAILS</b> Appalachian Mountains. From I-70, take exit 42 onto MD 17. Travel north into the center of Meyersville, where MD 17 turns right. Turn left onto US 40 and proceed three miles. The park is on the left.	Each year, thousands of visitors enjoy Greenbrier's extensive trail system. In addition to more than 15 miles of trails, the Appalachian Trail is easily accessible.	 (park hq)	Spring through fall.	Various, but primarily dirt.	Greenbrier is one of four state parks in the South Mountain Recreational Complex. Visitors can enjoy visiting historic sites at Washington Monument, Gathland and South Mountain Battlefield state parks. Fishing is popular in the area. Camping is available at 165 campsites. Restaurants, food stores and overnight accommodations are available in Boonsboro, Keedysville, Sharpsburg, Funkstown, Frederick and Hagerstown.	State Forest and Park Service, 1-800-830-3974. Stop by the park headquarters for a detailed park map and trail guide.
Washington County	<b>WESTERN MARYLAND RAIL TRAIL</b> Big Pool to Hancock and Polly Pond.	The trail is built on an inactive rail corridor running more than 20 miles between I-70 and the C&O Canal Towpath, and follows the bends and curves of both the C&O Canal and the Potomac River.		Spring through fall.	Asphalt	Visit C&O Canal attractions, Fort Frederick State Park and Historic Woodmont. Specialty shops abound in Hancock, along with numerous restaurants, fast foods, cafés and overnight accommodations.	Hancock Chamber of Commerce, 301-678-5900, or Fort Frederick State Park, 301-842-2155. Go online at <a href="http://www.hancockmaryland.com">www.hancockmaryland.com</a> or <a href="http://westernmarylandrailtrail.com">westernmarylandrailtrail.com</a>

four-hour drive of the Baltimore-Washington area. Located in close proximity to other fun activities in beautiful small towns, these family-friendly trails offer incredible views and convenient amenities.



For a quick reference list of Maryland State Parks and Forests throughout the state, see page 155.

Location	Description	Activities & Amenities	Recommended Seasons	Surface	Additional Opportunities	Contact	
<p><b>POTOMAC STATE FOREST TRAILS</b></p> <p>Bordering the Potomac River. From I-68, take exit 14 and travel on US 219 South into Oakland. Continue straight at traffic light MD 135 East, and proceed one mile to the intersection of MD 560. Turn right and travel three miles to Bethlehem Road. Turn left and travel two miles to the forest.</p>	<p>More than 12 miles of trails, include 3.5 miles of the Lostland Run Trail and four miles of the Wallman Road Trail.</p>	<p>(park hq and lake area)</p>	<p>Spring through fall, and winter for skiing.</p>	<p>Various, but primarily dirt.</p>	<p>Visitors should bring a camera to capture breathtaking views at the scenic Potomac Overlook and the waterfalls along the Lostland Run Trail. Picnicking, bird watching and nature appreciation are available in the 11,000 acres of the forest, which also offers camping from spring through fall. Restaurants, food stores and overnight accommodations are available in the towns of Kitzmiller, Deer Park and Oakland.</p>	<p>State Forest and Park Service, 1-800-830-3974. Stop by the forest headquarters for a detailed park map and trail guide.</p>	Garrett County
<p><b>SAVAGE RIVER STATE FOREST TRAILS</b></p> <p>From I-68, take exit 22 onto Chestnut Ridge Road. Proceed south and make a left onto New Germany Road. Proceed two miles and make a right at the entrance to the forest headquarters.</p>	<p>The tranquility of the secluded forest provides shade during the warm months, allowing for cool walks even on the hottest of summer days. Trails include 12 miles of the Meadow Mountain Trail.</p>	<p>(park hq)</p>	<p>Spring through fall, and winter for skiing.</p>	<p>Various, but primarily dirt.</p>	<p>Savage River State Forest offers more than 54,000 acres for a variety of activities in a scenic, wilderness setting. More than 12,000 acres have been designated as state wildlands. Two State Parks located within the forest, New Germany and Big Run, offer camping and/or cabin opportunities. Restaurants, food stores and overnight accommodations are available in Swanton, Lonaconing and Frostburg.</p>	<p>State Forest and Park Service, 1-800-830-3974. For information about guides and outfitters in the Savage River State Forest area or trip itineraries in the forest, call the forest headquarters at 301-895-5759.</p>	Garrett County
<p><b>ALLEGHENY HIGHLANDS TRAIL</b></p> <p>Begins in Frostburg. From I-68, take exit 33 or 34. Parking is available at the New Hope Trailhead and Old Frostburg Depot.</p>	<p>Several miles have already been completed on a trail that will eventually stretch more than 165 miles through some of the most pristine vistas and mountain passes in the Allegheny Mountains, connecting with the C&amp;O Canal Towpath.</p>		<p>Spring through fall</p>	<p>Asphalt</p>	<p>Numerous restaurants and cafés are in Frostburg. At the eastern end of the initial 21-mile segment of the Maryland stretch of the trail is Cumberland, which features the Canal Place Heritage Area and Western Maryland Scenic Railroad. Overnight accommodations are available in Frostburg and Cumberland.</p>	<p>Facilities Coordinator for the City of Frostburg, 301-689-6000. For a list of eateries, lodgings and attractions in Frostburg, go online at <a href="http://www.ci.frostburg.md.us">www.ci.frostburg.md.us</a>.</p>	Allegheny County
<p><b>FROSTBURG RECREATIONAL TRAIL</b></p> <p>Begins in Frostburg. From I-68 take exit 33 or 34. Parking is available at the New Hope Trailhead and Old Frostburg Depot.</p>	<p>A half-mile trail that connects to the Allegheny Highlands Trail at New Hope Road.</p>	<p>(town parking lot and train station)</p>	<p>Spring through fall</p>	<p>Asphalt</p>	<p>Numerous restaurants and cafés are in Frostburg, which is steeped in history. Area attractions include the Frostburg Museum, Frostburg State University and historic homes and churches.</p>	<p>Facilities Coordinator for the City of Frostburg, 301-689-6000. For a list of eateries, lodging and attractions in Frostburg, go online at <a href="http://www.ci.frostburg.md.us">www.ci.frostburg.md.us</a>.</p>	Allegheny County
<p><b>GREEN RIDGE STATE FOREST TRAILS</b></p> <p>Bordering the Potomac River. From I-68, take exit 64 onto MV Smith Road. Turn right at the end of the ramp, and right again after crossing over I-68 onto Headquarters Drive.</p>	<p>A variety of family-friendly trail systems in Maryland's largest state forest includes 50 yards of the Scenic Overlook Trail, and other trails from two to seven miles in length</p>	<p>(park hq)</p>	<p>Spring through fall, and winter for skiing.</p>	<p>Various, but primarily dirt.</p>	<p>Green Ridge State Forest also offers boating, swimming, paddling and fishing, with access to the Potomac River. Camping is available at primitive campsites. Restaurants, food stores and overnight accommodations are available in Flintstone, Oldtown, Cumberland and Hancock.</p>	<p>State Forest and Park Service, 1-800-830-3974. Stop by the park headquarters for a detailed park map and trail guide. For a list of accommodations in the area, go online at <a href="http://www.bbonline.com">www.bbonline.com</a> or <a href="http://www.mdmountainside.com">www.mdmountainside.com</a>.</p>	Allegheny County