

Rock Creek Trail Y0887
Rock Creek Park, Rockville, Maryland
20k, 12k, 10k and 5k Walks

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YRE Description

The Rock Creek Multi-use Trail forms a winding path through the urban greenway of Rock Creek Regional Park. The trail extends between Needwood Lake (northeast of Rockville, MD) and the Washington, D.C. border, 14 miles south. Although the area is urbanized, the trail route is through a mostly wooded corridor that encompasses Rock Creek, as it flows toward the Potomac River.

There are two trails available:

- The Lake Needwood Trail
- The Parklawn Memorial Trail

All trails are on asphalt paths or roadways. Both the Lake Needwood trail and the Parklawn Memorial Park trails can be walked together for 20k distance.

There are restrooms available at the Safeway and several shops when they are open. Please make a purchase at the shops to use their restroom. The 10k trails have restrooms listed in the instructions.

Registering for the Walk

- **Participant Fee:** The Seneca Valley Sugarloafers Volksmarch club charges a \$4 per person participation fee for all participants aged 13 and older. This fee helps cover event costs.
- **Ensuring Your IVV Credit:** To ensure you receive IVV event and distance credit for your walk, please do NOT check the 'No Credit' box during registration if you are 13 years or older. This step is important for tracking your progress in Volkssporting!

Accessing Walk Information (OSB PDF Download)

For your convenience, you can download a comprehensive PDF file containing detailed walk information, maps and instructions for your chosen route.

- There is a small, upfront \$2 download fee for this PDF.
- Reimbursement for the PDF: We will credit this \$2 download fee back to you when you complete your walk using the OSB 'Finish Table' and pay the participant fee. Think of it as a prepayment that gets returned when you finish!

After You Have Completed the Walk

After completing your walk, please return to the OSB and log your finish at the 'Finish Table' within 60 days of the event registration. Be sure to include the walk date, distance, and any AVA Special Programs that apply to this event (see the AVA Special Programs section in this document).

If walking for IVV credit, your event and distance credits will be recorded automatically.

Driving Directions to the Walk Start

Address: Subway, 5548 Norbeck Rd, 20853

GPS Coordinates: 39.0945922,-77.111145

Plus code: 3VVQ+RF Rockville, District 4, MD

Plus codes are based on latitude and longitude. By using a simpler code system, they are intended to be shorter and easier to use than traditional global coordinates.

From I-270:

Take Exit 6 (MD 28), (W Montgomery Ave) east toward Rockville.

Cross Rt 355 (Rockville Pike) on Veirs Mill Rd.

Turn Left on First St to remain on MD 28 approximately 1.5 miles.

Turn Right on Bauer Dr.

Turn Right into Rock Creek Shopping Center.

The Starting Point is under the large clock in the far left corner of the shopping center.

From points east:

Take MD 28 West (Norbeck Rd).

Turn Left on Bauer Dr.

Turn Right into Rock Creek Shopping Center.

The Starting Point is under the large clock in the far left corner of the shopping center.

There is additional parking behind the shopping center. The entrance to this parking is behind the Safeway.

Lake Needwood Trail

AVA rating 2A

There are restrooms at the start when the Subway or shops are open and near the 10k turnaround.

In case of Emergency: Dial 911.

For event assistance contact Alice Filemyr at (240) 753-0009

From the free standing public clock and with your back to the Subway.

1. **Straight** to walk past Safeway
2. **Turn Right** on Bauer Dr.
 - a. Cross Burnside Dr.
 - b. Cross Amesfield Ct.
3. **Turn Right** on Greenspan Ln.
 - a. Cross Parkvale Rd.
4. **Straight** on the paved path into Rock Creek Park.
5. **Turn Right** at path intersection with the Rock Creek trail. *Keep right to allow others to pass.* Ignore all side trails.
 - a. Cross Baltimore Rd.
 - b. Cross under Norbeck Rd.

 **Decision Point: 5k Trail Split**

At the first bridge over Rock Creek (the second bridge since passing under Norbeck Rd), **Turn Around and Retrace** your steps to our start/finish point.

10k Walkers

- c. Cross Avery Rd.
 - d. Cross Southlawn Ln.
6. **Continue** on the left side of the parking lot to the park road.
7. **Turn Left** on park road walking along the left shoulder.

Restrooms are available at the picnic area that is on the other side of the park road and uphill in the woods.
8. **Turn Left** on paved path with parking lot on right to the pavilion. Enter the pavilion for a view of the lake.

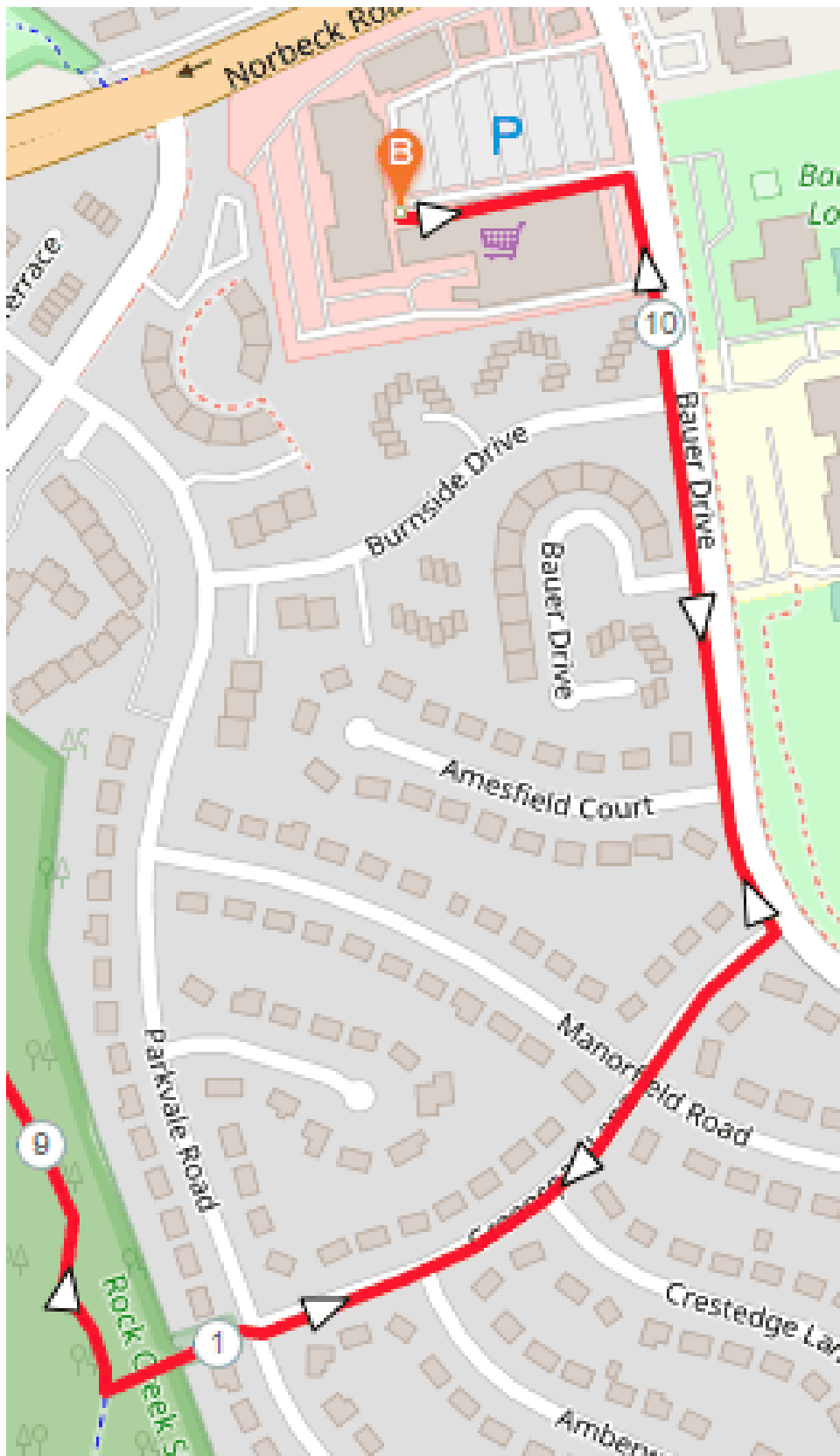
9. **Turn Around and Retrace** your steps to the park road.
10. **Turn Right** into the next parking area just before the pedestrian crossing.
11. **Continue** through the parking lot to paved trail on left (by the bulletin board at the big meadow).
12. **Retrace** your steps on the Rock Creek multi-use trail back to the start/finish.
 - a. Cross Southlawn Ln.
 - b. Cross Avery Rd.
 - c. Cross under Norbeck Rd.
 - d. Cross Baltimore Rd.
13. **Turn Left** on path to Greenspan Ln.
 - a. Cross Parkvale Rd.
14. **Straight** Greenspan Ln.
15. **Turn Left** on Bauer Dr.
16. **Turn Left** at the traffic light into the shopping center.
17. **Straight** on the sidewalk past Safeway to our start/finish point.

Thank you for walking our Sugarloafer year-round today!

We hope you enjoyed this trail.

These walk directions and maps may only be used with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

Lake Needwood - 10k, 5k



Start / Finish to Rock Creek Multi-use trail

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Revision Date: 11 December 2025

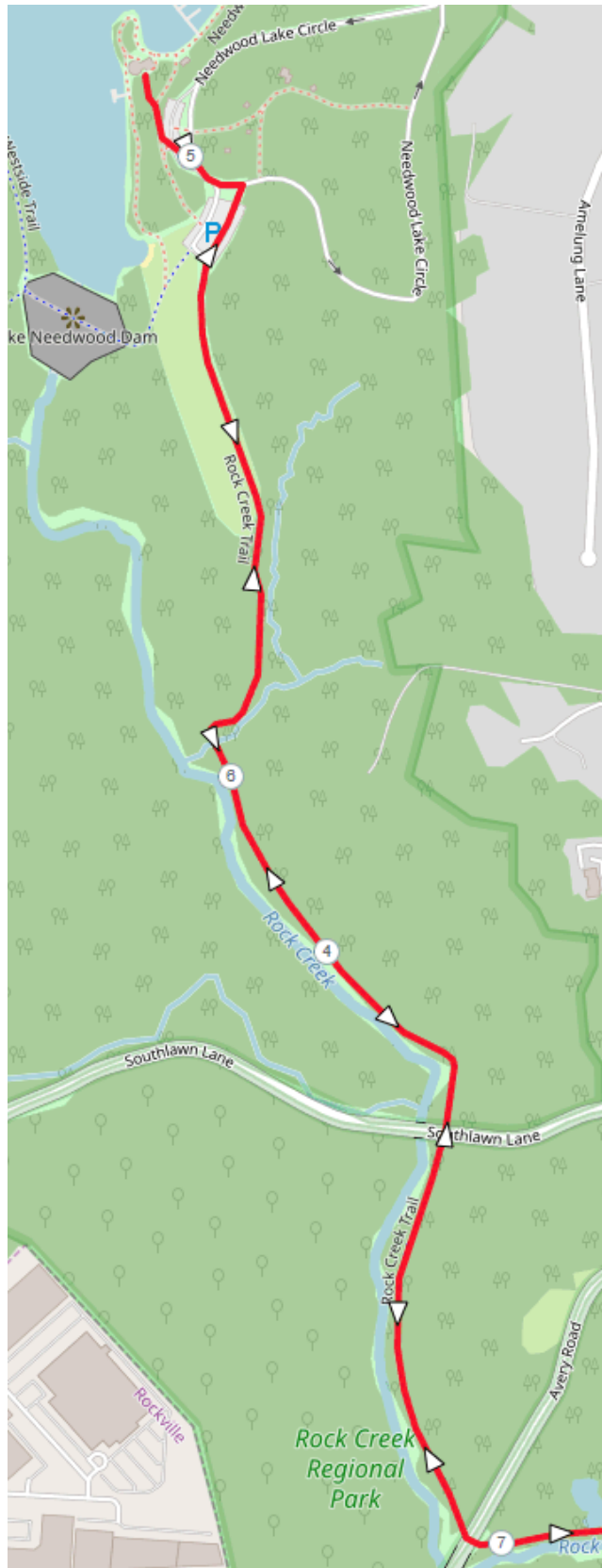
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Lake Needwood - 10k, 5k



Rock Creek Multi-use trail from Greenspan Rd to Avery Rd
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Lake Needwood - 10k, 5k



Rock Creek Multi-use trail from Avery Rd to Lake Needwood
Map created using plotaroute.com, map data © OpenStreetMap contributors

Lake Needwood - 10k, 5k



Lake Needwood Gazebo to Rock Creek Trail

Map created using plotaroute.com, map data © OpenStreetMap contributors

Parklawn Memorial Park Trail - 12k, 10k, 5k

AVA rating 2A

There are restrooms at the start, when the Subway or the shops are open, and at the mansion (office) in Parklawn Memorial Park.

Pets are NOT permitted to enter the burial grounds of Parklawn Memorial Park. Walkers with pets, and anyone else who wishes, should use our 12k bypass trail. See map.

In case of Emergency: Dial 911.
For event assistance contact Alice Filemyr at (240) 753-0009

From the free standing public clock and with your back to the Subway.

1. **Straight** to walk past Safeway.
2. **Turn Right** on Bauer Dr.
 - a. Cross Burnside Dr.
 - b. Cross Amesfield Ct.
3. **Turn Right** on Greenspan Ln.
 - a. Cross Parkvale Rd
4. Straight on the paved path into Rock Creek Park.
5. **Turn Left** on Rock Creek multi-use trail. Keep right to allow others to pass.
 - a. Ignore all side paths to right and left.

Decision Point: 5k Trail Split
5k Trail
 At the Oriental St. sign (on right) and trail intersection (on left),
Turn Around and Retrace your steps back to our start/finish point.

10 Walkers

- b. Cross over Veirs Mill Rd on the pedestrian bridge.

The bridge is constructed of light green-colored metal with a millstone pattern stamped into the concrete blocks which support it and into the cement walk. The millstones are meant to reference the historical roots of the Veirs Mill, which was along Rock Creek nearby.

- c. Pass an athletic field on your left to the Parklawn Memorial Park entrance road.

Decision Point: 10k/12k Trail Split

10 Walkers (no pets)

6. **Turn Right** on Memorial Park entrance road. (Note big rocks lining both sides of this road.) Walk on left shoulder facing traffic.
 - a. Cross bridge over Rock Creek. (4k)
 - b. Continue on the road toward the stone pillar in the middle of the road for Menorah Gardens.
7. **Bear Turn Right** (before stone pillar) and Cross stone bridge.
 - a. Cross two more small stone bridges.
8. **Stop** when you reach the road intersection with a directional sign "Turn Right to OFFICE; Turn Left to MENORAH".

Decision Point: 10k Trail Split
 You now need to choose one of these two loops through Parklawn Memorial Park:

 The OFFICE loop takes you to the mansion (office with restrooms) up on the hill and past the mausoleum. *It begins with instruction #9.*

 The MENORAH loop takes you to the Menorah Gardens and past the Veterans Memorial. *It begins with instruction #16.*

OFFICE loop

9. **Turn Right** and uphill to the mansion (office) on your right. (5k)
Walkers are welcome to enter mansion for water and restrooms, when open.

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10. **Turn Right** at first intersection.
 - a. Pass the mausoleum on your right.
11. **Turn Left** at “T” intersection and follow road (statue of FOLDED HANDS will be on your right).
12. **Turn Right** at the next road (statue of FOLDED HANDS will still be on your right).
13. **Hard Left** at the next intersection where you see on the right, a black stone bench “Locke” under a big tree.
 - a. Pass stone marker “Exit Veirs Mill Rd.” on the right.
14. **Turn Left** at next intersection on Memorial Park entrance road
 - a. Cross bridge over Rock Creek and continue on the left side of the road to Rock Creek trail.
15. **Turn Left** on Rock Creek trail. *This is the end of the OFFICE loop. (6k). Skip to #26c.*

MENORAH loop

16. **Turn Left** at sign.
 - a. Cross bridge and follow the road uphill to Menorah Gardens.
 - b. Pass Veterans Memorial on right.
 - c. Pass Sword memorial on the left.
 - d. Pass Anvil memorial on the left.
 - e. Pass Hammer memorial on left.
 - f. Pass Lullabyland on the right.
 - g. Pass Memorial Pool on the left.
17. **Turn Right** at the next ‘T’ intersection and follow the road as it goes through the Asian sections of the cemetery.
 - a. Pass Menorah Gardens stone pillar (in middle of road).
 - b. Cross Rock Creek at the stone bridge and continue along the left side of Memorial Park entrance road.
18. **Turn Left** on Rock Creek Trail. *This is end of MENORAH loop. (6k). Skip to #26c.*

12k Bypass Trail

19. **Cross** entrance road to Parklawn Memorial Park (lined with big rocks).
 - a. Cross a road @ a stop sign.

20. **Turn Left** to cross a single-lane car bridge.
21. **Veer Turn Left** to continue on trail.
 - a. Cross a wooden bridge.
 - b. Pass Parklawn Community Garden sign.
 - c. Pass Mile 9.5 sign.
 - d. Continue over the hill and down the other side.
22. **Turn Left** at ‘T’ intersection in trail.
 - a. Cross the bridge over Rock Creek and go to the water fountain (on right).
23. **Turn Around and Retrace** your steps.
 - a. Cross the bridge over Rock Creek.
24. **Turn Right** on Rock Creek trail.
 - a. Pass Mile 9.5 sign.
 - b. Pass Parklawn Community Garden sign.
 - c. Cross wooden bridge.
25. **Turn Right** on the road.
 - a. Cross single-lane car bridge.
26. **Immediate Right** to continue on trail.
 - a. Cross road.
 - b. Cross Parklawn Memorial Park entrance road.

⇒ 10k Loops and 12k Bypass rejoin here

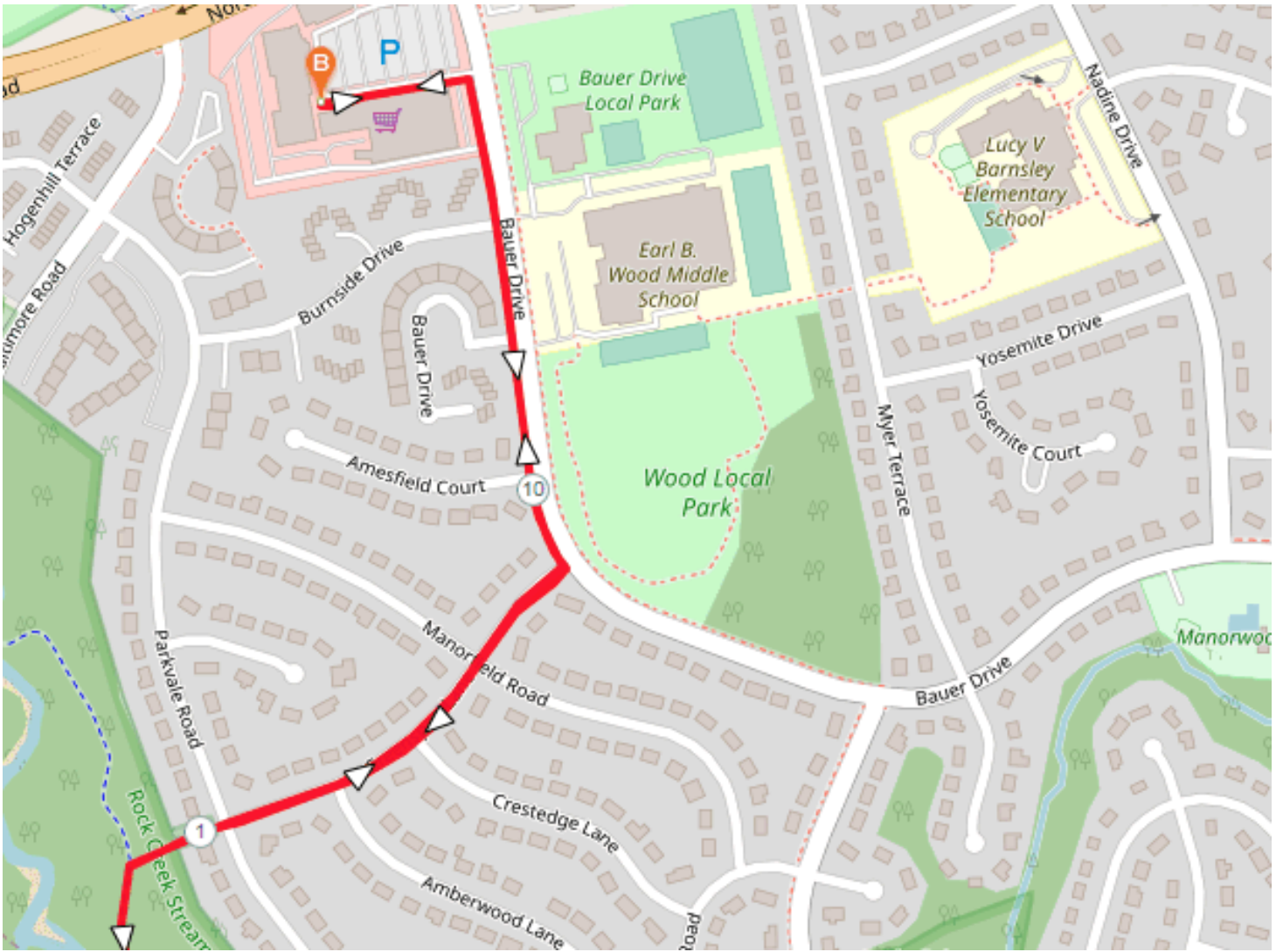
- c. Pass the athletic field on the right.
 - d. Cross over Veirs Mill Rd. on the pedestrian bridge. (7k/9 k)
 - e. Pass parking lot and athletic field on right.
27. **Turn Right** at Russett Rd. exit trail. (8k/10 k)
 - a. Cross boardwalk.
 28. **Turn Left** on Russett Rd.
 29. **Turn Left** on Manorvale Rd. (9k/11k)
 30. **Turn Right** on Manorfield Rd.
 31. **Turn Right** on Greenspan Ln.
 32. **Turn Left** on Bauer Dr.
 33. **Turn Left** at the traffic light into the shopping center.
 34. **Straight** on the sidewalk past Safeway to our start/finish point.

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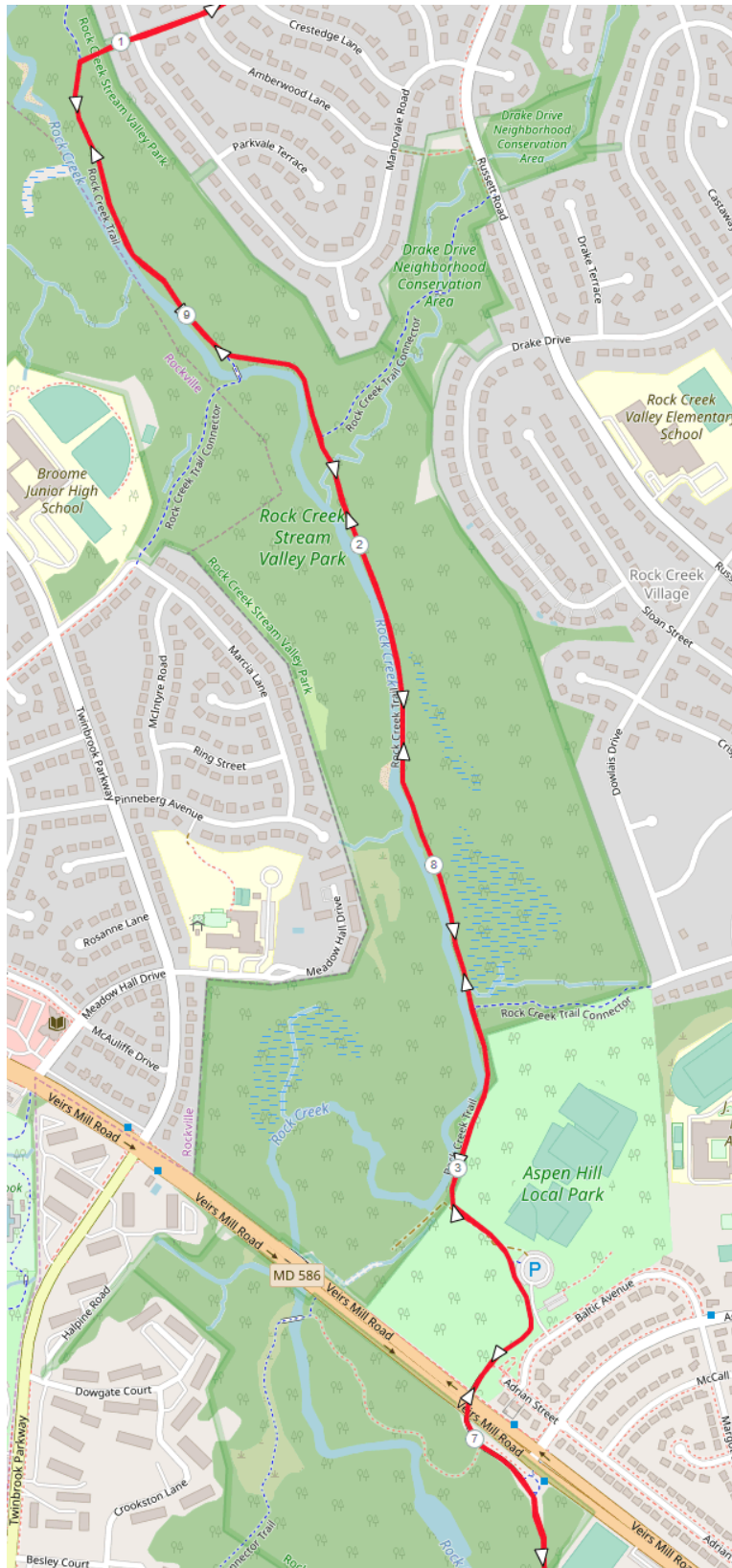
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Start / Finish to Rock Creek Multi-use trail

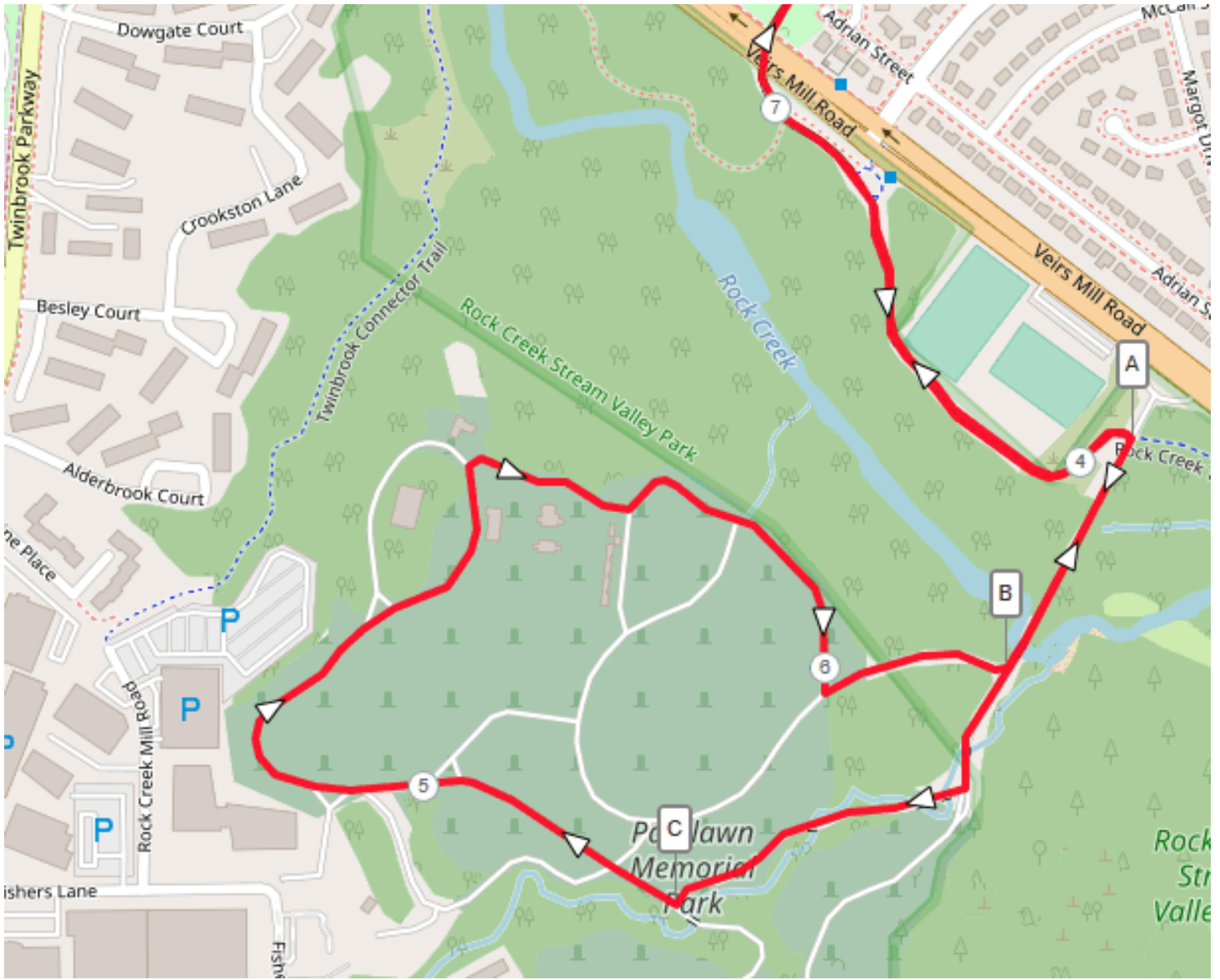
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Rock Creek Trail Y0887



Rock Creek Multi-use trail from Greenspan Rd to Veirs Mill Rd
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Rock Creek Trail Y0887



Office Loop

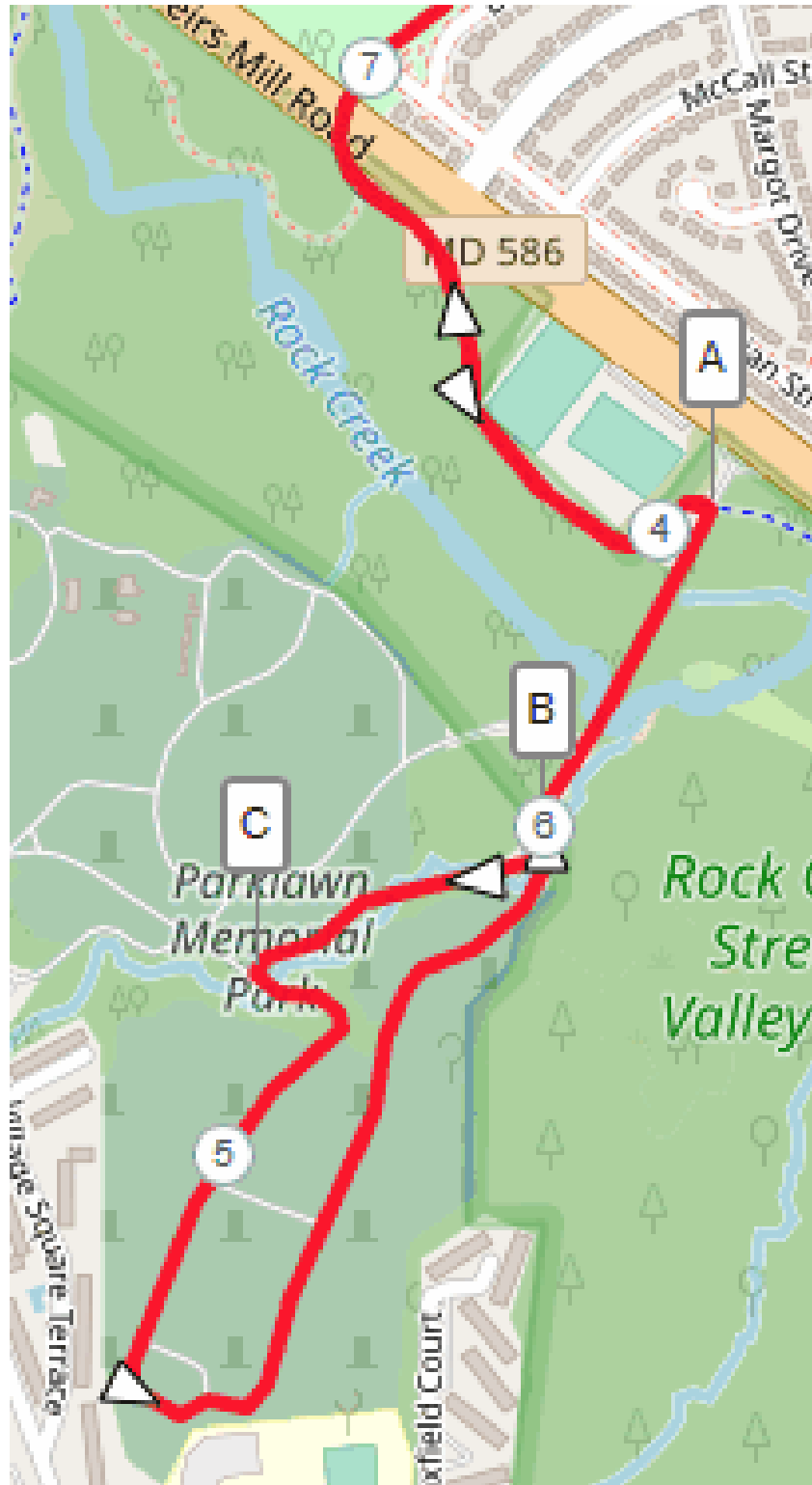
A - 12k Bypass

B - End of Office Loop and Menorah Loop

C - Start of Office Loop and Menorah Loop

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Rock Creek Trail Y0887



Menorah Loop

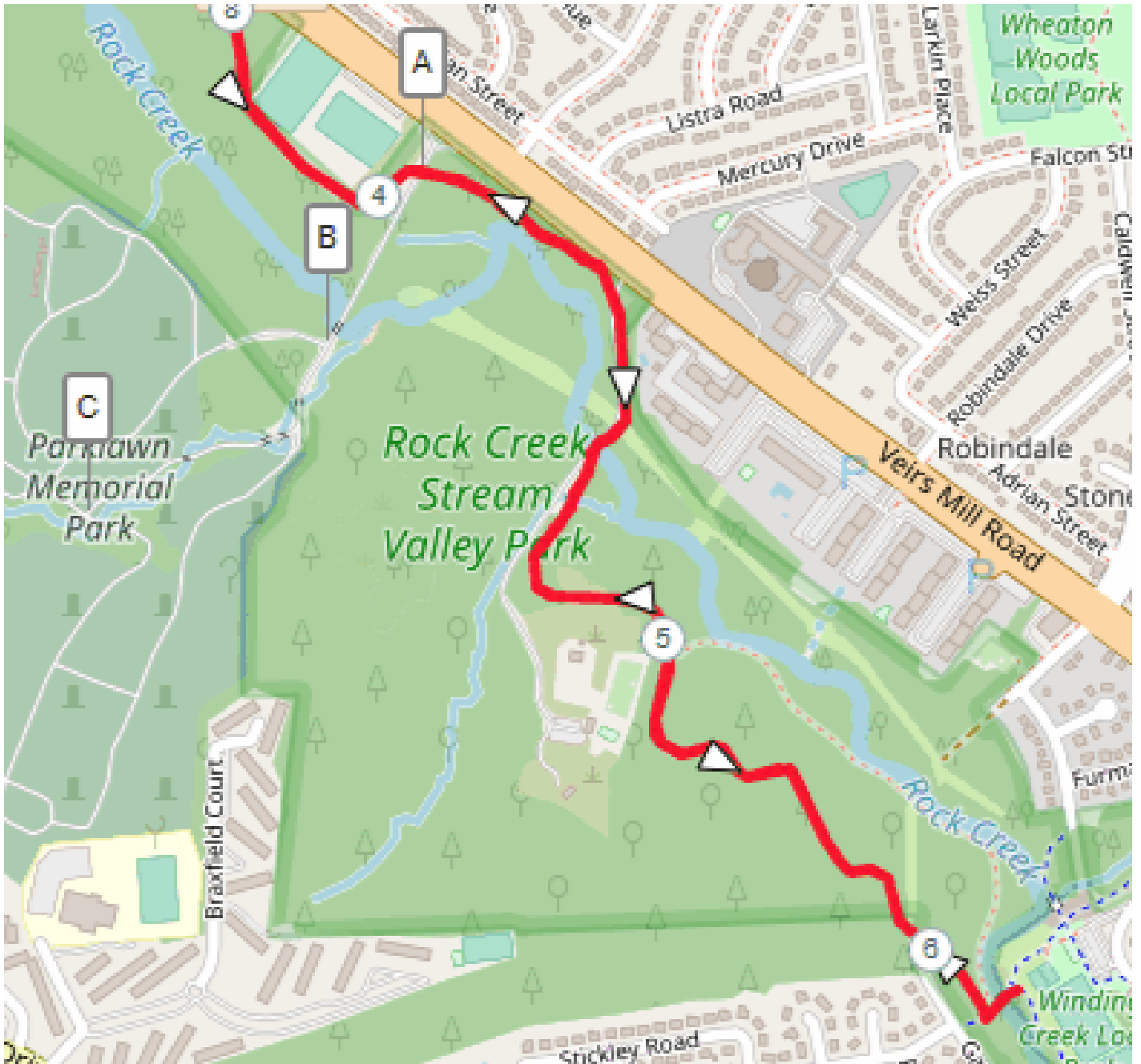
A - 12k Bypass

B - End of Office Loop and Menorah Loop

C - Start of Office Loop and Menorah Loop

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Rock Creek Trail Y0887



Cemetery Bypass - 12k

A - 12k Bypass

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Internet Resources

Rock Creek Stream Valley Park:

<https://www.montgomeryparks.org/parks-and-trails/rock-creek-stream-valley-park/>

Parklawn Memorial Park:

<https://www.dignitymemorial.com/funeral-homes/rockville-md/parklawn-memorial-park-and-menorah-gardens/9736>

Geographic region: [https://en.wikipedia.org/wiki/Piedmont_\(United_States\)](https://en.wikipedia.org/wiki/Piedmont_(United_States))

Club Information: [Seneca Valley Sugarloafers Volksmarch Club](#)

AVA National Programs

This YRE qualifies for all AVA National Programs:

- Walking the United States (50 States) → Maryland
- Walking the USA (A - Z) → R
- Centurion Achievement Challenge → 1 event
- IVV Americas

AVA Special Programs

OL - Office Loop

ML - Menorah Loop

12k - 12k Bypass

Special Program Name	Years	OL	ML	12K	Information
A-MAZE-ing Labyrinths	2024 2027				
Anniversaries Hurrah	2026 2026				
Appalachian Trail	2018 2029				
Grain Elevators: Monarchs of the Plains	2025 2028				
Lighthouses II	2023 2026				
Par for the Course	2023 2026				
Rails-to-Trails	2022 2026				
Step to the Beat	2024 2027				
Walking with America's Veterans	2021 2028		X		Parklawn Cemetery Trail - Menorah Loop - Instruction #16b
Walking With the Wild Things	2025 2028				

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Washington-Rochambeau National Historic Trail	2022 2032				
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Photo Album



Sculpture at Lake Needwood near the Pavilion and Boat Rental Center.

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Rock Creek Trail Bridge over Veirs Mill Rd.