

Kenwood Cherry Blossoms / Spring Flowers Y1091

Kenwood Neighborhood

Bethesda, MD

10k and 5k Walks

## Table of Contents

YRE Description.....	1
Registering for the Walk.....	1
Accessing Walk Information (OSB PDF Download).....	2
After You Have Completed the Walk.....	2
Driving Directions to the 10k Trail Start.....	2
Driving Directions to the 5k Trail Start.....	3
10k Trail.....	4
5k Trail.....	7
Internet Resources.....	10
AVA National Programs.....	10
AVA Special Programs.....	10

## YRE Description

Come and view the beautiful cherry blossom lined streets and spring flowers of the Kenwood neighborhood of Bethesda. After the cherry blossoms are gone, azaleas and other spring flowers will be in bloom.

There is one (1) 10 km walk trail and one (1) 5 km trail.

- The 10k trail starts at The Shops at Sumner Place shopping center, winds its way on the Capital Crescent Rail-Trail up to the Kenwood Neighborhood to view the blossoms and flowers. After going through the neighborhood, this trail then heads back to the start through the streets of the southern Bethesda suburbs.
- The 5k trail starts at the Bethesda Outdoor Pool and on the Capital Crescent Rail-Trail to and through the Kenwood neighborhood to view the blossoms and flowers and then back to the start point.

## 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'll credit this \$2 download fee back to you when you complete your walk using the OSB "Finish Table" and pay the \$4 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 10k Trail Start

**Address:** The Shops at Sumner Place, 4611-E Sangamore Rd, Bethesda, MD 20816

**GPS Coordinates:** 38.38.9502157,-77.1189908

**Plus code:** WVXJ+PH Bethesda, Maryland

*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.*

### **Directions:**

Take I-495 W to Exit 39 - River Road (MD-190) toward Bethesda and Washington DC

**Turn Right** on Goldsboro Rd (MD 614)

**Turn Left** on Massachusetts Ave (MD 396)

**Turn Right** on Sangamore Rd at firehouse

**Continue** past The Shops at Sumner Place (4701 Sangamore) to **STOP** sign in front of Defense Intelligence Agency.

**Turn Left** 1 block

**Turn Left** into The Shops at Sumner Place

## Driving Directions to the 5k Trail Start

**Address:** Bethesda Outdoor Pool, 6300 Hillandale Rd, Bethesda, MD 20815

**GPS Coordinates:** 38.9732171,-77.1005731

**Plus code:** XVFX+Q5 Bethesda, Maryland

*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.*

### **Directions:**

Take I-495 W to Exit 39 - River Road (MD-190) toward Bethesda and Washington DC

**Turn Left** on Goldsboro Rd (MD 614).

**Turn Right** on Bradley Blvd (MD 191).

**Turn Right** on Glenbrook Rd.

**Bear Turn Right** on Little Falls Pkwy.

**Turn Left** on Hillandale Rd.

**Turn Left** into the Pool parking lot.

# 10k Trail

AVA rating 2A

On streets without sidewalks, please walk carefully on the left, facing traffic. The Capital Crescent Trail is a very busy trail with lots of bicyclists and runners, please stay to the right side of the trail.

Restrooms are available at the Safeway (near the start point).

## ***In case of Emergency: Dial 911.***

*For event assistance contact **Alison Andrews** at **(301) 828-5257***

With your back to Starbucks Coffee,

1. **Turn Left** to the street.
2. **Turn Left** at the end of the stores, leaving the shopping center.
3. **Turn Left** at the first street, Sangamore Rd (no sign). Follow the sidewalk with the woods on your left.
  - a. Cross 2 driveways, the first one to townhouses and the second one to houses.
4. **Turn Left** at first asphalt path (before the intersection of Sangamore Rd. and MacArthur Blvd) going into the woods.
  - a. Continue through the pedestrian underpass (**1 km**).
5. **Turn Left** on the first asphalt path after going through the underpass.
6. **Turn Right** on asphalt path (Capital Crescent Trail) for 2.75k.

**NOTE:** *The Capital Crescent Trail is a very busy trail, with lots of pedestrian and bicycle traffic.*

**PLEASE** *keep to the right of the trail.*

- a. Cross over Massachusetts Ave.
- b. Cross over River Rd.

**NOTE:** *Restrooms are available at McDonald's at River Rd. To reach the McDonald's DO NOT cross the bridge over River Road, follow the path to the right of the bridge and go under the bridge. Then return to the bridge to cross over River Rd. (Do NOT attempt to cross River Rd on foot, as it is a very busy street. There is NO traffic light there.)*

- c. Continue on Capital Crescent Trail until you reach the next street with a stop sign (Dorset Ave. - no sign).

*Cherry trees will be coming into view.*

7. **Turn Left** on Dorset Ave. (**3.9 km**).
  - a. Cross Kennedy Dr.
8. **Cross** Brookside Dr **and Turn Right**, walking against traffic in the left lane.
  - a. Cross Oakland Rd.
9. **Turn Right** at traffic circle and go a short way around the circle, passing the right lane of Brookside Dr.
10. **Turn Right** on Kenwood Ave (first street).
11. **Turn Left** on Kennedy Dr.
  - a. Cross Parkway Dr.
  - b. Cross Woodlawn Ave.
12. **Turn Left** on Chamberlin Ave.
  - a. Cross Elmwood Rd.
  - b. Cross Brookside Dr.
  - c. Cross Shadow Rd.
  - d. Cross Highland Dr.
13. **Turn Left** on Garnett Dr.
14. **Turn Left** on Highland Dr.
  - a. Pass Kenwood Ave on right
15. **Turn Right** on Woodlawn Ave.
  - a. Pass Shadow Rd (on left)
16. **Turn Right** on Brookside Dr.

## 10k Trail

17. **Turn Left** to walk counter-clockwise around traffic circle and continue on the left lane of Brookside Dr.
  - a. Cross Oakland Rd.
  - b. Cross Dorset Ave.
  - c. Cross Norway Dr.
  - d. Cross Lawn Way.
18. **Carefully Cross** River Rd. using the pedestrian signal, **Turn Right** to cross Brookside Dr/Westbard Ave, **and Turn Left** on Brookside Dr/Westbard Ave.
  - a. Cross Westbard Cir.
  - b. Cross Zenith Overlook.

*Note: Restrooms available at back left inside the Giant store.*

- c. Cross Westbard Cir a second time.
  - d. Cross Massachusetts Ave. at the traffic light using the pedestrian signal (8 km) Continue uphill on Ft. Sumner Dr.
  - e. Cross Namakagan Rd.
  - f. Cross Overlea Rd.
  - g. Cross Wood Way
  - h. Cross Brookeway Dr.
19. **In ~30m, Bear Right** on Rockmere Dr. (**9 km**)
    - a. Continue as Rockmere Dr curves left.
    - b. Cross Scarsdale Rd.
    - c. Cross Rockmere Ct.
  20. **Cross** Baltan Rd **and Turn Right**.
  21. **Turn Left** on Overlea Rd
    - a. Cross Overlea Ct.
  22. **Turn Left** on Sangamore Rd.
  23. **Carefully Cross** Sentinel Dr **and Turn Left**, watching for cars turning left on Sentinel Dr.
  24. **Turn Left** on Sentinel Dr.
  25. **Turn Right** down the steps leading to the parking lot for the Shops at Sumner Place.
    - a. Pass Safeway.

26. **Turn Left** to return 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.*

# 10k Trail



*Numbers in circles are kilometer markers*

*Numbers in squares or rectangles are instruction numbers*

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

Revision Date: 5 December 2025

Copyright 2025 - Seneca Valley Sugarloafers Volksmarch Club

## 5k Trail

AVA rating 1A

On streets without sidewalks, please walk carefully on the left, facing traffic. The Capital Crescent Trail is a very busy trail with lots of bicyclists and runners, please stay to the right side of the trail.

There is a Porta-John available near the Capital Crescent Trail in the Pool parking lot.

### ***In case of Emergency: Dial 911.***

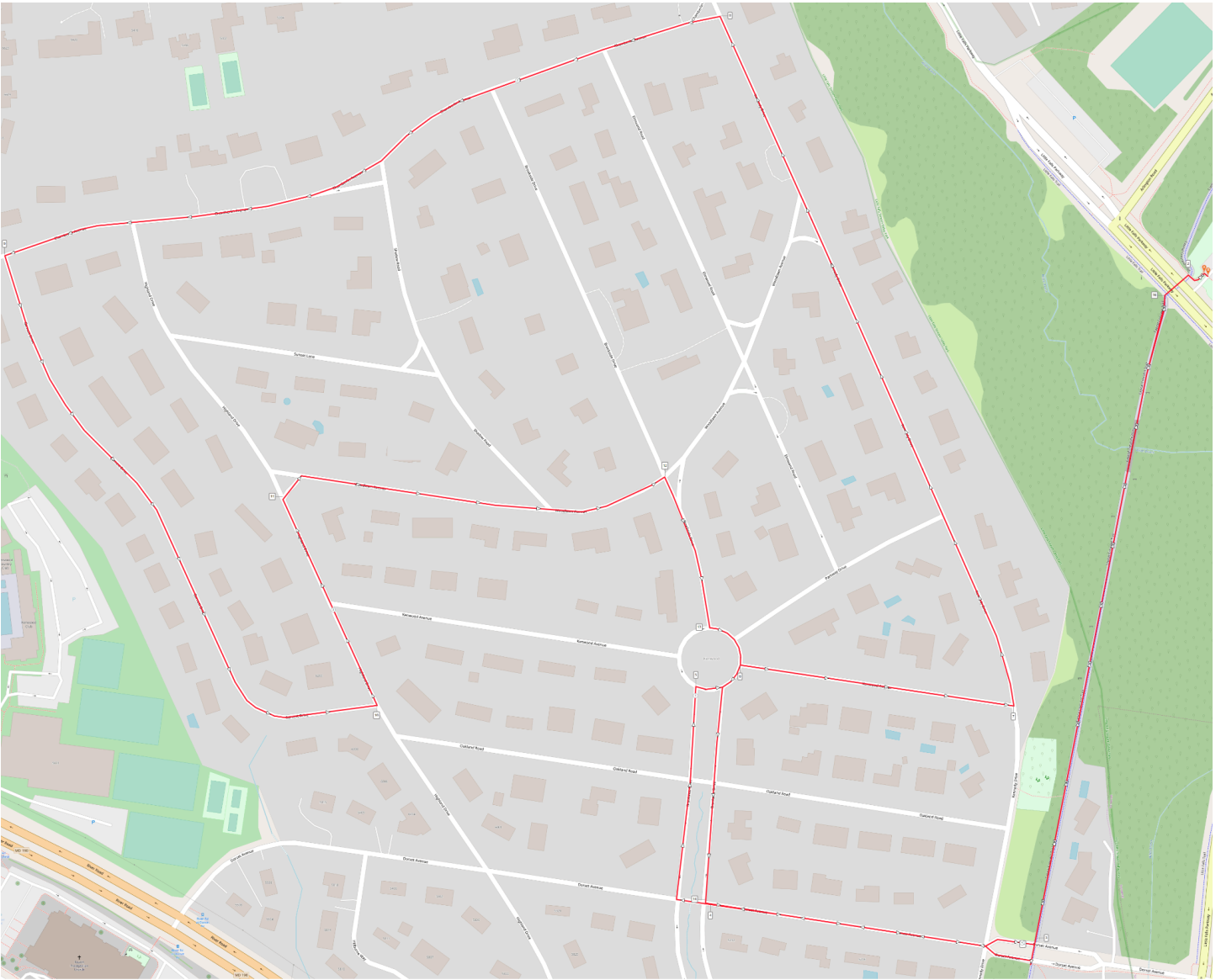
*For event assistance contact **Alison Andrews** at **(301) 828-5257***

1. Walk to the intersection of Little Falls Parkway and the Capital Crescent Trail. It is located at the back of the pool on the left side of the parking lot.
2. **Carefully Cross** Little Falls Parkway using the pedestrian signal and crosswalk.
  - a. Continue on the paved path, the Capital Crescent Trail, until you reach the next street with a STOP sign (Dorset Ave. – no sign).
3. **Cross** Dorset Ave **and Turn Right**.
  - a. Cross Kennedy Dr.
4. **Cross** Brookside Dr **and Turn Right**, walking against traffic in the left lane.
  - a. Cross Oakland Rd.
5. **Turn Right** at traffic circle and go a short way around the circle, passing the right lane of Brookside Dr.
6. **Turn Right** on Kenwood Ave (first street).
7. **Turn Left** on Kennedy Dr.
  - a. Cross Parkway Dr.
  - b. Cross Woodlawn Ave.
8. **Turn Left** on Chamberlin Ave.
  - a. Cross Elmwood Rd.
  - b. Cross Brookside Dr.
  - c. Cross Shadow Rd.
9. **Turn Left** on Garnett Dr.
10. **Turn Left** on Highland Dr.
  - a. Pass Kenwood Ave.
11. **Turn Right** on Woodlawn Ave.
  - a. Pass Shadow Rd.
12. **Turn Right** on Brookside Dr.
13. **Turn Left** to walk counter-clockwise around traffic circle and continue on the left lane of Brookside Dr.
  - a. Cross Oakland Rd.
14. **Turn Left** on Dorset Ave.
  - a. Cross Kennedy Dr.
15. **Turn Left** on paved path, the Capital Crescent Trail. Continue to Little Falls Parkway.
16. **Carefully Cross** Little Falls Parkway to the pool parking lot.

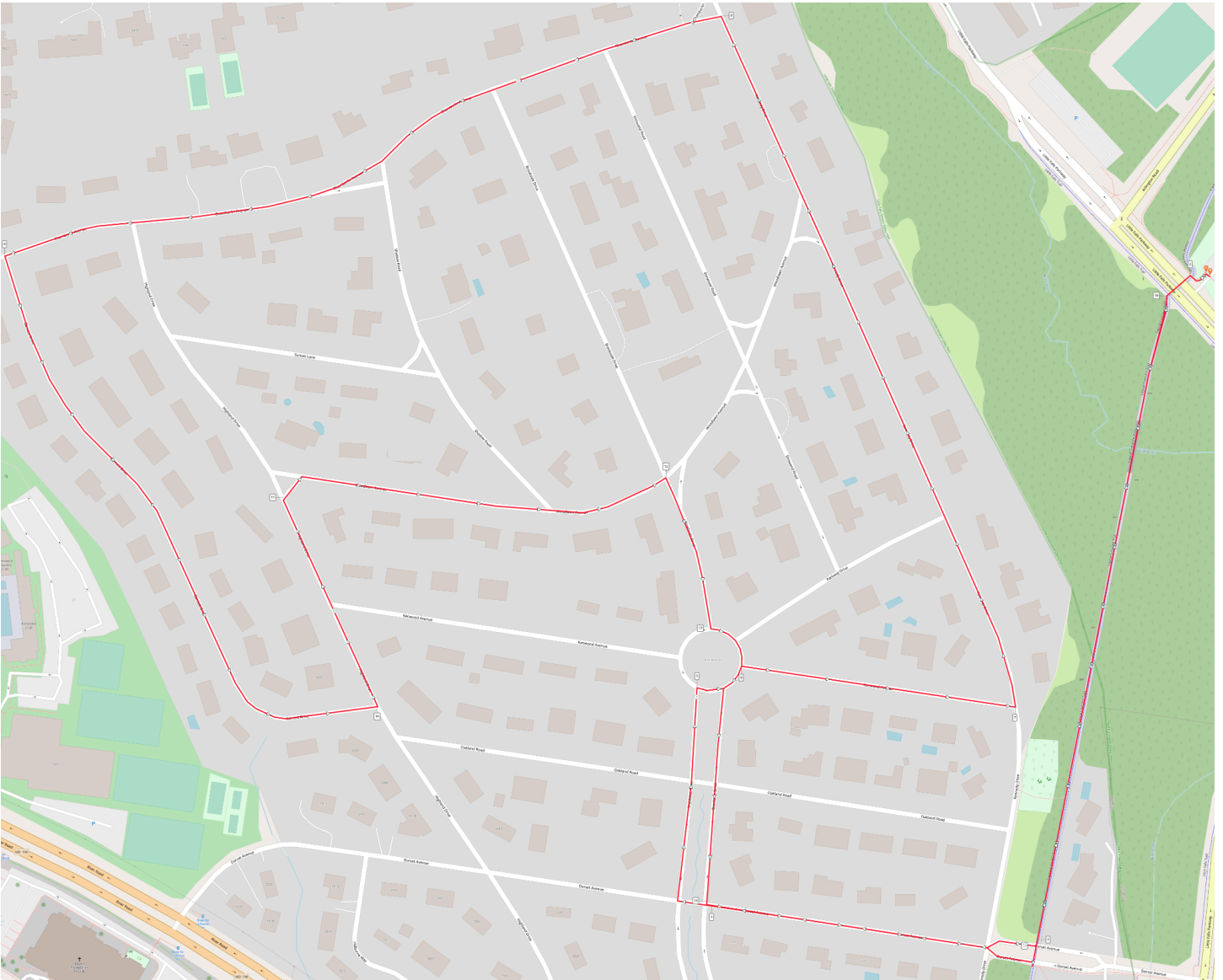
*Thank you for walking our Sugarloafer year-round today!  
We hope you enjoyed this trail.*

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

# 5k Trail



## 5k Trail



*Numbers in circles are kilometer markers*

*Numbers in squares or rectangles are instruction numbers*

*Map created using plotaroute.com, map data by OpenStreetMap Contributors*

## Internet Resources

Geologic region: <http://www.mgs.md.gov/geology/index.html>

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) → B for Bethesda
- Centurion Achievement Challenge → 1 event
- IVV-Americas

## AVA Special Programs

Special Program Name	Years	10K	5K	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		X	Bethesda Outdoor Pool
Rails-to-Trails	2022   2027	X	X	Capital Crescent Trail
Step to the Beat	2024   2027			
Walking with America's Veterans	2021   2029			
Walking With the Wild Things	2025   2028			
Washington-Rochambeau National Historic Trail	2022   2032			