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## YRE Description

The Sligo Creek Trail is a 10.2 mile hard-surface trail that is one of the oldest trails in Montgomery County. It is the heaviest-used facility in the Sligo Creek Stream Valley Park and provides recreation for persons of all ages and abilities. Several paved, and a few unpaved trails are scattered throughout the park and connect other park facilities, schools, and neighborhoods to the main trail.

From a world-class botanical garden, a nationally renowned music center, and one of the region’s largest shopping centers; to specialty shops, award-winning restaurants, and outdoor events, Wheaton boasts activities and attractions that are as eclectic and diverse as its residents.

This event has 4 trails. All trails are on hard surfaces, asphalt or concrete sidewalks.

## 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. Be sure to include the walk date, distance, and any AVA Special Programs. If walking for IVV credit, your event and distance credits will be recorded automatically.

## Directions to Trail Start

**Address:** Shalom Kosher Market, 1361 Lamberton Dr, Silver Spring, MD 20902

**GPS Coordinates:** 39.04096, -77.03212

**Plus code:** 2XR9+95J Wheaton-Glenmont, 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 from South and East:**

Washington Beltway (I-95N/I-495N), Exit 29, MD-183 West (University Blvd) towards Wheaton, 1.8 miles.

Turn Right on Arcola Ave.

Turn Left on Lamberton Dr.

Pass the Truist Bank.

Turn Right into the Parking Lot. Please be courteous and park away from the Shalom Market store entrance.

## In the Park Trail (5k)

AVA rating - 1A

There are public restrooms at the Shalom Market. The Shalom Market is closed Saturdays and Jewish High Holidays.

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

***For event assistance contact Klaus Waibel at (301) 681-9084***

Enter Sligo Creek Stream Valley Park by the access trail at the rear of the parking lot.

1. **Turn Left** onto the Sligo Creek Trail to University Blvd.
  - a. Carefully cross University Blvd with the traffic light and continue on paved path.
2. **Carefully cross** Sligo Creek Parkway at pedestrian crosswalk and turn **Turn Left** to continue on the paved path.
  - a. Cross the bridge across Sligo Creek to T- intersection.
3. **Turn Left** to continue on the Sligo Creek Trail, ignoring all turns.
  - a. Pass the Sligo-Dennis Ave Park (across the creek, on the left) . It has water and seasonal porta-potties available.
  - b. Carefully cross Dennis Ave using the pedestrian crosswalk.
  - c. Continue approximately 1.1k to the bridge over the creek.
4. **Turn Around** at the bridge and return on the Sligo Creek Trail.
  - a. Carefully cross Dennis Ave using the crosswalk (no sign).
  - b. Pass the Sligo-Dennis Ave Park (across the creek, on the right) . It has water and seasonal porta-potties available.
  - c. Cross a wooden bridge.
5. **Turn Right** at the “Sligo Creek Trail” sign (on left) to cross a bridge over Sligo Creek .
6. **Turn Right** to cross Sligo Creek Parkway using the pedestrian crosswalk.

- a. Carefully cross University Blvd using the pedestrian signal and the crosswalk to continue on the Sligo Creek trail.

7. **Turn Right** up the access path to the Kemp Mill Shopping Center parking lot near Shalom Kosher Market, our start / finish.

*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.***

# Wheaton/Sligo Creek - 5k



5k Map

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## To Wheaton (6k) Trail

AVA rating - 1A

There are public restrooms at the Shalom Market and the Safeway in Wheaton. The Shalom Market is closed Saturdays and Jewish High Holidays.

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

***For event assistance contact Klaus Waibel at (301) 681-9084***

Enter Sligo Creek Stream Valley Park by the access trail at the rear of the parking lot.

1. **Turn Left** onto the Sligo Creek Trail to University Blvd.
  - a. Carefully cross University Blvd with the traffic light, and continue on paved path.
2. **Carefully cross** Sligo Creek Parkway at pedestrian crosswalk and turn Turn Left to continue on the paved path.
  - a. Cross the bridge across Sligo Creek.
3. **Turn Left** to continue on the Sligo Creek Trail,.
4. **Turn Right** onto the first asphalt path on the right (access path to Windham Ln), just before a bridge.
  - a. Continue on the left side of Windham Ln.
  - b. Cross Malone St.
  - c. Cross Lester St.
  - d. Cross Hanby/Keller St.
  - e. Pass Jewett St (on right).
  - f. Cross Inwood Ave.
  - g. Cross Hayes Ave.
  - h. Cross Huntley Pl.
5. **Turn Left** at the end of Windham Ln onto the sidewalk.
6. When the sidewalk ends, **continue straight** on the next segment of Windham Ln.
  - a. Cross Horde St.
  - b. Pass Dayton St (on left).

7. **Turn Right** onto Bucknell Dr. to a T-intersection with Reddie Dr.
  - a. Cross Pritchard Rd.
8. **Cross** Reddie Dr **and Turn Left** onto the right side.
  - a. Cross Rose Ln.
  - b. Cross Amherst Ave.
  - c. Cross Fern St.
9. **Turn Right** onto Georgia Ave.
10. **Cross** Price Ave **and Turn Right** to the T-intersection with Fern St.

*Please stop and buy a pastry at Caramelo Bakery. This store was a long-time Start Box location for this YRE.*

  - a. Cross Elkin St.
11. **Turn Left** on Fern St to University Blvd.
12. **Turn Right** onto University Blvd. to Amherst Ave.
13. **Turn Left** onto Amherst Ave, carefully crossing University Blvd using the pedestrian signal and crosswalk, to Blueridge Ave.
14. **Turn Right** crossing Amherst Ave at Blueridge Ave onto asphalt path between the 7-11 and the Sierra Landing Apts.
  - a. Continue between vehicle barrier posts and onto Blueridge Ave.
  - b. Continue through a second vehicle barrier to the end of Blueridge Ave.
  - c. Continue straight on path and follow it as it curves left into Channing Dr.
  - d. Continue a short way on Channing Dr. until you reach the paved path to the right, opposite the junction of

Wheaton/Sligo Creek - 6k

Channing Dr. and Ventura Ave.

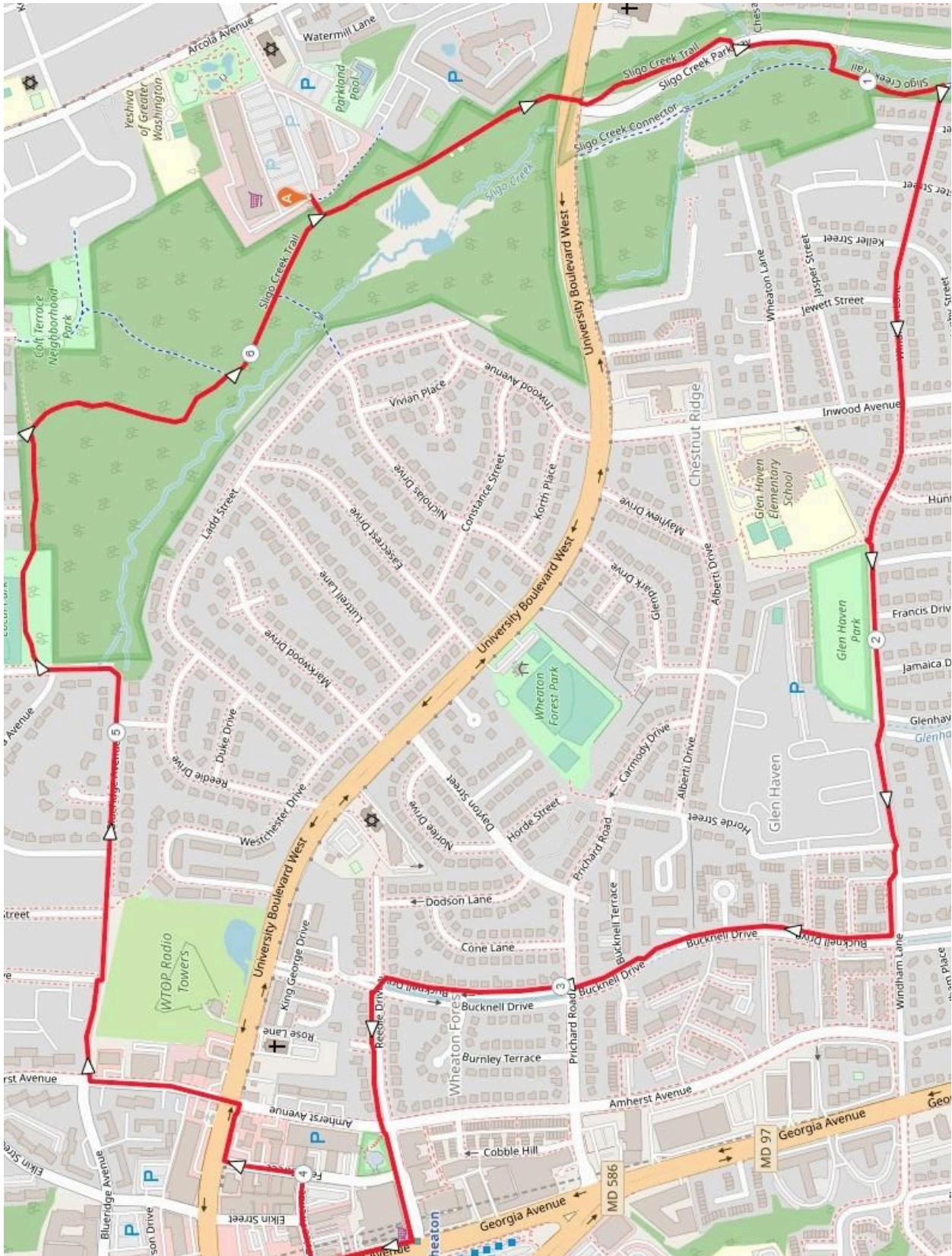
15. **Turn Right** onto the paved path (on the right).
16. **Turn Right** at the next trail intersection (Orebaugh Ave to the left – no sign), onto the Sligo Creek Trail to the access trail for the Kemp Mill Shopping Center (on left).
17. **Turn Left** onto the access trail to return to our start/finish point at the Shalom Kosher Market parking lot. (restrooms)

*Thank you for walking our Sugarloafer year-round today!*

*We hope you enjoyed this trail.*

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# Wheaton/Sligo Creek - 6k



## 6k Route Map

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## Long Way to Wheaton (10k/11k) Trail

AVA rating - 2A


There are public restrooms at the Shalom Market and the Safeway in Wheaton. The Shalom Market is closed Saturdays and High Holidays.

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

***For event assistance contact Klaus Waibel at (301) 681-9084***

Enter Sligo Creek Stream Valley Park on the access trail at the rear of the parking lot.

1. **Turn Left** onto the Sligo Creek Trail to University Blvd.
  - a. Carefully cross University Blvd with the traffic light, and Continue on paved path.
  - b. Carefully cross Sligo Creek Parkway at pedestrian crosswalk and turn Turn Left to continue on the paved path.
  - c. Cross the bridge across Sligo Creek.
2. **Turn Left** to continue on the Sligo Creek Trail, ignoring all turns.
  - a. Pass the Sligo-Dennis Ave. Park (across the creek, on the left) . It has water and seasonal porta-potties available.
  - b. Carefully cross Dennis Ave. using the pedestrian crosswalk.
  - c. Cross the bridge.
3. **Bear Left** to continue on the Sligo Creek Trail.
  - a. Cross a bridge.
  - b. Continue to the playground ahead.

 **Decision Point: 10k / 11k Trail split**

**10k Walkers**

4. **Turn Around and retrace your steps** on the Sligo Creek Trail.
  - a. Cross 2 bridges.
  - b. Carefully cross Dennis Ave using the crosswalk (no sign).
  - c. Cross a bridge.
5. **Go to instruction #12.**

**11k Walkers or those in need of a restroom or water**

6. **Turn Right** on the first paved path (just before the playground).
  - a. Pass the playground (on the left).
  - b. Continue on the right side of the basketball court to Dameron Dr.
7. **Turn Left** onto Dameron Dr.
  - a. Pass the Kensington-Forest Glen Children's Center.
  - b. Pass Sherwood Rd.
  - c. Pass Myrtle Rd.
8. **Cross** Forest Glen Rd. using the pedestrian signal and the crosswalk. **Immediately Bear Left** through the parking lot to the main entrance of Holy Cross Hospital.

**RESTROOMS and WATER:**

*Enter the lobby - you may be asked to check in at the desk. If visitors are permitted, go to the end of the mosaic on the right and turn right into the hallway; restrooms are on the left.*

9. Exit the hospital and **Bear Right** across the parking lot to the main hospital entrance at Forest Glen Rd.
10. **Turn Right** onto Forest Glen Rd.
  - a. Carefully cross the main hospital entrance.
  - b. Carefully cross the ambulance entrance to the hospital.
11. At the crosswalk, **Turn Left** to carefully cross Forest Glen Rd onto the Sligo Creek Trail.

Wheaton/Sligo Creek 10k/11k

- a. Pass the playground (on left).
- b. Cross a bridge.
- c. Carefully cross Dennis Ave. using the crosswalk.
- d. Pass the Sligo-Dennis Ave. Park (across the creek, on the left) . It has water and seasonal porta-potties available.
- e. Cross a bridge.

*Please stop and buy a pastry at Caramelo Bakery. This store was a long-time Start Box location for this YRE.*

- a. Cross Elkin St.

19. **Turn Left** on Fern St to University Blvd.
20. **Turn Right** onto University Blvd. to Amherst Ave.
21. **Turn Left** onto Amherst Ave, carefully cross University Blvd using the pedestrian signal and crosswalk, to Blueridge Ave.
22. **Turn Right** crossing Amherst Ave at Blueridge Ave onto asphalt path between the 7-11 and the Sierra Landing Apts.
  - a. Continue between vehicle barrier posts and onto Blueridge Ave.
  - b. Continue through a second vehicle barrier to the end of Blueridge Ave.
  - c. Continue straight on path and follow it as it curves left into Channing Dr.
  - d. Continue a short way on Channing Dr. until you reach the paved path to the right, opposite the junction of Channing Dr. and Ventura Ave.
23. **Turn Right** onto the paved path (on the right).
24. **Turn Right** at the next trail intersection (Orebaugh Ave to the left - no sign), onto the Sligo Creek Trail to the access trail for the Kemp Mill Shopping Center (on left).
25. **Turn Left** onto the access trail to return to our start/finish point at the Shalom Kosher Market parking lot. (restrooms)

*Thank you for walking our Sugarloafer year-round today!*

*We hope you enjoyed this trail.*

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⇒10k / 11k Trails rejoin here

12. **Turn Left** after crossing the next bridge, onto a short access path to Windham Ln (no sign).
  - a. Continue on the left side of Windham Ln.
  - b. Cross Malone St.
  - c. Cross Lester St.
  - d. Cross Hanby/Keller St.
  - e. Pass Jewett St (on right).
  - f. Cross Inwood Ave.
  - g. Cross Hayes Ave.
  - h. Cross Huntley Pl.
13. **Turn Left** at the end of Windham Ln onto the sidewalk.
14. When the sidewalk ends, **Continue straight** on the next segment of Windham Ln.
  - a. Cross Horde St.
  - b. Pass Dayton St (on left).
15. **Turn Right** onto Bucknell Dr. to a T-intersection with Reddie Dr.
  - a. Cross Pritchard Rd.
16. **Cross** Reddie Dr **and Turn Left** onto the right side.
  - a. Cross Rose Ln.
  - b. Cross Amherst Ave.
  - c. Cross Fern St.
17. **Turn Right** onto Georgia Ave.
18. **Cross** Price Ave **and Turn Right** to the T-intersection with Fern St.

# Wheaton/Sligo Creek 10k/11k



## 10k/11k Route Map

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## Internet Resources

Wheaton, Maryland: [https://en.wikipedia.org/wiki/Wheaton,\\_Maryland](https://en.wikipedia.org/wiki/Wheaton,_Maryland)

Park Map: [Sligo Creek Stream Valley Park Trail](#)

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 (51 Capitals) → Washington D.C.
- Walking the USA (A - Z) → W for Washington
- Centurion Achievement Challenge → 1 event
- IVV-Americas

## AVA Special Programs

P5 → In the Park - 5k

W6 → To Wheaton - 6k

W10 → Wheaton - 10k

Program Name	Years	P5	W6	W10	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	<b>X</b>	<b>X</b>	<b>X</b>	
Rails-to-Trails	2022   2027				
Step to the Beat	2024   2027				
Walking with America's Veterans	2021   2028		<b>X</b>	<b>X</b>	
Walking With the Wild Things	2025   2028				
Washington-Rochambeau National Historic Trail	2022   2032				