

Montgomery Mall / Cabin John Park Y1539

Bethesda, Maryland

10k and 5k Walks

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In Case of Emergency: Dial 911
For Event Assistance: Anna Nevius 240-261-6764

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Montgomery Mall / Cabin John Park Y1539

YRE Description

The Cabin John Park offers over four miles of natural surface trails and approximately two miles of hard surface trails. The very popular Cabin John Stream Valley Trail begins at Goya Drive and extends south to Cabin John Local Park. Unless noted otherwise on the map, trails marked “Natural Surface” and “Hard Surface” are “Shared by All” trails which include hikers, bikers, and equestrians.

There are two trails. The 10k is a mix of sidewalks and natural surface trails. The 5k is mostly natural surface trails.

Retired Army Col. Kenneth R. Wilson has been the inspiration of these trails that were created as part of the Sugarloafers 25th anniversary in 2012.

AVA Special Programs

Trail	Special Program(s)
Cabin John Park 5k	Par for the Course
Cabin John Park10k	Par for the Course

Parallel Registration


The Sugarloafers maintain a physical walk box for this event as well as OSB event registration. AVA permits the use of these parallel registration methods. You may choose to use either the walk box or the OSB but NOT a combination of both.

Registering for the walk

The Seneca Valley Sugarloafers Volksmarch club charges all participants over 12 a \$4 fee. When you register for your walk event, please DO NOT check the “No Credit” checkbox for any participant over 12 years of age. When you register for the walk you can download the PDF file with walk information. The PDF includes directions to the walk start and walk instructions. The fee for the download is \$2. You will be credited for this fee if you complete the walk and pay the walk participant fee within 60 days.

After you have completed the walk

Please remember to log back into the OSB’s “Finish Table” after completing the walk. Completion information includes the date the event was walked, the distance walked and applicable special programs.

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Montgomery Mall / Cabin John Park Y1539

Driving Directions to the Cabin John Park trail start

Address: Cabin John Ice Rink, 10610 Westlake Dr, Rockville, MD 20852

GPS Coordinates of the Start Point are **39.031101,-77.1503115**

Plus code is **2VJ2+7P Rockville, 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:

Washington National Pike (I-270), Exit 1, Democracy Blvd. West

RIGHT on Westlake Dr.

Cross Westlake Terr.

LEFT into entrance for the Cabin John Ice Rink.

RIGHT into the parking area for the Ice Rink.

Please be considerate of other guests and park away from the Tennis Center and Nature Center.

Driving Directions to the Montgomery Mall start

Address: Westfield Montgomery, 7101 Democracy Blvd, Bethesda, MD 20817

GPS Coordinates of the Start Point are **39.0242247,-77.1478499**

Plus code is **2VF3+MP 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:

Washington National Pike (I-270), Exit 1, Democracy Blvd. West

RIGHT on Westlake Dr.

RIGHT on Westlake Terr.

Immediate RIGHT into the Mall parking area.



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Cabin John Park

5k (3.1 miles) AVA rating 2C

There are restrooms at the start of this trail in the Ice Rink building, when it is open. There are restrooms at the Nature Center when it is open. See the attached map which includes the instruction numbers for additional help. There are many roots and rocks, so please watch your step. Also, many other groups use these trails. *There may be directional arrows on the ground and ribbons hanging from branches. **THOSE ARE NOT MARKINGS FOR THIS VOLKSMARCH TRAIL. USE ONLY THESE INSTRUCTIONS AND MAP TO GUIDE YOU ON OUR TRAIL.***

1. With your back to the Ice Rink entrance, facing the parking area, walk along the left side of the parking area out to the stop sign.
AVA SP - Par for the Course
2. At the stop sign, turn **Right** on park road.
3. Turn **Left** at sign for Fields 5 & 6.
4. Turn **Right** on 1st paved road at "Restricted Access" sign.
5. At 1st road on right (near tennis court), turn **Left** on the dirt path with gravel. A fenced baseball field can be seen ahead on this path. (Do not go all the way to the fence.)
6. Turn **Right** on dirt path. Continue straight on dirt path, with the fenced baseball field on left. Continue as path winds through the woods.
7. Turn **Left and veer downhill** at the trail intersection where there is a sign post with no signs. This is the Gooseneck Loop Trail. After a short distance the trail will cross a narrow stream. There is no bridge at this location, but the crossing is easy.
8. **Continue** straight uphill. See sign on right at the next intersection to indicate you are leaving Gooseneck Loop Trail and entering the Hawk Ridge Trail. **Veer LEFT** and go uphill.
9. **Continue** to the top of the hill. See the sign post indicating the T-intersection of Hawk Ridge Trail and Cabin John Trail.
10. Turn **Left** on Cabin John Trail (blue blazes) to go down hill.
11. Turn **Right** at Y-intersection to stay on Cabin John Trail (blue blazes). (~1km)
12. Walk approximately 500 feet and bear **Left** (note 2 large white rocks at the Y-intersection). Ignore the trail on the right - DO NOT follow the blue blaze on the tree ahead on the right. Continue downhill.
13. At Y-intersection, turn **Left** to cross wooden bridge (no side rails). Ignore 2 trails on left and **DO NOT** follow the blue blazes on those trails. Continue straight on the blue trail with the creek on the right.
14. Turn **Right** (or proceed around trees), then turn **Left** to cross the wooden bridge (with side rails - G01-03) over the small stream, and continue on blue trail uphill.
15. At Y-intersection (at the sign post for the Tulip Tree Trail), go **Straight** downhill – pass a 2nd Tulip Tree Trail sign.
16. **Continue** straight into the meadow. Notice the huge beautiful sycamore tree (with benches and a fire pit).
17. **Cross** the wooden bridge (with side rails). There is a park map on the right.
18. Turn **Right** on the gravel path. Cabin John Creek soon will be on the right.
19. **Continue** on the blue-blazed trail passing Bode's Bench (on the left), 2 benches, and 2 wood railings (on the right). (~2km)
20. At the signpost for Cabin John Trail and Democracy Blvd, turn **Left**, away from the Creek, to go on the Pine Ridge Trail (See trail name on sign post.) Go uphill and through the woods to the edge of the parking lot for the



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Cabin John Park - 5k

- Addie Tennis Center. Restrooms are available at the Tennis Center.
21. Turn **Right** on paved drive and immediately turn **Left** to go through the parking area toward the roofed bulletin board.
 22. **Continue straight** to the “7777” post at bridge. Go over the bridge to the Locust Grove Nature Center. (If open, restrooms inside.)
 23. **Go past** the Nature Center. Cross the foot bridge (with side rails).
 24. Pass the green transformer box on the left, **Continue** downhill and turn **Left** to the Habitat Hike Trail (signpost) (blue blazes).
 25. At Y-intersection of White Oak Trail and Red Oak Trail (small sign), stay **Right** to continue uphill on blue-blazed Habitat Hike Trail, with creek on left.
 26. At the sign post (on left) (Tulip Tree-Habitat Hike Trails), bear **Left** onto the Tulip Tree Trail, following the blue blazes. Cross the bridge with side rails. Continue on Tulip Tree Trail as it turns left to stay on blue blazes trail. Ignore two left trails.
 27. At the T-intersection and the sign post for the Tulip Tree/ Cabin John Trails (same sign post in step 14), turn **Right** onto Cabin John (Blue) Trail. (~3km)
- Note:** Steps 23 through 27 are re-tracing generally the trail taken in steps 9 through 14, in reverse order.
28. Keep Cabin John Creek on the left. Stay on the right-hand trail (marked with blue blazes) beside the creek, **Cross** the wooden bridge (no side rails) (G01-03). Go uphill and turn **Left**.
 29. At T-intersection, turn **Left**, going uphill (you are almost at the top) staying on the blue-blazed trail.
 30. **Continue** straight (slight left) on the Blue Cabin John Trail. (See sign. Do NOT take Hawk Ridge trail.)
 31. At next intersection (4km), turn **Left** on Blue trail. (See sign with down pointing arrow showing direction for the Cabin John Trail.)
 32. **Cross** bridge (no side rails), and follow Yellow/Blue trail around to the Left.
 33. At “T” turn **Left** to stay on the Blue Cabin John trail.
 34. At intersection **Continue** straight (slight right) to join Diamond Circle trail—still blue blazed trail.
 35. **Continue** on the Blue trail. You will soon see power lines to your left and fenced ball fields to your right.
 36. Follow Blue blazes to **Continue** out of the woods on earthen dam type structure and then back into the woods.
 37. Immediately Ignore 1st trail on the left.
 38. At “Y” turn **Right** and leave the Blue Cabin John trail. Continue out toward the fenced ball field and to the paved road.
 39. Turn **Left** on paved road (fenced ball fields on right).
 40. Turn **Left** into parking lot, and go toward beige building (Ice Rink) ahead.
 41. **Continue** on right side of the Ice Rink.
 42. **Return** to the start.

Thank you for walking our Sugarloafer year-round today!

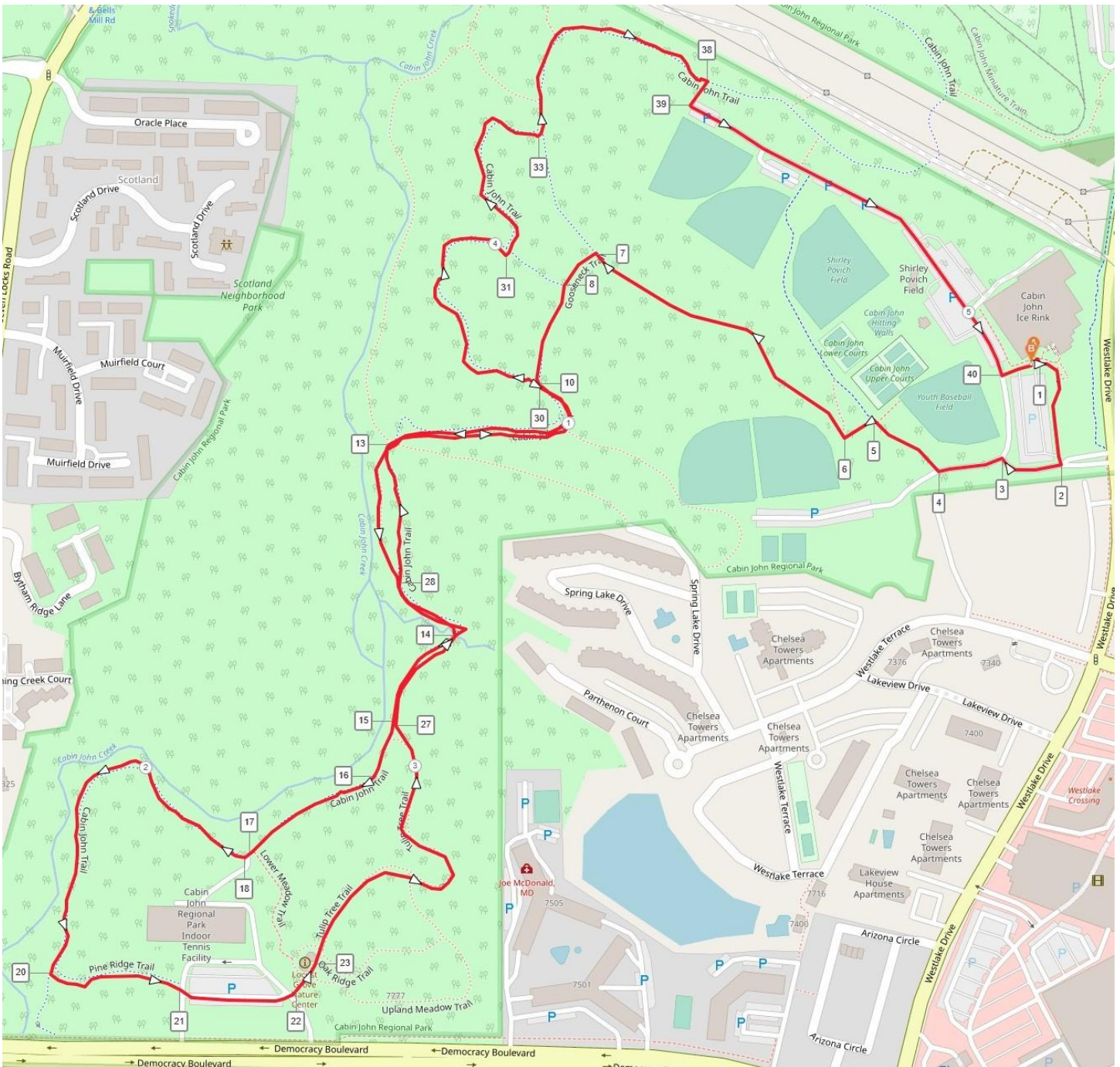
We hope you enjoyed this trail.




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Cabin John Park - 5k



5k map - Created by PlotaRoute.com, map data by OpenStreetMap Contributors

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Cabin John Park

10k (6.2 miles) – AVA rating 2C

There are restrooms at the start of this trail in the Ice Rink building, when it is open. There are restrooms at the Nature Center when it is open. See attached map which includes the instruction numbers for additional help. There are many roots and rocks, so please watch your step. Also, many other groups use these trails. *There may be directional arrows on the ground and ribbons hanging from branches. **THOSE ARE NOT MARKINGS FOR THIS VOLKSMARCH TRAIL. USE ONLY THESE INSTRUCTIONS AND MAP TO GUIDE YOU ON OUR TRAIL.***

1. With your back to the Ice Rink entrance, facing the parking area, walk along the left side of the parking area out to the stop sign. Turn **Left** and go out the Entrance road to Westlake Dr.

AVA SP - Par for the Course

2. Turn **Right** on the sidewalk onto Westlake Dr.
3. **Cross and Right** onto Westlake Terr. Pass the Samuel Wade Magruder House (circa 1780) Historic Site. Cross Lakeview Dr.
4. Turn **Left** into the Westlake Terrace community (brick entrance columns), prior to the circle at the end of the street. Pass the tennis courts (on left).
5. Turn **Left** at the "T" intersection with a Stop sign. Quickly Turn **Right** (at the mailboxes) between the townhouses and pass the pool. Pass the apartment building (on right).
6. Turn **Right** at "T" intersection onto the sidewalk of Democracy Blvd.
7. Turn **Right** at the "7777 & 7801 Democracy" sign. Continue on the right edge of the parking lot until you get to the "7777" post at bridge. Turn **Right** to go over the bridge to the Nature Center. (If open, restrooms inside.)
8. Go past the Nature Center. At green transformer box on the left, **Continue** down hill on the Cabin John Trail (Blue blazes) – also labeled as Tulip Tree Trail.
9. After crossing wooden bridge (with side rails), follow blue blazes around to the Left.
10. At "Y" in trail, stay **Right** to continue uphill on blue blazed Cabin John trail, with Cabin John Creek on left. (2km)
11. **Cross** wooden bridge (with side rails). **Continue** on trail as it turns **Left** to stay on Blue trail.
12. At next "Y" take **Left** fork, keeping Cabin John Creek on left. Stay on the trail beside the creek.
13. **Cross** another wooden bridge (no side rails), and turn **Right** going uphill on Blue trail.
14. At "T" turn **Left**, going uphill (you are almost at the top) staying on the Blue trail.
15. **Continue** straight (slight left) on the Blue Cabin John Trail. (See sign. Do **NOT** take the Hawk Ridge trail.)
16. At the next intersection, turn **Left** on the Blue trail. (See sign with down pointing arrow showing direction for the Cabin John Trail.)
17. **Cross** bridge (no side rails), and follow Blue trail around to the Left.
18. At "T" turn **Left** to stay on the Blue Cabin John trail.
19. At intersection **continue** straight (slight right) – on blue blazed trail.
20. **Continue** on the Blue trail. (3km). You will soon



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Cabin John Park - 10k

- see power lines to your left and fenced ball fields to your right.
21. Follow Blue blazes to **Continue** out of woods on earthen dam type structure and follow Blue trail back into the woods.
 22. Immediately Ignore 1st trail on the left.
 23. At "Y" turn **Left** to stay on the Blue Cabin John trail.
 24. At next "Y" turn **Left**, follow the Blue trail out of the woods; Cross gravel road, and go toward the power lines.
 25. With sticker bushes on the left, **Continue** on the dirt/grass trail walking under power lines toward the woods.
 26. Just after entering the woods, turn **Right** on an unblazed trail. The power lines will now be on your right and the train track will soon be in a hollow on your left.
 27. **Continue** through the woods to the parking lot. Walk on left side of parking lot as it curves to the left. Continue toward bulletin board.
 28. Turn **Left** on wide path, and **Continue** toward the train station. (If the train is running, you can stop for a ride!) (4.25km)
 29. Turn **Right** onto the path directly across from the train station, then turn **Left** on the path going uphill to the picnic shelters. Pass shelters H & G. (Note restrooms at the top of the hill.)
 30. Bear **Left** on trail (with restrooms on right) to pass Shelter F.
 31. Turn **Left** at "Y" in front of Shelter E, and Continue down hill on the path. Pass shelters D, C, B, and A.
 32. Immediately after passing the Amphitheater, turn **Right** and Continue along the side of the amphitheater to **Cross** a wooden bridge (with rails) and pass through a parking area.
 33. Turn **Right** in the second parking area, passing the children's playground on the left.
 34. After passing the bulletin board, turn **Left** walking toward the yellow/green iron pole gate marked "Dumping Prohibited without Authorization" and Continue straight ahead to the dirt trail. (You may need to go around or in between piles of mulch here.) Follow this trail until it ends at "T" at bottom of hill. (Trail parallels the road, Tuckerman Lane.)
 35. At "T" in trail (5km), (do not go to the road), turn **Left** and go a long way on the Blue blazed trail, ignoring all side trails.
 36. At "Y" with bench, turn **Right** and continue on the path under power lines on the dirt/grass trail that you followed earlier.
 37. Continue into the woods on the other side of the power lines, and turn **Right** on the Blue trail. Continue on path as it parallels the power lines on your right. (Do not take any paths on left to parking lot or on right to power lines.)
 38. **Follow** Blue blazed trail across earthen dam type structure through the clearing and back into woods. (6km)
At "Y" bear **Right** to stay on Blue trail. Ignore side trails.
 39. At the "Y", turn **Left** onto Blue blazed trail.
 40. At next "Y" turn **Right** on the Blue trail.
 41. After **Crossing** the wooden bridge (no side rails), at next intersection, turn **Right** on the Blue trail. (Note sign for Cabin John and Gooseneck Loop.) Continue on this Blue trail uphill to the top.
 42. **Continue** on blue trail (passing Cabin John/Hawk Ridge sign on left) until you reach



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Cabin John Park - 10k

the bottom of the hill. Ignore all side trails.

43. Turn **Left** to cross wooden bridge (no side rails). Bear **Left** on trail with blue blazes, following Cabin John Creek on right.
44. Turn **Right** to **Cross** the wooden bridge (with side rails) over the small stream, and Continue on Blue trail -- uphill.

45. At "Y", go **Straight downhill** to park bench on your left. (7.6km)
46. **Continue** straight into meadow. Notice the huge beautiful sycamore tree (with benches).
47. **Cross** the wooden bridge (with side rails) and turn **Right** at the gravel path. (note Park map on right.) Cabin John Creek soon will be on the right. Continue on Blue trail.
48. Turn **Left**, away from the Creek on Blue blazed trail.
49. At top of the hill turn **Left** on Pine Ridge Trail, and **Continue** through the woods to parking lot. At parking lot turn **Right** to walk to the sidewalk.
50. At sidewalk, turn **Left**, keeping the 6 lane street (Democracy Blvd) to your right. (8.5km). Pass 2 apartment buildings.
51. **Cross** and **Left** onto Arizona Cir. Follow Arizona Cir. around to the right to exit on Westlake Dr. (no sign)
52. Turn **Left** onto Westlake Dr. Cross Lakeview Dr. Cross Westlake Terr.
53. Turn **Left** on the entrance road for the Ice Rink, then **Right** back to the Ice Rink, our start/finish point.

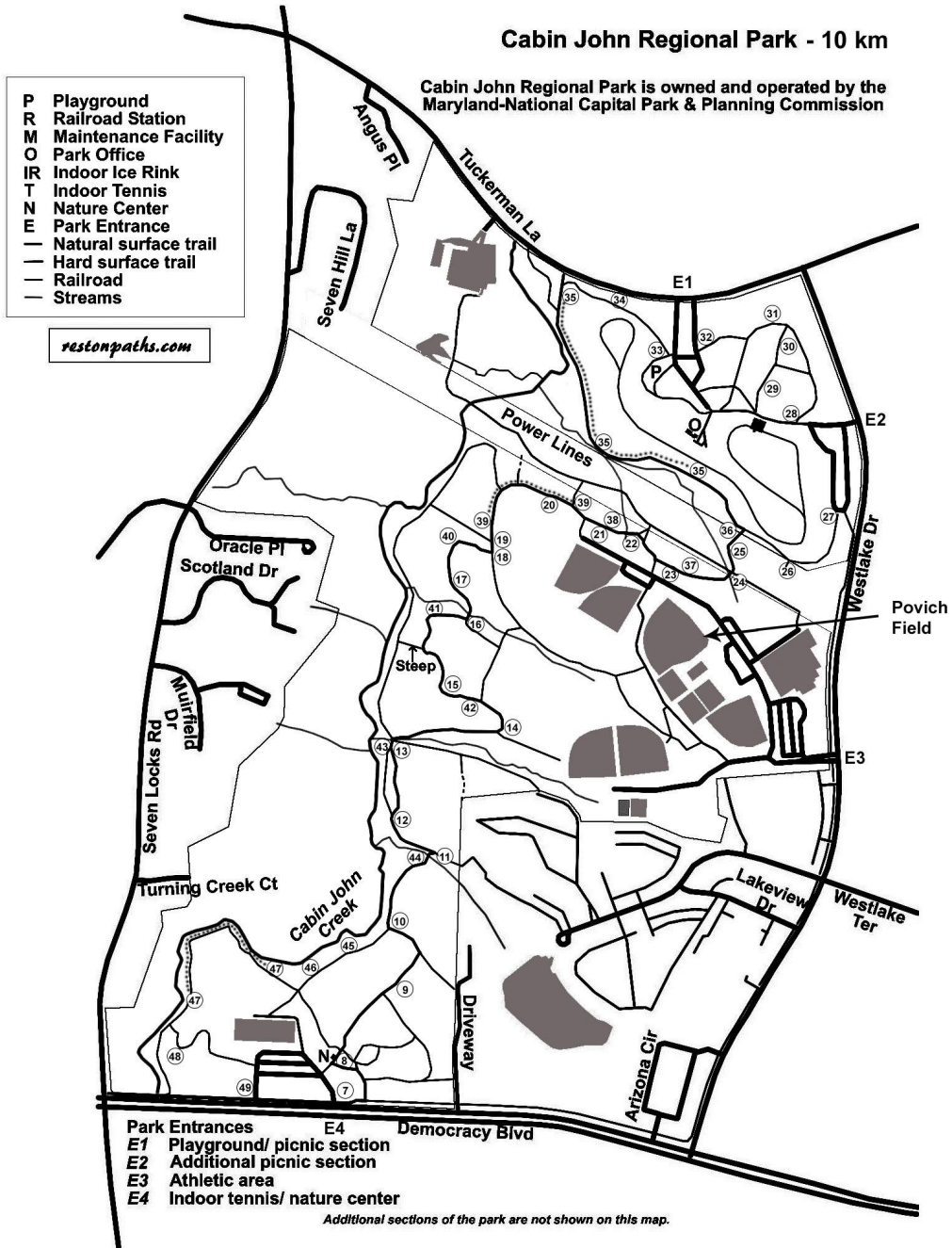
Thank you for walking our Sugarloafer year-round today!



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Cabin John Park - 10k



circled numbers (7, etc) refer to walk instruction numbers

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Montgomery Mall - 5k and 10k

Montgomery Mall

10k, 5k (6.2, 3.1 miles) AVA rating 1A

There are restrooms available in the Mall.

10k trail

Walk 10 laps of the Mall – 5 on the upper level and 5 on the lower level.

5k Trail

Walk 5 laps of the Mall – 2 on the upper level and 3 on the lower level.

There is an elevator in the Mall.

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Montgomery Mall / Cabin John Park Y1539

Internet Resources

Cabin John Regional Park: <https://www.montgomeryparks.org/parks-and-trails/cabin-john-local-park/>

Park Map: https://www.montgomeryparks.org/uploads/2016/08/CabinJohnRegional_a11y.pdf

Locust Grove, Home of Samuel Wade Magruder: <https://www.hmdb.org/m.asp?m=72752>

Montgomery Mall: <https://www.westfield.com/montgomery>

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](#)



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