

**Gambrill State Park
Frederick Maryland
5 & 10K Routes
Antietam Pathfinders Volksmarch Club**

Directions to start point for the walk is at Gambrill State Park in Frederick.

From I70 East take exit 49 ALT US-40. Turn right onto Old National Pike (old US 40) toward Frederick. Turn left onto Blentlinger Rd. Turn left onto W Patrick Street. Keep right at split, do not go onto 70W. Turn right onto Gambrill Park Rd. About a half mile take sharp left to Nature Center (Do not take left to camp ground or enter parking lot on right)

From I70 West take exit 32A onto US40 East. Approximately 14 miles turn left onto Shookstown Road. Turn into Gambrill Park Rd. About a half mile take sharp left to Nature Center (Do not take left to camp ground or enter parking lot on right)

Restrooms available at Nature Center. Also available on route to Gambrill from east on Rt 40. There will also be porta-pots available on trail

Trail is rated first 5K 3C; continue for 10K is rated 4D

Special Programs: Walking USA

POC: Anne Dittrich 240-675-1028 (voice, please leave message will get right back to you), txt works best.

WALK COMPLETION CREDIT:

Be sure to log back onto the OSB system to “finish/complete” your online registration after doing the event. The OSB system does not deduct any event fee from a participant’s Event Bank until they have submitted event completion info including the date the event was walked, the distance walked, and the selection of the applicable special programs that person is participating. (Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the user’s Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user’s Event Bank when he/she submits the event completion info as a paying for credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days).

PLEASE USE EITHER THE OSB (Online Start Box) or BSB (Physical Start Box) to register and complete event. DO NOT mis and match. For example, if you register using the OSB, do not complete your event by using the PSB (nor sign the PSB log sheet). The sponsoring club only receives credit for the OSB participation when an OSB registration has been completed online by entering your participation date, distances and any special programs using the OSB.

<p>This map and directions may only be used in conjunction with a signed American Volkssports Association (AVA) athletic waiver. All other uses are prohibited. In case of emergency DIAL 911.</p>
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1. At the far end of the parking lot you will see an entrance for the **Green** Trail. You will pass a pavilion continue on Green Trail downhill until you get to the split of trail (yellow, black, green trails)

2. Go straight and follow **Red Maple** Trail straight ahead. Look for red on trees and signs to stay on path. Trail will take a sharp left.

3. When you come to road, cross carefully and bear left up a drive way. The **Red Maple** trail bear to the left farther up the driveway.

4. The **Red Maple** trail will bear left again.

5. Continue to follow **Red Maple** trail until you get to the parking lot. (Port-a-pot available). Pick up the White Oak trail in the parking Lot.

6. Follow **White Oak** trail until it circles back to parking lot.

7. Pick up **Yellow Poplar** trail on far side of parking lot behind port-a-pots. (opposite side of lot where you entered from Red Maple trail)

8. At the top of the hill cross the road and continue on **Yellow Poplar** trail straight down the hill.

9. Continue to follow **Yellow Poplar** trail until ignoring paths to left and right.

10. At the 4-way split, turn left onto the **Black/Green** trail up the hill.

11. The next path to your left will be the split of **Black** and **Green** trail.

THIS IS THE SPLIT FOR 5K and 10K.

The 5k will continue on **Green Ash** trail back to finish. **Thank you for walking with us.**

10K will turn right onto the Black trail, and second map.

12. Pass the High Knob Overlook and continue on **Black** trail until next split in trail (Yellow, black, green).

13. Continue on **Black** Trail/**Yellow Poplar** Trail until the split and Black Trail and **Yellow Poplar** Trail. **Follow the Black Trail** which turns into the Black/**Green** Trail.

14. Continue to follow **Black/Green** trail. There will be some sharp turns and a turn to the right.

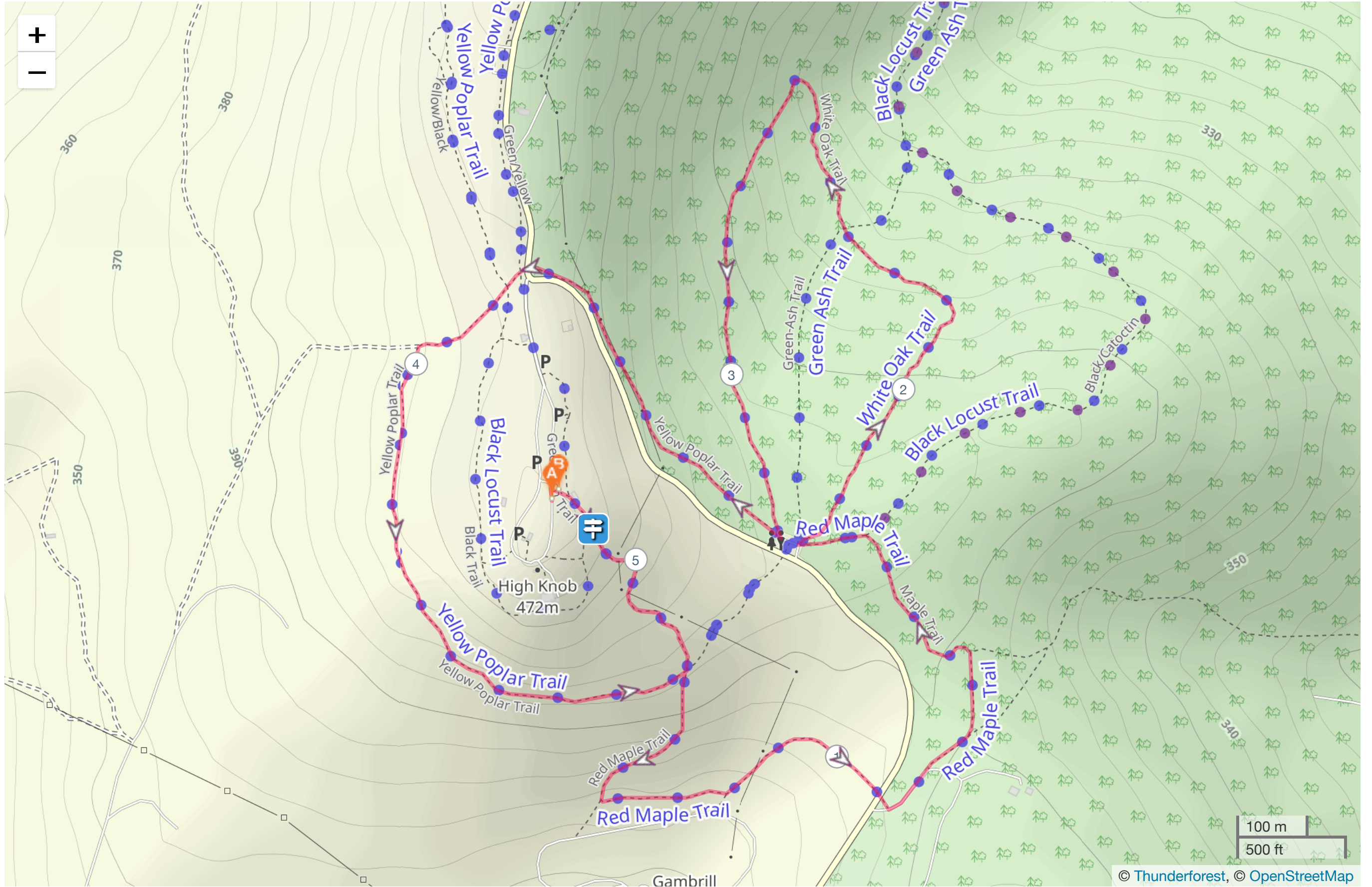
15. Follow **Black/Green** trail. The **Green Ash** trail will split to the right. Continue to follow **Black Locust Trail**.

16. When you get to the parking lot follow the **Yellow Poplar** trail behind porta-pots.

17. Cross the road at top of hill and follow blacktop back to the finish.

You have completed the 10K walk. Thank you for walking with us.

Gambrill State Park 5K



Gambrill State Park 2nd 5K =10K

