

Matthew Henson Trail Y2695

Silver Spring, MD

11k and 5k Walks

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In Case of Emergency: Dial 911
For Event Assistance: Kathy Berry 301-924-4043

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Matthew Henson Trail Y2695

YRE Description

The Matthew Henson Trail is named for Maryland native and arctic explorer Matthew Henson. It is an 8-foot-wide (2.4 m) hard surface hiking/biking trail, and was completed in 2009. The trail runs 4.5 miles (7.2 km) from the Rock Creek Hiker-Biker Trail near Veirs Mill Rd and Randolph Rd (in Winding Creek Local Park on Dewey Road) northeast to Alderton Road near Layhill in Montgomery County, Maryland. The trail includes ten-foot-wide boardwalks to protect the most sensitive areas and solar-powered emergency cellular phones. The trail's design and construction were nominated for a Planning & Design Award as part of the 2010 National Trails Awards.

The 11K and 5k trails in our instructions start at the Mid-County Recreation Center on Queensguard Road in Silver Spring, and are both out and back walks. The 11k goes northeast to the end point of the Matthew Henson Trail at Alderton Road, where you turn around and head southwest until you go under Connecticut Avenue. This is where you turn around to return to the Recreation Center. The 5k starts the same as the 11k with its turnaround point at Rippling Brook Road.

The walk is on a paved trail with boardwalks. A pleasant mostly wooded area with a winding creek in many places, in the midst of this busy suburb, which you only notice when you are crossing the streets, Layhill Road, and Georgia Avenue.

There are no restrooms on the trails, but are available in the Recreation Center when it is open.

AVA Special Programs

This event does not qualify for any current AVA Special Programs.

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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Driving Directions to the Start

Address: Mid-County Community Recreation Center, 2004 Queensguard Rd, Silver Spring, MD 20906

GPS Coordinates of the Start Point are **39.0869485,-77.0452443**

Plus code is **3XP4+9H Silver Spring, 13, 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 Washington, D.C, Virginia and points south, take I-270 North towards Frederick, Maryland. Take Exit 4A, (Montrose Rd), and merge onto Montrose Rd.

CROSS under Rt 355 (Rockville Pike) onto Randolph Rd.

CROSS Veirs Mill Rd.

CROSS Connecticut Ave.

LEFT on Georgia Ave.

Bear RIGHT onto Layhill Rd. for 2 miles

RIGHT on Queensguard Rd.

RIGHT into Mid-County Recreation Center driveway

From points north, take I-270 south towards Washington, D.C.

Take Exit 9 (MD 200 E).

Take Exit 10 (MD 182 - Layhill Rd)

RIGHT at the light onto Layhill Rd. for 0.8 miles

LEFT onto Queensguard Rd.

RIGHT into Mid-County Recreation Center driveway



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Walk Instructions

11k (6.8 miles)-AVA rating 2A

5k (3.1 miles)-AVA rating 1A

There are restrooms at the start if the Mid-County Recreation Center is open.

1. A connector trail to the Matthew Henson Trail is on the right of the parking lot, along a tree/brush line. **FOLLOW** it to the first paved trail on the left.
 2. Turn **LEFT** to stay on the connector trail (DON'T go straight, it will take you to Sullivan Rd).
 - a. Pass a path to the left.
 - b. Pass baseball field on left to a T intersection with the Matthew Henson Trail.
 3. Turn **LEFT**. Walk to the end of the trail, stopping at the signboard on the right which shows the timeline of Henson's life and a map of the entire trail (Alderton Rd-no sign).
 4. **Turn around** at the signboard and retrace your steps on the trail.
 - a. Pass the connector trail on right where you previously turned onto the Matthew Henson Trail.
 - b. Carefully cross Sullivan Rd (no sign).
 5. Turn **RIGHT** at the traffic signal at Layhill Rd & Middlevale Ln to cross Layhill Rd. using crosswalk.
 6. Turn **RIGHT** on the other side of Layhill Rd & immediately veer **LEFT** to continue on the asphalt trail. Stay on the Matthew Henson trail, paved and boardwalks,
 - a. Pass boardwalk trail to the right.
 - b. Pass Barrie School horse barn, visible on the left.
 - c. Cross first 4-way intersection of asphalt paved trails. Trail to the right goes to a community. Trail to the left goes up some steps to a community.
- *** Decision Point:**
- 5k walkers – **Turn around** and jump to instruction #13.
- 10k walkers – continue on the boardwalk/paved trail. Follow it all the way to the sidewalk and then the traffic signal at Georgia Ave.
7. Turn **LEFT**, cross Georgia Ave and continue on the trail.
 8. Veer **RIGHT** at next Y Intersection to follow the trail under Connecticut Ave. (The left part of the Y takes you to Connecticut Ave at street level.)
 - a. Continue on the trail under Connecticut Ave
 - b. Pass the asphalt trail on right to the signboard on the right. You'll see the timeline of Henson's life and the map of the trail. This is the turn around point for the 10k.
 9. **Turn around** and retrace your steps back to Georgia Ave.
 10. Cross Georgia Ave.
 11. Turn **RIGHT** onto the sidewalk on Georgia Ave.
 12. Veer **LEFT** onto the paved trail in about 50 yds. Continue on the trail to traffic light at Layhill Rd.
 13. Turn **LEFT** to cross Layhill Rd.
 14. Turn **LEFT** on sidewalk.
 15. Veer **RIGHT** to continue on Matthew Henson trail.
 - a. Cross Sullivan Rd. (no sign)




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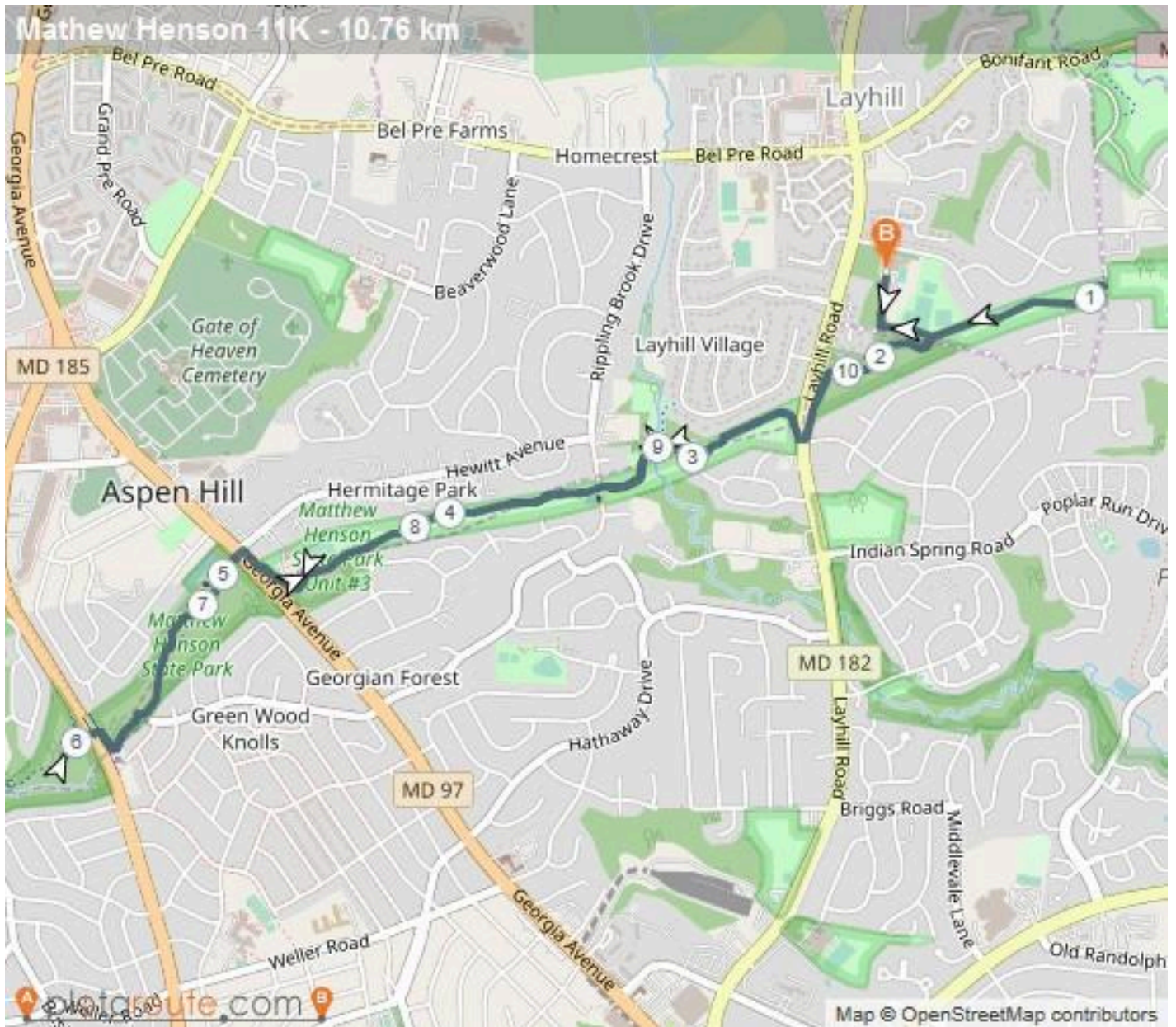
16. Turn **LEFT** onto the first asphalt path to the left (the connector trail).
 - a. Pass asphalt path on the right.
17. Turn **RIGHT** at the T intersection back to the parking lot.


Thank you for walking our Sugarloafer year-round today!

We hope you enjoyed this trail.

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Matthew Henson - 11k and 5k



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Internet Resources


Matthew Henson: https://en.wikipedia.org/wiki/Matthew_Henson

Matthew Henson State Park Stream Valley Park:

<https://www.montgomeryparks.org/parks-and-trails/matthew-henson-state-stream-valley-park/>

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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Photo Album



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