

Meadowside Nature Center Y2707

Rockville, Maryland

11k and 6k Walks

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

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Meadowside Nature Center Y2707

YRE Description

Located in Rock Creek Regional Park, Meadowside Nature Center offers hands-on natural and cultural history programs for families, schools, and scouts.

- Spend time visiting the resident owls, hawks, and American bald eagle in the Raptor Walkway.
- The Curiosity Corner discovery room contains books, games, puzzles, and more live animals for young naturalists to explore nature in a child-friendly environment.

There are two trails;

- A 11k trail on natural surface trails in the park.
- A 6k trail on natural surface trails in the park.

AVA Special Programs

There are no Special Programs associated with this event.

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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Meadowside Nature Center Y2707

Driving Directions to Meadowside Nature Center

Address: Meadowside Nature Center, 5100 Meadowside Ln, Rockville, MD 20855

GPS Coordinates of the Start Point are **39.1123369,-77.1066841**

Plus code is **4V6V+W8 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:

From Washington National Pike (I-270)

Take Exit 16, Intercounty Connector (MD-200) East

Take Exit 8A onto MD-97 S toward Wheaton

RIGHT onto Norbeck Rd. (MD-28 W)

RIGHT onto Muncaster Mill Rd. (MD-115 N) for 1.4 miles

LEFT onto Meadowside Ln.



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Meadowside Nature Center Trail

6k (3.7 miles) AVA rating 2C

There are restrooms at the start of this trail in the Nature Center when it is open. There are no other restrooms along this trail.

1. From the front of the Nature Center facing the parking lot, turn **LEFT** onto the sidewalk toward the Play Space walk to the right around the Hobbit House (gravel path) to the Trail Marker (TM) for Pioneer Trail.
2. Follow the grassy path past the Airplane and Fire Ring (on the left), keeping **LEFT** to the next TM on the left for Pioneer Trail.
3. Follow Pioneer Trail to the **RIGHT** at TM. It will go down hill to the pond on the right.
4. Follow TMs to stay on Pioneer Trail.
5. Just past the pond, take the boardwalk on the right and follow TMs for Pioneer Trail. (You will soon turn **LEFT** at a TM for Pioneer Trail.)
6. At the end of Pioneer Trail (indicated on a TM), continue straight passing several log cabins on the right.
7. At the next TM for Wildflower Trail, turn **RIGHT** onto a grass/dirt road.
8. Continue on road past the log cabins on the Right to a TM on the Left for Springs Trail.
9. Turn **LEFT** onto Springs Trail.
10. At the first Y-intersection on Springs Trail, **VEER LEFT**.
11. Continue on Springs Trail ignoring all side trails and crossing 3 bridges. (1km after 3rd bridge)
12. When you come to a covered bridge on the left and a TM, continue **straight** on Springs Trail.
13. When you come to a TM for Muncaster Mill Trail, Meadow Trail and Springs Trail, turn **RIGHT** onto Muncaster Mill Trail.
14. At TM for Big Pine Trail and end of Muncaster Mill Trail, turn **LEFT** onto Big Pine Trail.
15. At TM for Big Pine Trail and Old Nasty Trail, turn **RIGHT** onto Old Nasty Trail.
16. At TM for Lakeside Trail (and old Nasty Trail), turn **LEFT** onto Lakeside Trail. (Lake Frank will be on the Right.)
17. Cross boardwalk.
18. At TM for Big Pine Trail and Lakeside Trail, turn **RIGHT** to stay on Lakeside Trail (2km)
19. At TM for the end of Lakeside Trail, turn **RIGHT** onto Muncaster Mill Trail.
20. Cross bridge.
21. At TMs follow directions for Muncaster Mill Trail.
22. At TM for Muncaster Mill Trail, Rocky Ridge Trail and Meadowside Nature Center, turn **RIGHT** to go down stairs and stay on Muncaster Mill Trail.
23. Cross boardwalk.
24. Cross bridge (3km)
25. At TMs, follow Muncaster Mill Trail to Muncaster Mill Rd.
26. At Muncaster Mill Rd, **TURN AROUND AND BACKTRACK** on Muncaster Mill Trail. (approaching 4km)
27. At TMs follow Muncaster Mill Trail to TM for Backbone Trail and Muncaster Mill Trail.
28. At TM, go **RIGHT** onto Backbone Trail.
29. At TM for Backbone Trail and Rocky Ridge Trail, **VEER LEFT** staying on Backbone Trail.
30. At TM for Backbone Trail and Meadow Trail, turn **RIGHT** on Meadow Trail to go to the back of Meadowside Nature Center.
31. Go **RIGHT** around the Nature Center to the front and onto the parking lot and the End of the walk.

Thank you for walking our Sugarloafer year-round today!

We hope you enjoyed this trail.



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Meadowside Nature Center Trail

11k (6.8 miles) – AVA rating 2C

There are restrooms at the start of this trail in the Nature Center, when it is open.

1. From the front of the Nature Center facing the parking lot, turn **LEFT** onto the sidewalk toward the Play Space walk to the right around the Hobbit House (gravel path) to the Trail Marker (TM) for Pioneer Trail.
2. Follow the grassy path past the Airplane and Fire Ring (on the left), keeping **LEFT** to the next TM on the left for Pioneer Trail.
3. Follow Pioneer Trail to the **RIGHT** at TM. It will go down hill to the pond on the right.
4. Follow TMs to stay on Pioneer Trail.
5. Just past the pond, take the boardwalk on **RIGHT** and follow TMs for Pioneer Trail. (You will soon turn Left at a TM for Pioneer Trail.)
6. At the end of Pioneer Trail (indicated on a TM), continue straight passing several log cabins on the Right.
7. At the next TM for Wildflower Trail, turn **RIGHT** onto a grass/dirt road.
8. Continue on road past the log cabins on the Right to a TM on the left for Springs Trail.
9. Turn **LEFT** onto Springs Trail.
10. At the first Y-intersection on Springs Trail, **VEER LEFT**.
11. Continue on Springs Trail ignoring all side trails and crossing 3 bridges. (1km after 3rd bridge)
12. When you come to a covered bridge on the left and a TM, continue **STRAIGHT** on Springs Trail.
13. When you come to TM for Muncaster Mill Trail, Meadow Trail and Springs Trail, continue **STRAIGHT** on Muncaster Mill Trail.
14. At the next TM for Muncaster Mill Trail and Lakeside Trail, turn **RIGHT** onto Lakeside Trail. (there are 2 paths on the right going up the little hill. Take either path.)
Note: You are now on Lakeside Trail for a long time as it will go around Lake Frank. Carefully ignore all secondary/side paths while on Lakeside Trail.
15. At the next TM for Lakeside Trail and Big Pine Trail, turn **LEFT** to stay on Lakeside Trail.
16. Cross first bridge on Lakeside Trail (lake on left).
17. At each TM, follow directions for Lakeside Trail.
18. Cross two more bridges on Lakeside Trail.
19. At the TM for parking lot to Avery Rd, turn **LEFT** onto the paved trail toward the Lake Frank Dam.
20. Go across the Dam. and turn **LEFT** following the paved Lakeside Trail.
21. At the intersection with Rock Creek Trail (marked by a green sign) **VEER LEFT** staying on paved Lakeside Trail.
22. At the first T-intersection, turn **LEFT** (paved trail ends immediately on the right) staying on Lakeside Trail.
23. At the brown sign on the left for Lake Frank, continue **STRAIGHT** on paved Lakeside Trail.
24. When you come to an old/closed parking area, **VEER LEFT** and then **RIGHT** turn to stay on Lakeside Trail.
25. When exiting the parking area, you will enter a gravel/natural section of Lakeside Trail.



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26. Just after natural crossing of a creek, look for TM for Sunfish Trail and turn **RIGHT** onto this trail.
27. Follow the Sunfish Trail to a pond.
28. At the pond, turn around and backtrack to the TM for Lakeside Trail and turn **RIGHT** to get back onto Lakeside Trail.
29. Continue on Lakeside Trail to Muncaster Mill Rd.
30. Staying on the left side of Muncaster Mill Rd. (i.e., don't cross the road), cross the bridge.
31. Immediately after the bridge, go **LEFT** over the guard rail and down a steep set of steps to TM for Muncaster Mill Trail.
32. Follow TM directions for Muncaster Mill Trail.
33. Cross a bridge and a boardwalk.
34. Will turn Right to go up stairs to TM for Muncaster Mill Trail and Rocky Ridge Trail.
35. Turn **LEFT** to stay on Muncaster Mill Trail.
36. For the next 2 TMs, stay on Muncaster Mill Trail.
37. Cross bridge.
38. At TM for Muncaster Mill Trail and Lakeside Trail, stay **STRAIGHT** on Muncaster Mill Trail.
39. At TM for Muncaster Mill Trail and Springs Trail and Meadow Trail, turn **RIGHT** to go onto Meadow Trail.
40. For the next 2 TMs, follow directions to stay on Meadow Trail which will end at the back of the Meadowside Nature Center.
41. Go around the Nature Center on the Right and to the parking lot and the END of the walk.

Thank you for walking our Sugarloafer year-round today!

We hope you enjoyed this trail.




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Internet Resources

Meadowside Nature Center:

<https://www.montgomeryparks.org/parks-and-trails/rock-creek-regional-park/meadowside-nature-center/>

Park Map: https://www.montgomeryparks.org/uploads/docs/lakefrank_trails2015.pdf

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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