

Montrose Road / Josiah Henson Parkway Y3605

MONTROSE ROAD / JOSIAH HENSON PARKWAY Y3605
TWO NEIGHBORHOOD WALKS
East Walk – 6 km
South Walk – 5 km

TABLE OF CONTENTS

YRE Description and Driving Directions to the Start	2
AVA Special Programs	3
Registering for the Walk	3
After Completing the Walk	3
East Walk Instructions	4
South Walk Instructions	8

Copyright 2025 Seneca Valley Sugarloafers Volksmarch Club
August 2024
Page 1



In Case of Emergency: Dial 911
For Event Assistance:
Gary Jeffers: 301-785-6277

The walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

YRE Description and Driving Directions to the Start

Both the East Walk and the South Walk are generally through residential neighborhoods. Both walks are on concrete sidewalks and asphalt walks. Both walks include a number of hills; some inclines are lengthy, especially on the East Walk along the Josiah Henson Parkway. Both walks include some lengthy inclines and may be challenging to some walkers. The East Walk begins in the Pike and Rose neighborhood – a newly-developed business and residential neighborhood. Pike and Rose includes a variety of restaurants, stores and parks; see <https://pikeandrose.com/> and <https://dctravelmag.com/pike-and-rose/>. Parking is available in three nearby parking garages and surface parking lot (first two hours are free with charges for additional time). A map of the Pike and Rose area is available at <https://pikeandrose.com/dine> - click on the View Map box. Pike and Rose is easily accessed on the Rockville Pike in North Bethesda, Maryland; it is approximately 3.5 miles north of the Capital Beltway and 3 miles south of the City of Rockville. The address is 11580 Old Georgetown Road, North Bethesda, MD. The area is also accessible by using the North Bethesda METRO station on the Red Line (approximately two blocks away). From 270, take the Montrose Road, exit #4, East. Immediately past the St. Elizabeth Catholic Church, follow Montrose Road as it curves to the right and becomes the Josiah Henson Parkway. (Montrose Road turns left at this intersection.) Follow the Josiah Henson Parkway to Towne Road – approximately 1.1 miles.

The East Walk begins at the parking lot at the corner of Josiah Henson Parkway and Towne Drive in the Pike and Rose neighborhood. The parking lot and garages are accessed from the Josiah Henson Parkway by turning right onto Towne Drive (look for the Pike & Rose Tower/Pylon at the corner) for one block, turning left on Rose Avenue for one block, turning left onto Grand Park Avenue for one block (passing Pinstripes on the left), then turning left onto Prose Street for one-half block to the parking lot entrance on the right. Use the gated entrance and take a ticket. A parking garage is located by turning right on Prose Street and proceeding to the garage. Parking is free for the first two hours with hourly fees thereafter. Public restrooms are available at 11864 Rose Avenue – one-half block from Towne Drive - and on the corner of Prose Street and Grand Park Avenue – adjacent to Rose Park.

The East Walk passes near the Josiah Henson Museum & Park. The Museum/Park is approximately .1 mile from the intersection of Tilden Lane and Old Georgetown Road. The Park is the former plantation property of Isaac Riley where Reverend Josiah Henson was enslaved. This Park is a historic resource of local, state, national and

Copyright 2025 Seneca Valley Sugarloafers Volksmarch Club

August 2024

Page 2



In Case of Emergency: Dial 911
For Event Assistance:
Gary Jeffers: 301-785-6277

The walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

Montrose Road / Josiah Henson Parkway Y3605

international significance because of its association with Reverend Henson, whose 1849 autobiography, *The Life of Josiah Henson, Formerly a Slave, Now an Inhabitant of Canada*, inspired Harriet Beecher Stowe's landmark novel, *Uncle Tom's Cabin*. The Park's website is:

<https://montgomeryparks.org/parks-and-trails/josiah-henson-museum-and-park/> and provides a history of Mr. Henson. The Museum/Park's address is 11410 Old Georgetown Road. The Park is open from sunrise to sunset; the Museum is open Friday and Saturday from 10am to 4pm, and Sunday from 12 noon to 4pm.

The South Walk begins at the rear parking lot of the Faith United Methodist Church, 6801 Montrose Road, Rockville, MD. Below are directions to the Faith United Methodist Church, 6801 Montrose Road, Rockville, MD. 20852.

From 270: Use Exit 4 for Montrose Road – East.

Go through 2 stoplights looking (on the right) for the Church and the first Church driveway. Alternatively, look for the sign "6810 Montrose Road" at the second driveway, turning RIGHT into the Church driveway.

If you miss these driveways, turn RIGHT at Tildenwood Drive (stop light), proceed about .1 mile to the short driveway (Tildenwood Lane) between 6801 and 6800 Tildenwood Drive. Turn RIGHT to enter the Church driveway and parking lot. Please use the rear parking lot on the left.

From the Rockville Pike: Take the appropriate exit for the Josiah Henson Parkway – west bound. Proceed to the stop light where Josiah Henson Parkway meets Montrose Road (just before St. Elizabeth's Catholic Church), staying in the left lane to facilitate the left-hand turn at the next stop light - Tildenwood Drive. At Tildenwood Drive, turn left. Proceed about .1 mile to the short driveway (Tildenwood Lane) between 6801 and 6800 Tildenwood Drive. Turn RIGHT to enter the Church parking lot. Please use the rear parking lot on the left.

There is a Port-a-Potty at the Tilden Woods Local Park (in the middle of the South Walk) during the summer (generally May through October) and restrooms may be available when the park building is open (by reservation only).

THERE ARE NO MARKINGS FOR THESE VOLKSMARCH TRAILS. USE ONLY THESE INSTRUCTIONS AND MAPS TO GUIDE YOU ON OUR TRAILS.

Copyright 2025 Seneca Valley Sugarloafers Volksmarch Club

August 2024

Page 3



**In Case of Emergency: Dial 911
For Event Assistance:
Gary Jeffers: 301-785-6277**

The walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

AVA Special Programs

Special Programs: Par for the Course, Labyrinths

Registering for the Walk

The Seneca Valley Sugarloafers Volksmarch Club charges all participants over 12 years of age 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 on the Online Start Box (“OSB”), you can download the PDF file with the walk information. The PDF file includes directions to the walk start point and the 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 participation fee within 60 days.

After Completing 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.



In Case of Emergency: Dial 911
For Event Assistance:
Gary Jeffers: 301-785-6277

The walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

EAST WALK INSTRUCTIONS

Note: This Walk includes an optional loop around the rear of the Faith United Methodist Church and through the Old Farm Swim & Paddle Tennis Club. This loop adds about .6 mile to the East Walk. See OPTIONAL steps 19-26.

- 1.** From the Pike and Rose parking lot entrance, cross Prose Avenue and turn **RIGHT** for one-half block. Turn **LEFT** onto the sidewalk (not the asphalt bike path) on the left side of Towne Road; proceed to Rose Avenue – one block.
 - 2.** Turn **RIGHT** to cross Towne Road at the traffic light using the cross walk. Turn **LEFT**.
 - 3.** Follow Towne Road to Executive Drive. Cross Executive Drive at the stop light using the cross walk, staying on the right side of the street. At this intersection, Towne Road becomes Old Georgetown Road. Proceed straight on Old Georgetown Road, passing the medical office building at 6000 Executive Drive. Follow Old Georgetown Road for about 1,400 ft (.3 mile).
 - 4.** Pass the Tilden Medical Center at 11510 Old Georgetown Road. Turn **RIGHT** onto Tilden Lane, staying on the right side of the road. Note the sign for Tilden Woods Local Park at 6800 Tilden Lane.
- Note: To visit the Josiah Henson Museum and Park, stay on Old Georgetown Road. The Museum/Park is ahead at 11410 Old Georgetown Road.
- 5.** Following Tilden Lane, cross Luxmanor Road.
 - 6.** Pass Luxmanor Elementary School at 6201 Tilden Lane on the right, passing Roseland Drive on the left.
 - 7.** Cross Danville Road (named Marcliff Road on the left side). Note Tilden Middle School, 6300 Tilden Lane, on the left.
 - 8.** Cross Cushman Road.
 - 9.** Pass Hollow Tree Lane on the left.
 - 10.** Cross Parkedge Drive.
 - 11.** At Old Stage Road, turn **RIGHT**. Note Tilden Woods Local Park entrance on the left side of Tilden Road (Par for the Course); a port-a-potty is generally available during the summer season.
 - 12.** At the traffic circle, cross Stonewood Lane to proceed straight on Old Stage Road.
 - 13.** At Tildenwood Drive, turn **RIGHT**.
 - 14.** Cross Sulky Lane.
 - 15.** At the asphalt path on the right (with the yellow bullard) leading into the woods, turn **LEFT** at the crosswalk to cross Tildenwood Drive, then turn **RIGHT** on Tildenwood Drive.
 - 16.** At the next intersection, turn **LEFT** onto Tildenwood Lane. Follow the



In Case of Emergency: Dial 911
For Event Assistance:
Gary Jeffers: 301-785-6277

The walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

- street (becomes the Church driveway) into the parking lot for the Faith United Methodist Church.
17. Proceed across the parking lot to the side of the Church,
 18. Turn RIGHT on the Church driveway and sidewalk for the regular walk. Skip to step 27.
 19. OPTIONAL -- Steps 19 – 26 are optional and add approximately .6 miles to the East Walk. Proceed along the back (left side) of the Church, through the parking lot, to the far rear corner of the Church, looking for the wood fence, the enclosed raised gardens, and the concrete steps near the left corner of the Church. Proceed up the steps. **Note:** the steps are a notable rise and may be challenging to some walkers.
 20. Turn LEFT at the “T” intersection, continuing up the steps, curving to the right.
 21. At the top of the hill, enter the parking lot, passing the volleyball courts, then passing the pool on the right (Par for the Course).
 22. At the sidewalk in front of the building, turn RIGHT to pass the front of the Old Farm Swim & Paddle Tennis Club building. Note the tennis/paddle ball courts on the left.
 23. Continue on the sidewalk to Montrose Road, turn RIGHT.
 24. Follow the sidewalk to the entrance driveway to the front entrance of the Church.
 25. Follow the driveway and sidewalk to the left, noting the benches along a railing and brick wall. Look over the railing/wall to see the labyrinth below.
 26. Follow the driveway and sidewalk to the white sign post “Fellowship Hall”. Turn RIGHT to follow the sidewalk to the Mary Carter Barrow Memorial Garden and to the labyrinth. Look to the RIGHT to view the labyrinth (Labyrinth Special Program). Return to the Church driveway. Return to the regular walk instructions- Step 28.
 27. REGULAR WALK - Follow the driveway and sidewalk to the white sign post “Fellowship Hall”. Turn RIGHT to follow the sidewalk to the Mary Carter Barrow Memorial Garden and to the labyrinth. Look to the RIGHT to view the labyrinth (Labyrinth Special Program). Return to the Church driveway.
 28. Turn LEFT to follow the Church driveway to Montrose Road.
 29. Turn RIGHT to proceed along Montrose Road.
 30. At the stoplight, cross Tildenwood Drive with the light and continue along Montrose Road, noting St. Elizabeth’s Catholic Church across the street.
 31. At the split of the concrete sidewalk and the asphalt walk (before the guard rail), veer RIGHT to follow the asphalt walk; ignore the asphalt path on the right leading into the woods.
 32. Follow the asphalt path (curving left,

Copyright 2025 Seneca Valley Sugarloafers Volksmarch Club

August 2024

Page 6



In Case of Emergency: Dial 911
For Event Assistance:
Gary Jeffers: 301-785-6277

The walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

Montrose Road / Josiah Henson Parkway Y3605

- then right) under the bridge for the Josiah Henson Parkway (J.H. Parkway).
33. Follow the path uphill parallel the left side of the J.H. Parkway. Follow the J.H. Parkway uphill for about 2,500 ft. (about .5 mi.). Pass the regional headquarters for Kaiser Permanente on the right side of the J.H. Parkway.
34. At the intersection of the J.H. Parkway and E. Jefferson Street, turn RIGHT to cross J.H. Parkway,
- then turn LEFT to cross E. Jefferson Street.
35. Follow J.H. Parkway on the right side to reach Towne Road, noting the Pike & Rose Tower/Pylon.
36. Cross Towne Road and turn RIGHT.
37. Proceed to Prose Street (one block).
38. Turn left on Prose Street to return to the entrance to the parking lot and the START/FINISH POINT.

Thank you for walking our Sugarloafer event today!

We hope you enjoyed this trail.

If you would like to become a member of the Sugarloafers, please visit our website (Sugarloafers.org) or e-mail Membership Chair Darla Fera (dmferra@rcn.com). Membership provides countless benefits!

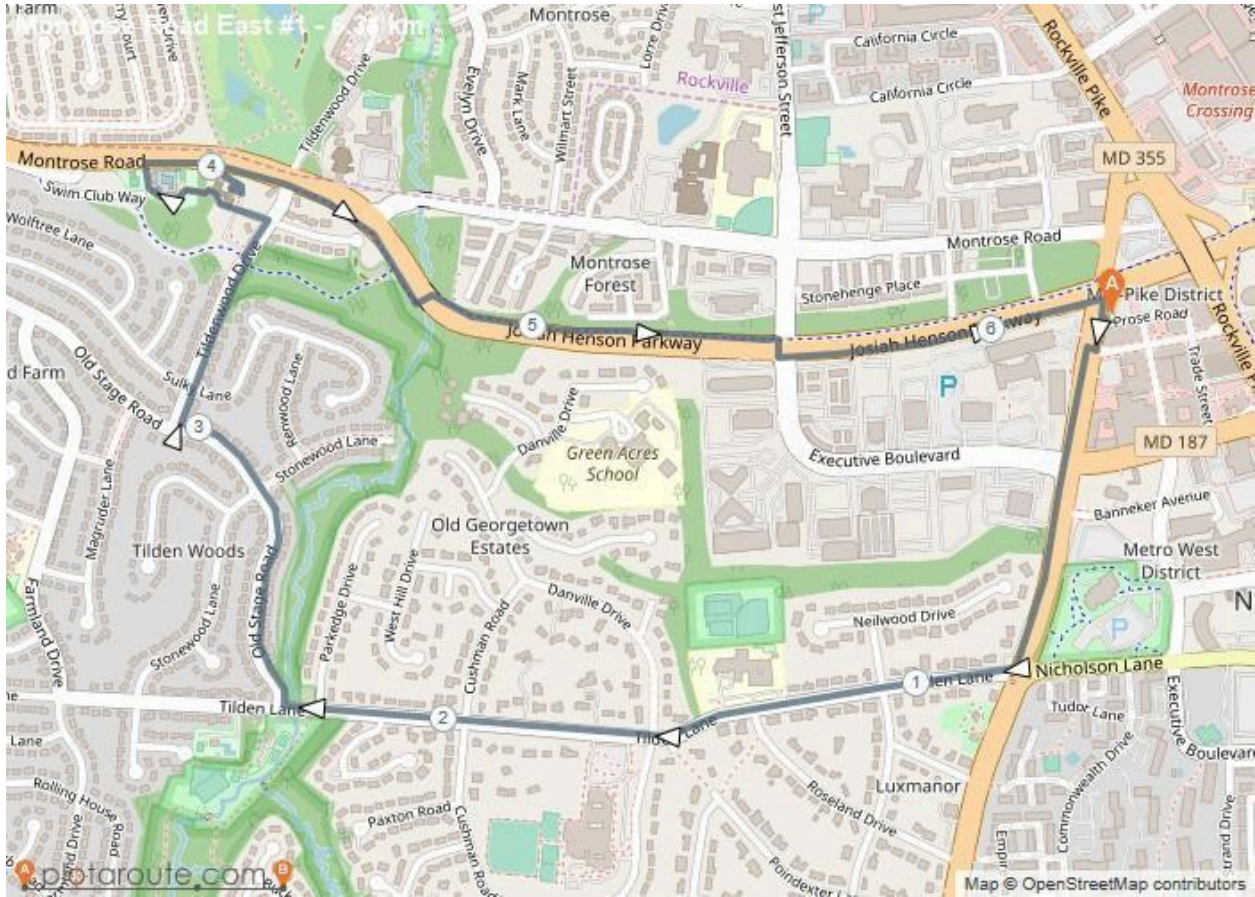


In Case of Emergency: Dial 911
For Event Assistance:
Gary Jeffers: 301-785-6277

The walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

Montrose Road / Josiah Henson Parkway Y3605

Montrose Road – East Walk – 6km



Map created using plotaroute.com, map data by OpenStreetMap Contributors.

Note: This East Walk map shows the OPTIONAL walk loop around the Old Farm Swim and Paddle Tennis Club and the rear and front of the Faith United Methodist Church (steps 19 - 26) at point 4 on this map.

Copyright 2025 Seneca Valley Sugarloafers Volksmarch Club
August 2024
Page 8



In Case of Emergency: Dial 911
For Event Assistance:
Gary Jeffers: 301-785-6277

The walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

SOUTH WALK INSTRUCTIONS

Note: This Walk includes an optional loop around the rear of the Faith United Methodist Church and through the Old Farm Swim & Paddle Tennis Club. This loop adds about .6 miles to the Walk. See OPTIONAL - steps 1-8.

1. OPTIONAL -- Steps 1 – 8 are optional and add approximately .6 mile to the South Walk. From the rear parking lot of the Church (facing the Church), go to the left side of the parking lot and the left rear corner of the Church, looking for the fence, the enclosed, raised gardens and the concrete steps on the left. Proceed up the steps. **Note:** the steps are on a notable rise and may be challenging to some walkers.
2. Turn LEFT at the “T” intersection, continuing up the steps, curving to the RIGHT.
3. At the top of the hill, enter the parking lot, passing the volleyball courts, then passing the pool on the right (Par for the Course).
4. At the sidewalk in front of the building, turn RIGHT to pass the front of the Old Farm Swim & Paddle Club building; note the tennis/paddle ball courts on the left.
5. Continue on the sidewalk to Montrose Road, turn RIGHT.
6. Follow the sidewalk to the entrance driveway to Faith United Methodist Church and turn RIGHT to the front entrance of the Church.
7. Follow the driveway and sidewalk to the left, noting the benches along a railing and brick wall. Look over the railing/wall to see the labyrinth below.
8. Follow the driveway and sidewalk to the sign post “Fellowship Hall”. Turn RIGHT to follow the sidewalk to the Mary Carter Barrow Memorial Garden and to the labyrinth. Look to the RIGHT to view the labyrinth. Then return to the Church driveway. Go to Regular Walk, step 11. (End of Optional STEPS.)
9. REGULAR. From the rear parking lot, walk to the sidewalk on the right side of the Church.
10. Follow the driveway and sidewalk to the sign post “Fellowship Hall”. Turn LEFT to follow the sidewalk to the Mary Carter Barrow Memorial Garden and to the labyrinth (Labyrinth Special Program). Look to the RIGHT to view the labyrinth. Then return to the Church driveway and sidewalk.
11. At the Church drive, turn LEFT to proceed to the sidewalk on Montrose Road. Turn RIGHT to proceed along Montrose Road.
12. At the stoplight, cross Tildenwood Drive with the light and proceed along Montrose Road, noting St.

Copyright 2025 Seneca Valley Sugarloafers Volksmarch Club

August 2024

Page 9



In Case of Emergency: Dial 911
For Event Assistance:
Gary Jeffers: 301-785-6277

The walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

Montrose Road / Josiah Henson Parkway Y3605

- Elizabeth's Catholic Church across the street.
13. At the split of the concrete sidewalk and the asphalt walk (before the guard rail), veer RIGHT to follow the asphalt walk for a short distance.
 14. At the next intersection, turn RIGHT on the asphalt path to proceed into the wooded area.
 15. Follow the path as it curves right in the woods and returns to Tildenwood Drive (no sign), looking for the yellow bullard.
 16. Turn LEFT at Tildenwood Drive. Cross Sulky Lane.
 17. At the next intersection (1 block), turn LEFT onto Old Stage Road.
 18. At the traffic circle, cross Stonewood Lane to continue on Old Stage Road.
 19. At the corner of Old Stage Road and Tilden Lane, turn RIGHT to cross Old Stage, then turn LEFT to cross Tilden Lane using the pedestrian crosswalks.
 20. Turn LEFT on Tilden Lane to follow that sidewalk to the driveway for Tilden Woods Local Park at 6800 Tilden Lane.
 21. Follow the sidewalk to pass the tennis courts on the left, and the park building on the right. Pass the port-a-potty (in season) (wood fence enclosure), the playground, exercise area, and the basketball courts (Par for the Course), arriving at the end of the sidewalk (near a bench) and at the edge of the ball diamond outfield/soccer field.
 22. Turn RIGHT to walk beside (right side) the chain link fence and chain link backstop. Turn RIGHT at the asphalt trail. Proceed uphill to the cul-de-sac at the end of Stonewood Terrace (no sign).
 23. Bear RIGHT to go around the circle and continue on Stonewood Terrace.
 24. At the "T" intersection, turn RIGHT onto Stonewood Lane.
 25. At Tilden Lane, turn LEFT.
 26. At Tilden Lane and Farmland Drive (4-way stop), cross Tilden Lane using the pedestrian path, then turn RIGHT to cross to the sidewalk on the left side of Farmland Drive.
 27. Continue uphill on Farmland Drive, crossing Hitching Post Lane. Pass Farmland Drive Park and Farmland Elementary School (7000 Old Gate Road). Cross Old Gate Road, continuing to Race Horse Lane.
 28. Cross Race Horse Lane. Turn RIGHT to cross Farmland Drive. Go one block on Race Horse Lane.
 29. At Magruder Lane, turn LEFT. Go to the "T" intersection with Old Stage Road.
 30. Cross Old Stage Road at the pedestrian crosswalk, then turn LEFT.
 31. Follow Old Stage Road to Old Bridge Road. Turn RIGHT.
 32. Follow Old Bridge Road to Hitching Post Lane, crossing Sulky Lane and Wolfree Lane. Turn RIGHT onto Hitching Post Lane.
 33. At the Old Farm Swim Paddle and Tennis Club sign (white reverse

Copyright 2025 Seneca Valley Sugarloafers Volksmarch Club

August 2024

Page 10



In Case of Emergency: Dial 911
For Event Assistance:
Gary Jeffers: 301-785-6277

The walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

Montrose Road / Josiah Henson Parkway Y3605

- side), turn RIGHT onto Swim Club Way, following the asphalt path.
34. Follow the asphalt path as it curves to the RIGHT after the “BUMP AHEAD” sign. Follow the stone wall. (The Old Farm Swim and Paddle Tennis Club pool will be directly ahead, but curve RIGHT.) Go downhill to Tildenwood Drive (note the yellow bullard across the street – step 15).
35. Turn LEFT onto Tildenwood Drive.
36. At the next intersection (one block), turn LEFT at Tildenwood Lane to enter the driveway for the Church parking lot. Return to the START/FINISH POINT.

Thank you for walking our Sugarloafer event today!

We hope you enjoyed this trail.

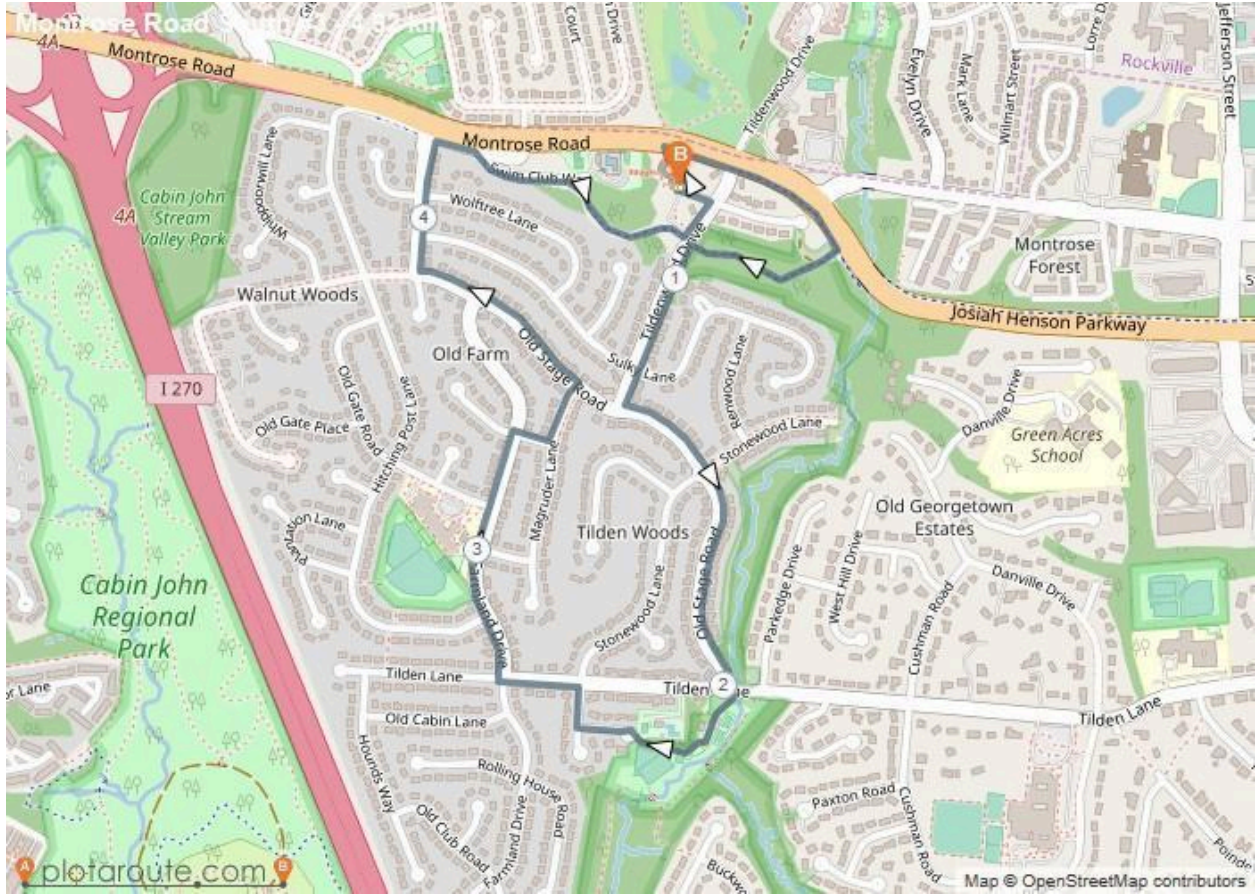
If you would like to become a member of the Sugarloafers, please visit our website (Sugarloafers.org) or e-mail Membership Chair Darla Fera (dmfera@rcn.com). Membership provides countless benefits!



In Case of Emergency: Dial 911
For Event Assistance:
Gary Jeffers: 301-785-6277

The walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

Montrose Road / Josiah Henson Parkway Y3605



Map created using plotaroute.com, map data by OpenStreetMap Contributors.

Note: This South Walk map does not show the OPTIONAL Walk loop around the Old Farm Swim and Paddle Tennis Club and the rear and front of the Faith United Methodist Church (steps 1-8) that are at point B on this map. See the East Walk map for a depiction of the OPTIONAL loop – point 4 at the top of the East Walk map.

Copyright 2025 Seneca Valley Sugarloafers Volksmarch Club
August 2024
Page 12



In Case of Emergency: Dial 911
For Event Assistance:
Gary Jeffers: 301-785-6277

The walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.