

Rock Creek Trail Y0887

Rock Creek Park, Rockville, Maryland
20k, 12k, 10k and 5k Walks

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For Event Assistance: Lee Powell 301-424-4261

Rock Creek Trail Y0887

YRE Description

The Rock Creek Trail forms a winding path through the urban greenway of Rock Creek Regional Park. The trail extends between Needwood Lake (northeast of Rockville, MD) and the Washington, D.C. border, 14 miles south. Although the area is urbanized, the trail route is through a mostly wooded corridor that encompasses Rock Creek, as it flows toward the Potomac River.

The trails are all on asphalt paths or roadways. Both the Lake Needwood trail and the Parklawn Memorial Park trails can be walked together for 20k distance.

There are no restrooms on the trails, but they are available at the Safeway and several shops when they are open. Please make a purchase at the shops to use their restroom.

AVA Special Programs

Trail	Special Program(s)
Lake Needwood 10k	Rockin' Around the Clock
Lake Needwood 5k	Rockin' Around the Clock
Parklawn Memorial Park 10-12k	Rockin' Around the Clock, Little Free Libraries
Parklawn Memorial Park 5k	Rockin' Around the Clock

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 \$3 fee. When you register for your walk event, please DO NOT check the "No Credit" checkbox for any participant over 12 years of age.



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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.

Driving Directions to the Start

Address: Subway, 5548 Norbeck Rd, 20853

GPS Coordinates of the Start Point are **39.0945922,-77.111145**

Plus code is **3VVQ+RF Rockville, District 4, 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 I-270.

Take Exit 6 (MD 28), (W Montgomery Ave) east toward Rockville.

CROSS Rt 355 (Rockville Pike) onto Veirs Mill Rd.

LEFT on First St to remain on MD 28 approximately 1.5 miles.

RIGHT onto Bauer Dr.

RIGHT into Rock Creek Shopping Center.

The Starting point is under the large clock in the far left corner of the shopping center.

From points east.

Take MD 28 West (Norbeck Rd).

LEFT onto Bauer Dr.

RIGHT into Rock Creek Shopping Center.

The Starting point is under the large clock in the far left corner of the shopping center.

There is additional parking behind the shopping center. The entrance to this parking is behind the Safeway.

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Rock Creek Trail Y0887

Walk Instructions - Lake Needwood

10k (6.2 miles)-AVA rating 2A

There are restrooms at the start if the Subway is open.

From the free standing public clock.

1. **STRAIGHT** to walk past Safeway
2. **RIGHT** on Bauer Dr.
 - a. Cross Burnside Dr.
 - b. Cross Amesfield Ct.
3. **RIGHT** on Greenspan Ln.
 - a. Cross Parkvale Rd.
4. **STRAIGHT** onto the paved path into Rock Creek Park.
5. **RIGHT** at path intersection onto Rock Creek trail. Keep right to allow others to pass.
 - a. Cross Baltimore Rd.
 - b. Cross under Norbeck Rd.
 - c. Cross Avery Rd.
 - d. Cross Southlawn Ln.
6. **CONTINUE** on the left side of the parking lot to park the road.
7. **LEFT** at park road along left shoulder.
8. **LEFT** onto paved path with parking lot on right. Follow the path to the pavilion. Enter the pavilion for a view of the lake.

[Restrooms available in the parking lot, outside the pavilion (in summer), or at the picnic area uphill in the woods on the other side of the park road.]

9. **TURN AROUND** and retrace steps to the park road.

10. **RIGHT** into the next parking area just before the pedestrian crossing.
11. **CONTINUE** through the parking lot to trail on left (by the bulletin board at the big meadow).
12. **RETRACE** your steps back to the start/finish.
 - a. Cross Southlawn Ln.
 - b. Cross Avery Rd.
 - c. Cross under Norbeck Rd.
 - d. Cross Baltimore Rd.
13. **LEFT** on path to Greenspan Ln.
 - a. Cross Parkvale Rd.
14. **STRAIGHT** Greenspan Ln.
15. **LEFT** on Bauer Dr.
16. **LEFT** at the traffic light into the shopping center.
17. **STRAIGHT** on the sidewalk past Safeway to our start/finish point.

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

Thank you for walking our Sugarloafer year-round today!

We hope you enjoyed this trail.



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Rock Creek Trail Y0887

Rockville, Rock Creek Park Year-Round Event 10km Lake Needwood Trail



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Walk Instructions - Lake Needwood 5k (3.1 miles)-AVA rating 1A

There are restrooms at the start if the Subway is open.

From the free standing public clock.

1. **STRAIGHT** to walk past Safeway
2. **RIGHT** on Bauer Dr.
 - a. Cross Burnside Dr.
 - b. Cross Amesfield Ct.
3. **RIGHT** on Greenspan Ln.
 - a. Cross Parkvale Rd
4. **STRAIGHT** onto the paved path into Rock Creek Park.
5. **RIGHT** at path intersection onto Rock Creek trail. Keep right to allow others to pass.
 - a. Cross Baltimore Rd.
 - b. Cross under Norbeck Rd.
 - c. Continue until you come to the first bridge that goes ACROSS Rock Creek. (This will be the 2nd bridge.) DO NOT CROSS the creek.
6. **TURN AROUND** and retrace your steps back to the start/finish.
 - a. Cross under Norbeck Rd.
 - b. Cross Baltimore Rd.
7. **LEFT** to Greenspan Ln.
 - a. Cross Parkvale Rd.
8. **STRAIGHT** onto Greenspan Ln.
9. **LEFT** on Bauer Dr.
10. **LEFT** at the traffic light into the shopping center.
11. **STRAIGHT** on the sidewalk past Safeway to our start/finish point.

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Walk Instructions - Parklawn Memorial Park 12k, 10k (7.5, 6.2 miles)-AVA rating 2A

There are restrooms at the start if the Subway is open and at the mansion (office) in Parklawn Memorial Park. Pets are NOT permitted to enter the burial grounds of Parklawn Memorial Park. Walkers with pets, and anyone else who wishes, should use our 12k bypass trail. See map.

From the free standing public clock.

1. **STRAIGHT** to walk past Safeway.
2. **RIGHT** on Bauer Dr.
 - a. Cross Burnside Dr.
 - b. Cross Amesfield Ct.
3. **RIGHT** on Greenspan Ln.
 - a. Cross Parkvale Rd
4. **STRAIGHT** onto the paved path into Rock Creek Park.
5. **LEFT** onto Rock Creek trail. Keep right to allow others to pass.
 - a. Ignore all side paths to right and left.
 - b. Cross over Veirs Mill Rd on the pedestrian bridge.

The bridge is constructed of light green-colored metal with a millstone pattern stamped into the concrete blocks which support it and into the cement walk. The millstones are meant to reference the historical roots of the Veirs Mill, which was along Rock Creek nearby.

- c. Pass an athletic field on your left.

Walkers using 12k BYPASS trail, those with pets and others who wish, skip to #19.

6. **RIGHT** on Memorial Park entrance road. (Note big rocks lining both sides of this road.) Walk on left shoulder facing traffic.
 - a. Cross bridge over Rock Creek. (4k)

- b. Continue on the road toward the stone pillar in the middle of the road for Menorah Gardens.
7. **Bear RIGHT** (before stone pillar) and **Cross** stone bridge.
 - a. Cross two more small stone bridges.
8. **STOP** when you reach the road intersection with a directional sign "Right to OFFICE; Left to MENORAH".

You now need to choose one of these two loops through Parklawn Memorial Park:

The **OFFICE loop** takes you to the mansion (office with restrooms) up on the hill and past the mausoleum. ***It begins with instruction #9.***

The **MENORAH loop** takes you to the Menorah Gardens and past the Veterans Memorial. ***It begins with instruction #16.***

OFFICE loop

9. **RIGHT** and uphill to the mansion (office) on your right. (5k)

Walkers are welcome to enter mansion for water and restrooms, when open.

10. **RIGHT** at first intersection.
 - a. Pass the mausoleum on your right.



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11. **LEFT** at “T” intersection and follow road (statue of FOLDED HANDS will be on your right).
12. **RIGHT** at the next road (statue of FOLDED HANDS will still be on your right).
13. **Hard LEFT** at the next intersection where you see on the right, a black stone bench “Locke” under a big tree.
 - a. Pass stone marker “Exit Veirs Mill Rd.” on the right.
14. **LEFT** at next intersection onto Memorial Park entrance road
 - a. Cross bridge over Rock Creek and continue on the left side of the road to Rock Creek trail.
15. **LEFT** onto Rock Creek trail. *This is the end of the OFFICE loop.* (6k). Skip to #26c.

MENORAH loop

16. **LEFT** at sign.
 - a. Cross bridge and follow road uphill to Menorah Gardens.
 - b. Pass Veterans Memorial on right.
 - c. Pass Sword memorial on the left.
 - d. Pass Anvil memorial on the left.
 - e. Pass Hammer memorial on left.
 - f. Pass Lullabyland on the right.
 - g. Pass Memorial Pool on the left.
17. **RIGHT** at the next “T” intersection and follow the road as it goes through the Asian sections of the cemetery.
 - a. Pass Menorah Gardens stone pillar in middle of road.
 - b. Cross Rock Creek at the stone bridge and continue along the left side of Memorial Park entrance road.

18. **LEFT** onto Rock Creek Trail. *This is end of MENORAH loop.* (6k). Skip to #26c.

12k BYPASS trail

19. Cross entrance road to Parklawn Memorial Park (lined with big rocks).
 - a. Cross a road @ a stop sign.
20. **LEFT** to cross a single-lane car bridge.
21. **Veer LEFT** to continue on trail.
 - a. Cross a wooden bridge.
 - b. Pass Parklawn Community Garden sign.
 - c. Pass Mile 9.5 sign.
 - d. Continue over the hill and down the other side.
22. **LEFT** at “T” intersection in trail.
 - a. Cross the bridge over Rock Creek and go to the water fountain (on right).
23. **TURN AROUND** and RETRACE your steps.
 - a. Cross the bridge over Rock Creek.
24. **RIGHT** on Rock Creek trail.
 - a. Pass Mile 9.5 sign.
 - b. Pass Parklawn Community Garden sign.
 - c. Cross wooden bridge.
25. **RIGHT** on the road.
 - a. Cross single-lane car bridge.
26. **Immediate RIGHT** to continue on trail.
 - a. Cross road.
 - b. Cross Parklawn Memorial Park entrance road.
 - c. Pass the athletic field on the right.
 - d. Cross over Veirs Mill Rd. on the pedestrian bridge. (7k/9 k)
 - e. Pass parking lot and athletic field on right.



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27. **RIGHT** at Russett Rd. exit trail. (8k/10 k)
 - a. Cross boardwalk.
28. **LEFT** on Russett Rd.
29. **LEFT** on Manorvale Rd. (9k/11k)
30. **RIGHT** on Manorfield Rd.

At 5311 Manorfield Rd. is Little Free Library #77591.

31. **RIGHT** on Greenspan Ln.
32. **LEFT** on Bauer Dr.
33. **LEFT** at the traffic light into the shopping center.
34. **STRAIGHT** on the sidewalk past Safeway to our start/finish point.

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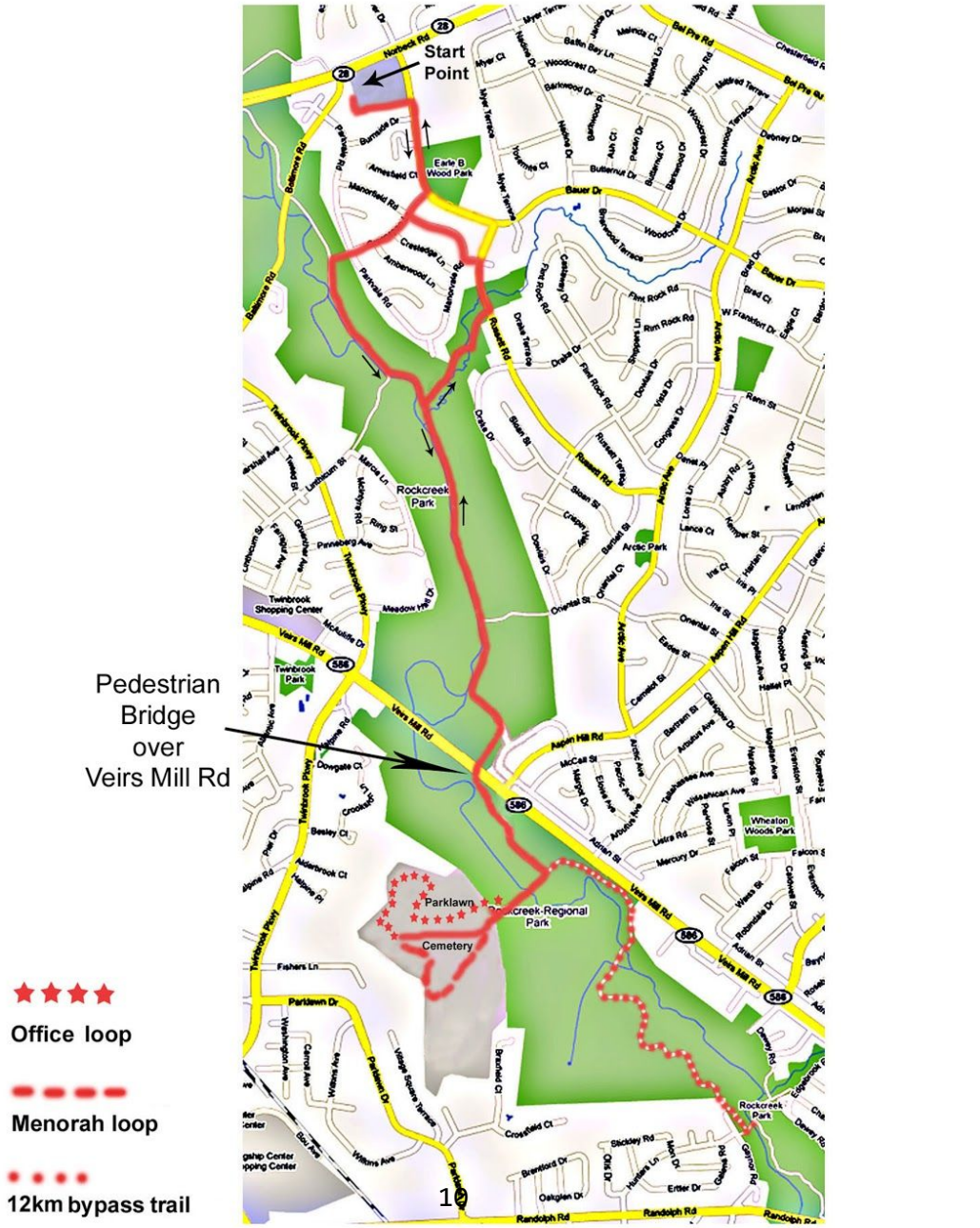
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Rock Creek Trail Y0887

Rockville, Rock Creek Park Year-Round Event 10km / 12km Parklawn Memorial Park Trail



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Walk Instructions - Parklawn Memorial Park 5k (3.1 miles)-AVA rating 1A

From the free standing public clock.

1. From the free standing public clock.
2. **STRAIGHT** to walk past Safeway.
3. **RIGHT** on Bauer Dr.
 - a. Cross Burnside Dr.
 - b. Cross Amesfield Ct.
4. **RIGHT** on Greenspan Ln.
 - a. Cross Parkvale Rd.
5. **STRAIGHT** onto the paved path into Rock Creek Park.
6. **LEFT** onto Rock Creek trail. Keep right to allow others to pass.
 - a. Ignore side paths to the right.
 - b. Pass the side path for Russett Rd. on the left.
7. **TURN AROUND** at side path for Oriental St. (on left) and retrace your steps back to the start/finish.
 - a. Pass the side path for Russett Rd. on the right.
 - b. Ignore the side path and bridge on the left.
8. **RIGHT** on side path for Greenspan Ln.
 - a. Cross Parkvale Rd.
9. **STRAIGHT** onto Greenspan Ln.
10. **LEFT** on Bauer Dr.
11. **LEFT** at the traffic light into the shopping center.
12. **STRAIGHT** on the sidewalk past Safeway to our start/finish point.

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Internet Resources

Rock Creek Stream Valley Park:

<https://www.montgomeryparks.org/parks-and-trails/rock-creek-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



Sculpture at Lake Needwood near the Pavilion and Boat Rental Center.

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Rock Creek Trail Bridge over Veirs Mill Rd.

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