

APPALACHIAN TRAIL THROUGH MARYLAND

Long Distance YRE - Y2330, rated 3C

The Basics - How To Walk The Appalachian Trail In MD	2
Suggested Day Walks	2
Walk Guidelines	3
Registering For The Walk	3
After You Have Completed The Walk	4
AVA Special Programs	4
Resources For Detailed Hike Directions	4
Supplement: About The Appalachian Trail (From Wikipedia)	5
More Walks And Information From SVSVC	5
Myersville, MD AT Trailhead to the Washington Monument 10K Walk Instructions	6



In Case of Emergency: Dial 911

For Event Assistance: Call Jeff Giddings @ 240-753-0119

The Basics - How To Walk The Appalachian Trail In MD

The Appalachian Trail (AT) in Maryland (MD) is approximately 41 miles (66 kilometers) long and extends from the Potomac River shoreline in Harpers Ferry, West Virginia to the Mason-Dixon Line in Pen Mar, Maryland. The MD section is considered one of the easier sections of the AT, however, there are still some steep climbs over rocky and uneven terrain. Therefore, this event has been rated a 3C. We strongly recommend that sturdy hiking boots and walking poles be used while on the trail.

This event has a minimum of 5K distance and may be done over multiple days, for the entire length of the AT through MD. You may start a walk from any access point, for any length of 5K or more and it will qualify for the IVV event stamp. You must register and pay for IVV credit separately for each day walked.

The AT is a long-established national trail with many available guidebooks and maps so we are not providing detailed walk directions in this document. You may walk any section in either direction as an out-and-back walk or do a "shuttle walk" where, using two cars, a car is left at both ends of the walk so you only have to walk one way.

Suggested Day Walks

We have included the following links and information on breaking up the MD portion of the AT into reasonable day walks:

- This document includes the drive directions and walk instructions for a 10k trail from the Myersville MD AT trailhead to Washington Monument (rating 3C).
- The flattest section of the AT is along the C&O Canal Towpath from Harpers Ferry to the turn to Weverton Cliffs, ~9k (rating 1B). To do this walk, park in Harpers Ferry and cross the pedestrian bridge from the West Virginia side to Maryland. Go down the flight of metal steps to the AT/C&O Canal towpath. From there, turn right and follow the AT/C&O Canal towpath until the AT turns left and crosses the railroad tracks. Return the way that you came.
- The webpage www.hikingupward.com suggests that the AT in MD be broken up into four day hikes.
- The Maryland Department of Natural Resources also has recommendations for three AT day hikes.



- The book *Exploring the Appalachian Trail: Hikes in the Mid-Atlantic States – Maryland Pennsylvania New Jersey New York* by Scherer and Hopey breaks the length of the MD trail up into 3 day hikes. It can be purchased from Amazon or at most Maryland bookstores. This book provides driving directions to the start and end of each day hike, as well as details on what to expect on each hike. Because of copyright issues, we are not reproducing the book's information here. The day hikes in this book are:
 - Crampton Gap to Harpers Ferry, WV
 - Crampton Gap, Fox Gap, and Turners Gap
 - Pine Knob to Pen Mar County Park

Walk Guidelines

1. The AT is marked with white blazes (white vertical stripes painted on trees or rocks). While walking, make sure you see these blazes frequently to make sure you are still on course. Two white blazes, one above the other, signal a turn, or other situation that requires you to be especially alert to changes in trail direction. Sometimes the two blazes will be offset in the direction of the turn.
2. The AT through MD often has a very rocky surface and there may be mud, snow, or ice, depending on the weather. Hiking boots and one or two hiking poles are strongly suggested. If you have difficulty with uneven and rocky surfaces, this event is not for you.
3. Walk with a friend! It is not recommended to do this walk alone.
4. Check the weather forecast and sunset times before heading out. Many of the recommended day hikes may take 4-6 hours or more. Be sure you have plenty of time to safely complete the walk during daylight hours.
5. Please practice safe wilderness procedures. Carry a portable rain slicker with you, a map or trail book, food and plenty of water, a small first aid kit, sunscreen, bug spray, and a phone in case of emergencies.
6. Let a friend or family member know where you are walking that day and let them know when you are safely off the trail.

IN CASE OF EMERGENCIES: Dial 911. You can also contact the POC, Jeff Giddings, at 240 753-0119 (cell phone).

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.



After You Have Completed The Walk

Please remember to log back into the OSB system to “finish/complete” your online registration after doing the walk. Completion information includes the date the event was walked, the distance walked and applicable special programs.

Note: The OSB system does not deduct any walk event credit fee from your Event Bank until you have submitted the walk completion info. If you have paid the \$2 fee for the PDF file download then this fee is credited toward the walk event fee when you submit the walk completion information as a credit walker. This PDF file download credit is available if you return to the OSB to submit the walk completion information within 60 days.

AVA Special Programs

Appalachian Trail – This new AVA special program requires completion of an AT walk in each of the fourteen AT states. This event qualifies for the state of Maryland.

Bridges – Many walks on the AT in MD have one or more footbridges which would qualify for this program.

Border Crossings – The AT in Maryland touches the borders of West Virginia at Harper’s Ferry and Pennsylvania at Pen Mar which could qualify for this program.

Resources For Detailed Hike Directions

1. *Exploring the Appalachian Trail: Hikes in the Mid-Atlantic States – Maryland Pennsylvania New Jersey New York* by Scherer and Hopey. This book breaks the AT down into reasonable length day hikes and provides directions to each start and end location. This book recommends shuttle hiking (that is, hiking with one or more partners and parking a car at either end of the section to be hiked). However, you can also use the book to do out-and-back sections along the trail. Here is a link to this book on Amazon.
2. The official AT Trail Store is a great place to order books and maps and support the organization too. They have a map set that includes all of MD. It’s not necessary to have these to hike if you have a guidebook like the one above, but they’re interesting and probably a good safety measure to have them along.
3. HikingUpward.com details how to split the entire Maryland portion of the AT into 4 one-day hikes here.



In Case of Emergency: Dial 911

For Event Assistance: Call Jeff Giddings @ 240-753-0119

4. The following website provides information on parking areas for the AT in Maryland.
5. An excellent interactive website that has information on the entire AT can be found here.
6. The Appalachian Trail Conservancy website for Maryland is here.
7. For those hikers that don't wish to hike alone, Road Scholar offers tours, companionship, transportation, guides, food, lodging, and other support. You can find information on guided tours here.

Supplement: About The Appalachian Trail (From Wikipedia)

The Appalachian National Scenic Trail, generally known as the Appalachian Trail or simply the A.T., is a marked hiking trail in the eastern United States extending between Springer Mountain in Georgia and Mount Katahdin in Maine. The trail is about 2,200 miles (3,500 km) long, though the precise length changes over time as parts are modified or rerouted. The trail passes through 14 states: Georgia, North Carolina, Tennessee, Virginia, West Virginia, Maryland, Pennsylvania, New Jersey, New York, Connecticut, Massachusetts, Vermont, New Hampshire, and Maine.

The Appalachian Trail was completed in 1937 after more than a decade of work, although improvements and changes continue. It is maintained by 31 trail clubs and multiple partnerships, and managed by the National Park Service, United States Forest Service, and the nonprofit Appalachian Trail Conservancy. The majority of the trail is in forest or wildlands, although some portions traverse towns, roads and farms. The trail conservancy claims that the Appalachian Trail is the longest hiking-only trail in the world.

At least 2 million people are said to do at least one day hike on the trail each year. Thru-hikers attempt to hike it in its entirety in a single season — more than 2,700 people thru-hiked the trail in 2014 — and some hike from one end to the other, then turn around and thru-hike the trail the other way, known as a "yo-yo". Many books, memoirs, web sites, and fan organizations are dedicated to these pursuits.

The Appalachian Trail, the Continental Divide Trail, and the Pacific Crest Trail form what is known as the Triple Crown of long-distance hiking in the United States.

More Walks And Information From SVSVC

Please visit our website, sugarloafers.org, for information on other Seneca Valley Sugarloafers Volksmarch Club (SVSVC) YREs and traditional events.



Myersville, MD AT Trailhead to the Washington Monument 10K

Trail Start Point: The start point is the Appalachian Trail (AT) Parking lot on US-40 (1/2 mile west of Pleasant Walk Road) Myersville, MD (39.53555, -77.60408). If the parking lot is full then park along US-40.

Driving Directions: Take I-70 to exit 42, MD-17 N, Myersville. There are services at the exit including gas, food and bathrooms. There are NO services at the start point, on the trail or at the Monument. Turn RIGHT in Meyersville to stay on MD-17 N, Wolfsville Road. Turn LEFT onto US-40 W at the traffic light. Go 3 miles to the AT parking lot on the left side of US-40. The parking lot is opposite the Maryland Department of Natural Resources Fire Danger sign.

We suggest you walk with sturdy hiking boots and trekking poles or a hiking staff. The Monument is usually open for views from the top. There is also a patio with a view of the valley below and beyond to West Virginia. It is a perfect venue for a picnic lunch before you start back.



In Case of Emergency: Dial 911

For Event Assistance: Call Jeff Giddings @ 240-753-0119

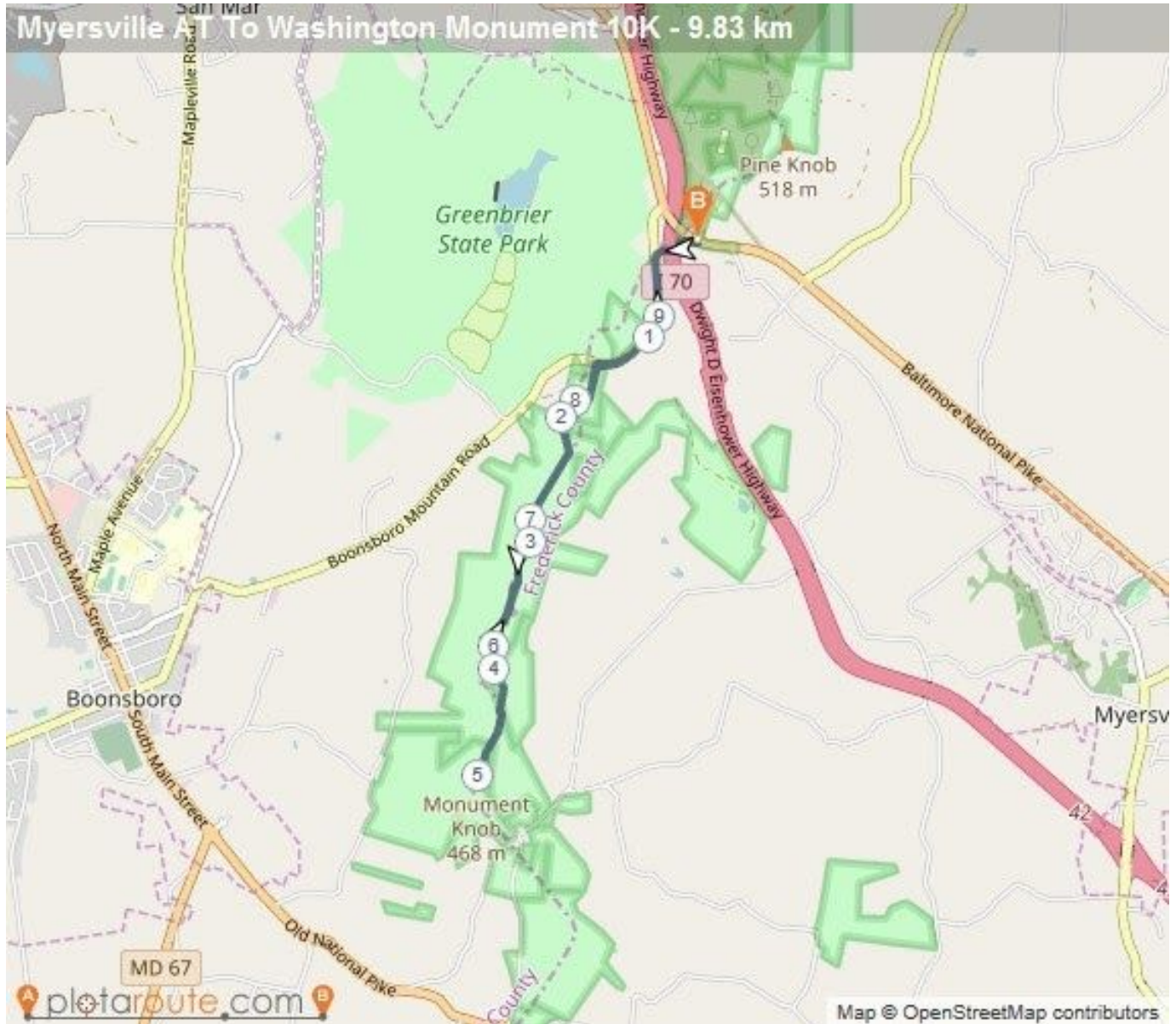
Myersville, MD AT Trailhead to the Washington Monument


10k (6.2 miles) AVA rating 3C

There are no restrooms at the start of this trail or on the trail.

1. From the top (west end) of the parking lot continue on the old road following the sign to the AT.
2. Turn LEFT at the blue blaze before the road barrier.
3. Continue straight across the I-70 pedestrian bridge. You are now on the AT South. The AT is marked with white blazes.
4. Follow the white blazes LEFT up the stairs and then RIGHT.
5. Cross Boonsboro Mountain Road. The AT jogs slightly left as you cross the road.
6. Follow the white blazes and then cross Boonsboro Mountain Road a second time.
7. Follow the white blazes for 3.5km. The AT rolls along the ridge line of South Mountain and then climbs more steeply as it approaches Monument Knob.
8. Bear RIGHT on the gravel road near the top of Monument Knob to the Washington Monument.
9. Return down the gravel road and bear LEFT onto the AT North.
10. Follow the white blazes of the AT as it descends from Monument Knob and along the South Mountain ridge.
11. Cross Boonsboro Mountain Road twice.
12. Turn LEFT to go down the stairs and then RIGHT across the pedestrian bridge.
13. Continue straight at the end of the bridge (AT turns left here) and follow the blue blaze toward US-40.
14. Turn RIGHT on the old road back to the AT parking lot.





 **In Case of Emergency: Dial 911**
For Event Assistance: Call Jeff Giddings @ 240-753-0119