

Meadowside Nature Center Y2707

Rockville, Maryland

11k and 6k Walks

TABLE OF CONTENTS

YRE Description	2
AVA Special Programs	2
Registering for the walk	2
After you have completed the walk	2
Driving Directions to Meadowside Nature Center	3
Meadowside Nature Center Trail 6k (3.7 miles) AVA rating 2C	4
Meadowside Nature Center Trail 11k (6.8 miles) - AVA rating 2C	7
Internet Resources	10



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 10k trail on natural surface trails in the park.
- A 5k 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 \$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.

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 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 Y2707

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, walk 45 degrees to the Left, past the Play Space on the Left, to the Trail Marker (TM) for Pioneer Trail.
2. Follow path past the Fire Ring on the Left to next TM on Left for Pioneer Trail.
3. Follow Pioneer Trail to the **Right** at TM. Will go down hill to pond on Right.
4. Follow TMs to stay on Pioneer Trail.
5. Just past pond, take boardwalk on Right and follow TMs for Pioneer Trail. (You will soon turn **Left** at a TM for Pioneer Trail.)
6. At end of Pioneer Trail (indicated on a TM), continue straight passing several log cabins on the Right.
7. At 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 first Y on Springs Trail, **veer Left**.
11. Continue on Springs Trail ignoring all side trails and crossing 3 bridges. (1km after 3rd bridge)
12. When come to covered bridge on Left and a TM, continue **straight** on Springs Trail.
13. When come to 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 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, Big Pine 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.



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30. At TM for Backbone Trail and Meadow Trail, turn **Right** on Meadow Trail to go to 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, walk 45 degrees to the **Left**, past the Play Space on the Left, to the Trail Marker (TM) for Pioneer Trail.
2. Follow path past the Fire Ring on the Left to next TM on Left for Pioneer Trail.
3. Follow Pioneer Trail to the **Right** at TM. Will go down hill to pond on Right.
4. Follow TMs to stay on Pioneer Trail.
5. Just past pond, take boardwalk on Right and follow TMs for Pioneer Trail. (You will soon turn Left at a TM for Pioneer Trail.)
6. At end of Pioneer Trail (indicated on a TM), continue straight passing several log cabins on the Right.
7. At 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 first Y on Springs Trail, **veer Left**.
11. Continue on Springs Trail ignoring all side trails and crossing 3 bridges. (1km after 3rd bridge)
12. When come to covered bridge on Left and a TM, continue **straight** on Springs Trail.
13. When come to TM for Muncaster Mill Trail, Meadow Trail and Springs Trail, continue **straight** on Muncaster Mill Trail.
14. At 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.)
15. Note: 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.
16. At next TM for Lakeside Trail and Big Pine Trail, turn **Left** to stay on Lakeside Trail.
17. Cross first bridge on Lakeside Trail (lake on left).
18. At each TM, follow directions for Lakeside Trail.
19. Cross two more bridges on Lakeside Trail.
20. At TM for parking lot to Avery Rd, turn **Left** onto paved trail toward the Lake Frank Dam.
21. Go across the Dam. and turn **Left** following the paved Lakeside Trail.
22. At intersection with Rockcreek Trail (marked by a green sign) **veer Left** staying on paved Lakeside Trail.
23. At first T intersection, turn **Left** (paved trail ends immediately on the right) staying on Lakeside Trail.
24. At brown sign on left for Lake Frank, continue **straight** on paved Lakeside Trail.
25. When come to an old/closed parking area, **veer Left** and then **Right** turn to stay on Lakeside Trail.
26. When exit the parking area, will enter

7

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Revision Date: 25 June 2020



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- gravel/natural section of Lakeside Trail.
27. Just after natural crossing of a creek, look for TM for Sunfish Trail and turn **Right** onto this trail.
 28. Follow Sunfish Trail to a pond.
 29. At the pond, turn around and backtrack to the TM for Lakeside Trail and turn **Right** to get back onto Lakeside Trail.
 30. Continue on Lakeside Trail to Muncaster Mill Rd.
 31. Staying on the left side of Muncaster Mill Rd. (i.e., don't cross the road), cross the bridge.
 32. Immediately after the bridge, go **Left** over the guard rail and down a steep set of steps to TM for Muncaster Mill Trail.
 33. Follow TM directions for Muncaster Mill Trail.
 34. Cross a bridge and a boardwalk.
 35. Will turn Right to go up stairs to TM for Muncaster Mill Trail and Rocky Ridge Trail.
 36. Turn **Left** to stay on Muncaster Mill Trail.
 37. At next 2 TMs, stay on Muncaster Mill Trail.
 38. Cross bridge.
 39. At TM for Muncaster Mill Trail and Lakeside Trail, stay **straight** on Muncaster Mill Trail.
 40. At TM for Muncaster Mill Trail and Springs Trail and Meadow Trail, turn **Right** to go onto Meadow Trail.

41. At next 2 TMs, follow directions to stay on Meadow Trail which will end at the back of the Meadowside Nature Center.
42. 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!

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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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