

Wegmans

eat well | live well™



Passport
to family wellness



**Discovering
the Trails of
Prince George's
County**



live more, play more
pgparks.com

Happy Trails!

Since 2005, Wegmans has been partnering with town and city recreation programs and park conservancy groups to encourage folks to get moving by taking advantage of town and county trails in their own communities. Each passport details the location and terrain of numerous trails within each area. Today the company has 18 additional guides to more than 150 trails in four states and a total print run of more than 36,000 booklets. And, more guides are on the way!

Lots of people love the passports – families looking for a weekend outing, schoolteachers in search of field trips, hikers and bikers looking for new routes to explore. There's a huge range of outdoor adventures for people of different interests and abilities. Hiking, biking, bird watching and wildlife viewing are just the beginning.

Many studies show that regular exercise helps people of all ages to maintain better health. Walking, hiking and biking are great ways to get moving – and you may not even realize you're exercising because you're having so much fun doing it.

The Prince George's County Passport is free, fun, and good for you. What could be better?



Marcie Bartolotta, MS
Manager, Eat Well. Live Well Community Initiatives
Wegmans Food Markets

Welcome to the M-NCPPC, Department of Parks and Recreation Wegmans Passport to Family Wellness

The M-NCPPC Department of Parks and Recreation is committed to creating healthy communities through people, parks and programs by offering family-oriented and culturally informed, health, nutrition, exercise programs, and educational opportunities that work together to improve the quality of life for all Prince George's County residents. We are pleased to partner with **Wegmans Eat Well, Live Well Passport to Family Wellness** initiative to help us achieve this goal.

Here's your opportunity to explore your community and be active with your family. It's easy. Just take this passport with you and walk, hike, run or bike the trails listed inside. As you visit each trail, record your visit in this passport by making a rubbing of the designated trail marker. *(See the back cover for a picture of the trail marker.)*

After you have visited at least 7 trails, bring your passport to the Department of Parks and Recreation's Help Desk to receive a Wegmans coupon. The Help Desk is located on the first floor of the Parks and Recreation Administration Building, 6600 Kenilworth Avenue, Riverdale, MD 20737. Visit all 15 trails and you will be entered into our Family Cookout Grand Prize Drawing.

You're on the trail to family wellness!



Ronnie Gathers, *Director*



live more, play more
pgparks.com

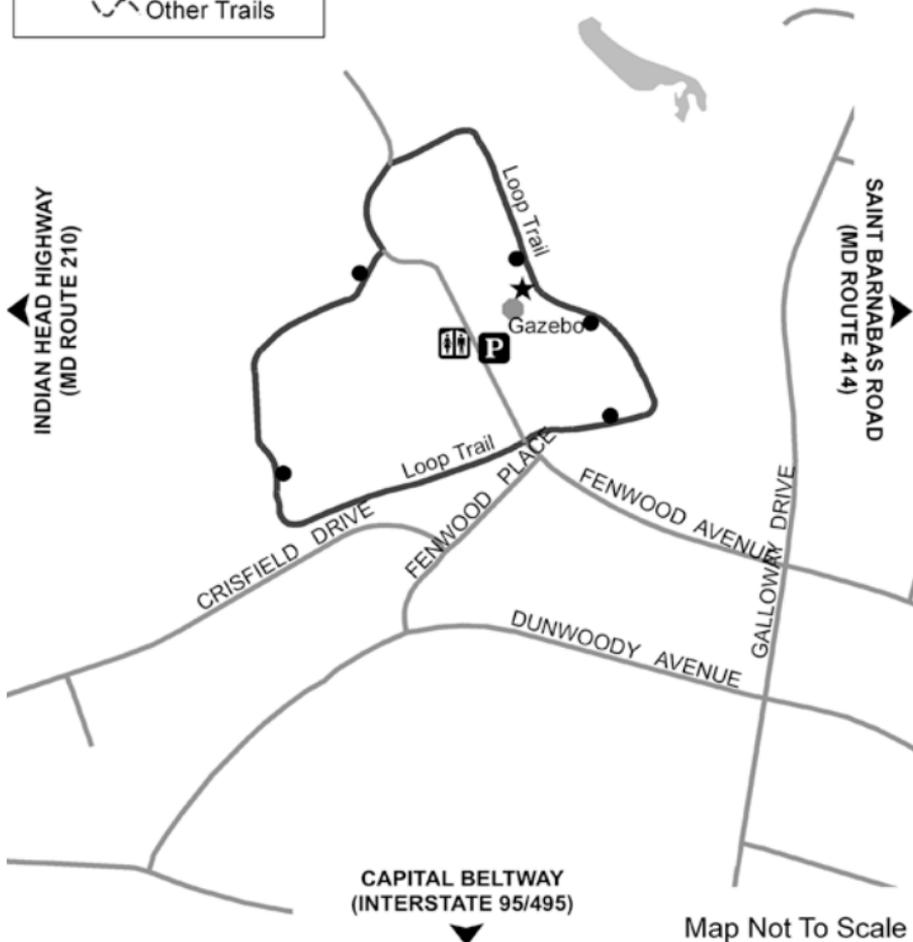
For more information, visit www.pgparks.com
or call 301-699-2255(CALL);
TTY 301-699-2544.

★	Trail Marker
●	Fitness Station
P	Parking
♿♿	Restrooms
~	Trail
~	Other Trails

OWENS ROAD

INDIAN HEAD HIGHWAY
(MD ROUTE 210)

SAINT BARNABAS ROAD
(MD ROUTE 414)



Map Not To Scale

Birchwood City Community Park

Location: 1331 Fenwood Avenue, Oxon Hill, MD 20745

Trail Length: 0.5 mile, loop

Trail Rating: Easy; flat paved surface, seating along trail

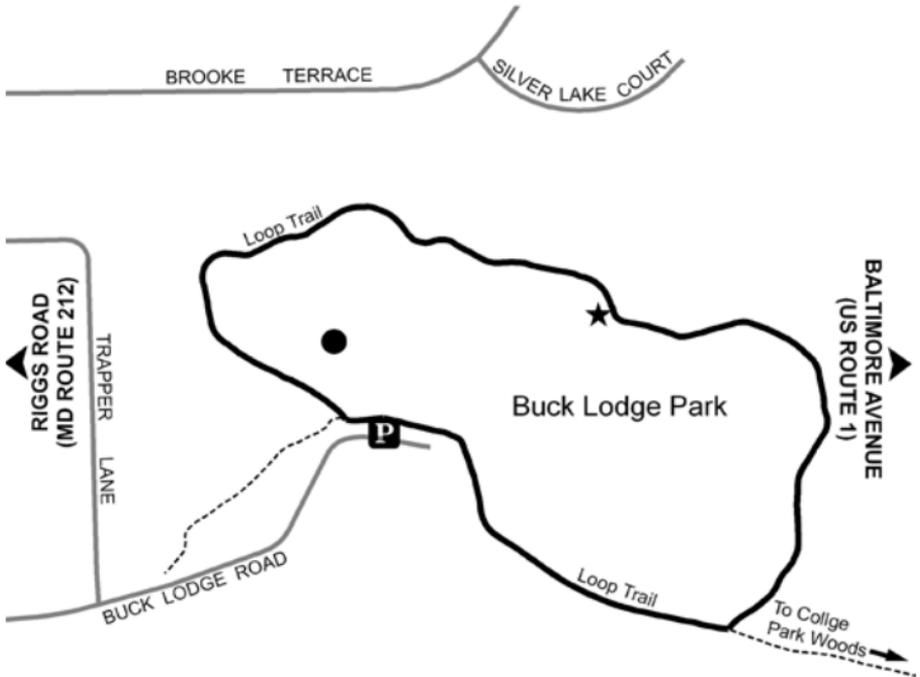
Trail Description: The loop trail circles the park. Five fitness stations, designed to work different muscle groups, are located along the trail.

The trail marker is located near the gazebo.

Park Description: Birchwood City Community Park features a basketball court, tennis court and baseball/soccer field. Birchwood Recreation Center, available for rental, is located in this park. For more information about the park, visit www.pgparks.com.

Make the Trail Marker Rubbing Here

CAPITAL BELTWAY
(INTERSTATE 95/495)



METZEROTT ROAD

Map Not To Scale

Buck Lodge Park

Location: 2621 Buck Lodge Road, Hyattsville, MD 20783

Trail Length: 0.7 mile, loop

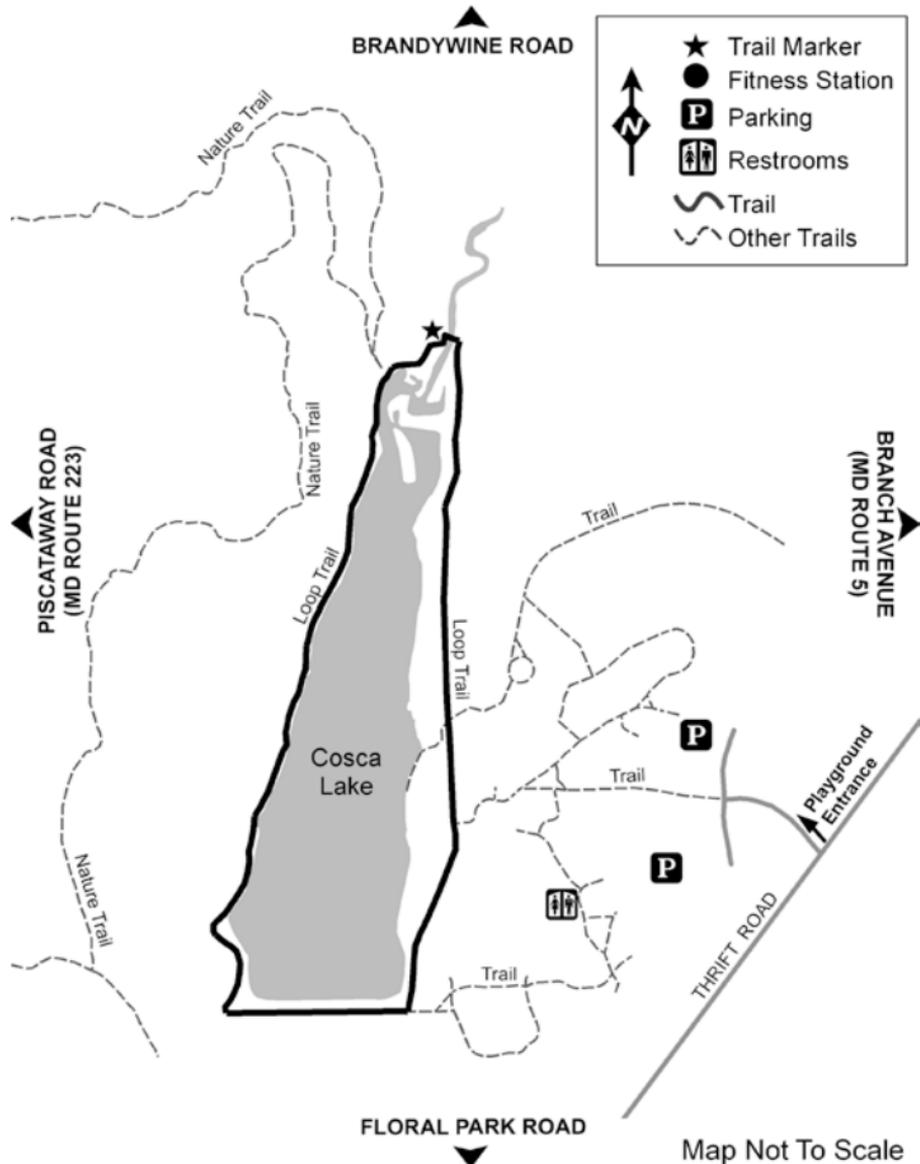
Trail Rating: Moderate; paved surface, slight incline, wooded area

Trail Description: The trail loops from the playground through the woods next to the White Oak Manor subdivision. Stay on the paved, circular path; smaller trails branch off into neighborhoods.

The trail marker is located near the trail's midpoint.

Park Description: Buck Lodge Park features a picnic shelter next to a play field that can be used for parties or gatherings, a playground and a fitness cluster designed to work different muscle groups. For more information about the park, visit www.pgparks.com.

Make the Trail Marker Rubbing Here



Map Not To Scale

Cosca Regional Park

Location: 11000 Thrift Road, Clinton, MD 20735

Trail Length: 1 mile, loop

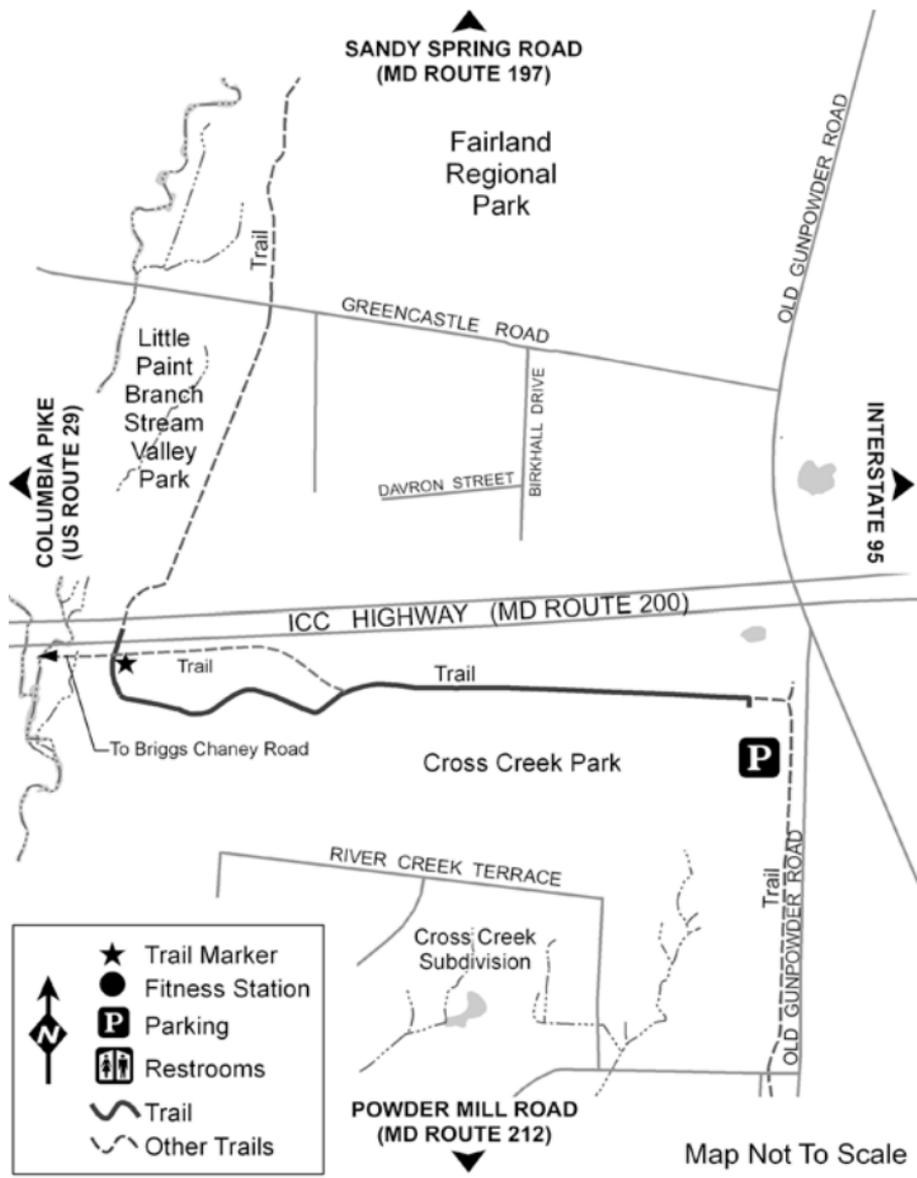
Trail Rating: Easy; flat paved surface with seating along trail

Trail Description: Use the “playground” entrance into the park. From the parking lot, travel in the direction away from Thrift Road until you find the lake. This trail goes around the lake in a loop.

The trail marker is located at the northernmost point on the lake.

Park Description: This trail is located within the 790-acre Cosca Regional Park. Developed features include picnic areas/shelters, tram train, tennis courts, a lake for boating and fishing, boathouse, playgrounds, athletic fields, a nature center, skate park, and many more trails. For more information about Cosca Regional Park, visit www.pgparcs.com.

Make the Trail Marker Rubbing Here



SANDY SPRING ROAD
(MD ROUTE 197)

Fairland
Regional
Park

GREENCASTLE ROAD

OLD GUNPOWDER ROAD

INTERSTATE 95

Little
Paint
Branch
Stream
Valley
Park

COLUMBIA PIKE
(US ROUTE 29)

DAVRON STREET

BIRKHALL DRIVE

ICC HIGHWAY (MD ROUTE 200)

Cross Creek Park

P

To Briggs Chaney Road

RIVER CREEK TERRACE

Cross Creek
Subdivision

POWDER MILL ROAD
(MD ROUTE 212)

Trail
OLD GUNPOWDER ROAD

	★ Trail Marker
	● Fitness Station
	P Parking
	Restrooms
	Trail
	Other Trails

Map Not To Scale

Cross Creek Trail

Start: 4810 Briggs Chaney Road, Beltsville, MD 20705

Trail Length: 0.4 mile, one way

Trail Rating: Easy

Trail Description: The start of the trail is located adjacent to the parking lot in Cross Creek Community Park. From the parking lot, follow the trail northwest towards the Inter-County Connector (ICC).

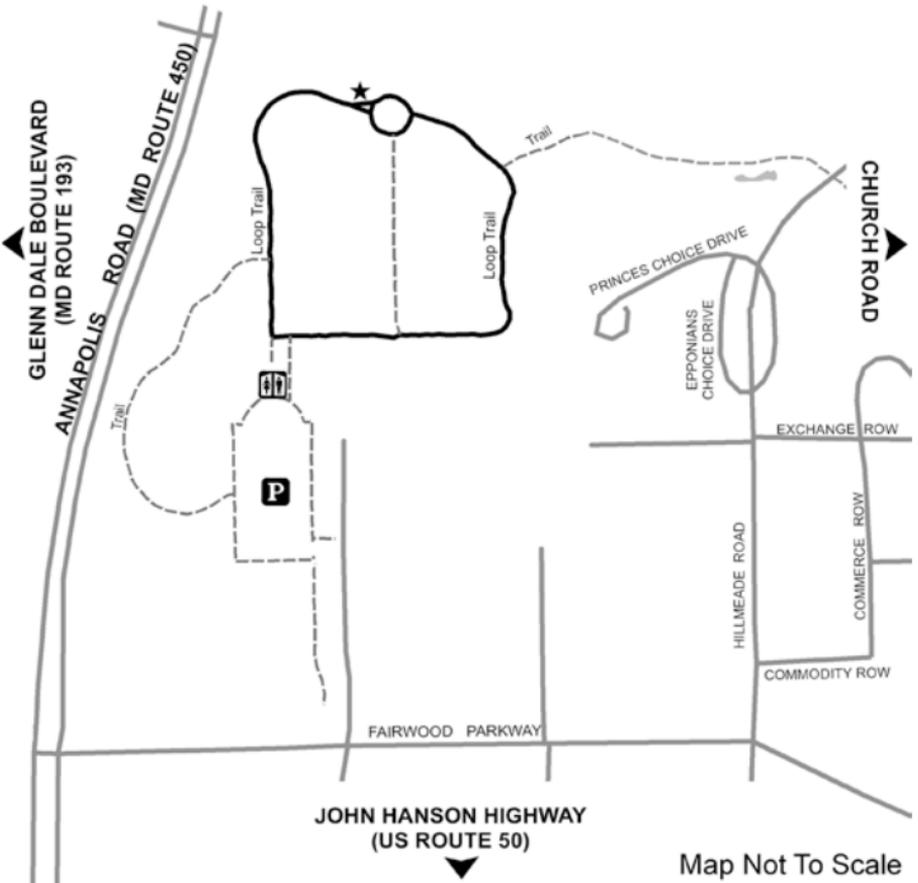
The trail marker is located just before the ICC underpass.

Park Description: Cross Creek Community Park features athletic fields. The trail connects to Fairland Regional Park to the north, Briggs Chaney Road to the west via the ICC trail, and to Cross Creek subdivision to the south. For more information about the parks, visit www.pgparcs.com.

Make the Trail Marker Rubbing Here



▲
HIGH BRIDGE ROAD



Map Not To Scale

Fairwood Park

Location: 12390 Fairwood Parkway, Bowie, MD 20720

Trail Length: 0.4 mile, loop

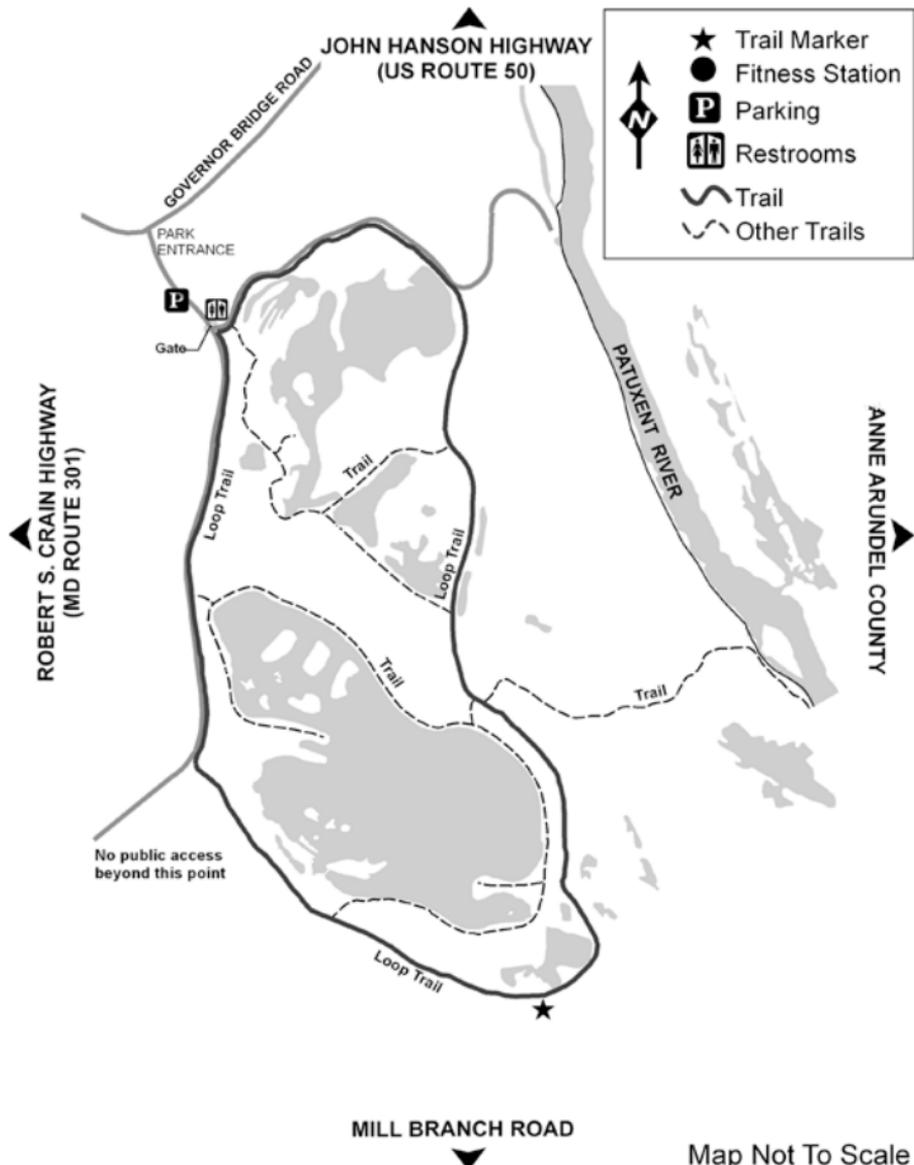
Trail Rating: Easy; flat paved trail with seating along trail

Trail Description: From the parking lot, travel past the restrooms to reach the loop trail. The trail circles the athletic fields, with ample seating from start to finish.

The trail marker is located near the amphitheater.

Park Description: Fairwood Park was recently developed with two athletic fields, amphitheater, playground, seating areas, restrooms and a picnic shelter. For information about the park, visit www.pgparcs.com.

Make the Trail Marker Rubbing Here



Map Not To Scale

Governor Bridge Natural Area at Patuxent River Park

Location: 17601 Governor Bridge Road, Bowie, MD 20716

Trail Length: 1.4 miles, loop

Trail Rating: Difficult; natural surface, wooded area

Trail Description: From the parking lot, follow the gravel path at the end of the parking lot until you reach the loop trail.

The trail marker is located near the southernmost portion of the loop.

Park Description: This trail is located in the 84-acre Governor Bridge Natural Area Park, a natural preservation area with native plants and animals. There are two lakes in the park and it is bordered on the east by the Patuxent River. For more information about the park, visit www.pgparcs.com.

Make the Trail Marker Rubbing Here

- ★ Trail Marker
- Fitness Station
- P Parking
- Restrooms
- Trail
- Other Trails

SAINT BARNABAS ROAD
(MD ROUTE 414)

ROSECROFT BOULEVARD

Rosecroft
Raceway

Bridge

TEMPLE HILL ROAD

Henson Creek
Stream Valley Park

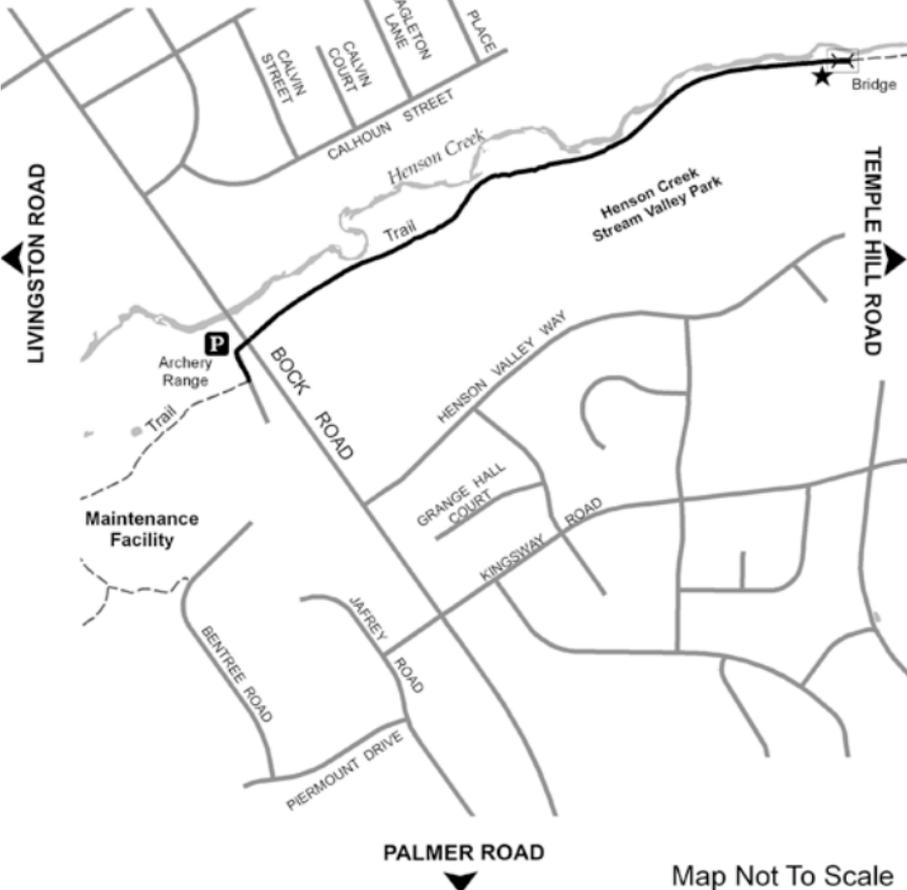
Henson Creek
Trail

Archery
Range

Maintenance
Facility

PALMER ROAD

Map Not To Scale



Henson Creek Trail

Start: 7401 Bock Road, Fort Washington, MD 20744

Trail Length: 0.6 mile, one way

Trail Rating: Moderate; paved surface through wooded area

Trail Description: Park near the archery range and join the trail underneath Bock Road along Henson Creek.

The trail marker is located along the trail near the small footbridge.

This trail is part of the 5.7 mile Henson Creek Trail. In its entirety, the trail extends from Oxon Hill Road to Temple Hill Road. For a map of the entire trail, visit www.pgparcs.com and click on *Your Parks>Trails*.

Make the Trail Marker Rubbing Here



	Trail Marker
	Fitness Station
	Parking
	Restrooms
	Trail
	Other Trails

OLD MARLBORO PIKE

Map Not To Scale

King's Grant Community Park

Location: 13251 Fenway Lane, Upper Marlboro, MD 20772

Trail Length: 0.5 mile, loop

Trail Rating: Easy; flat, paved surface with seating along trail

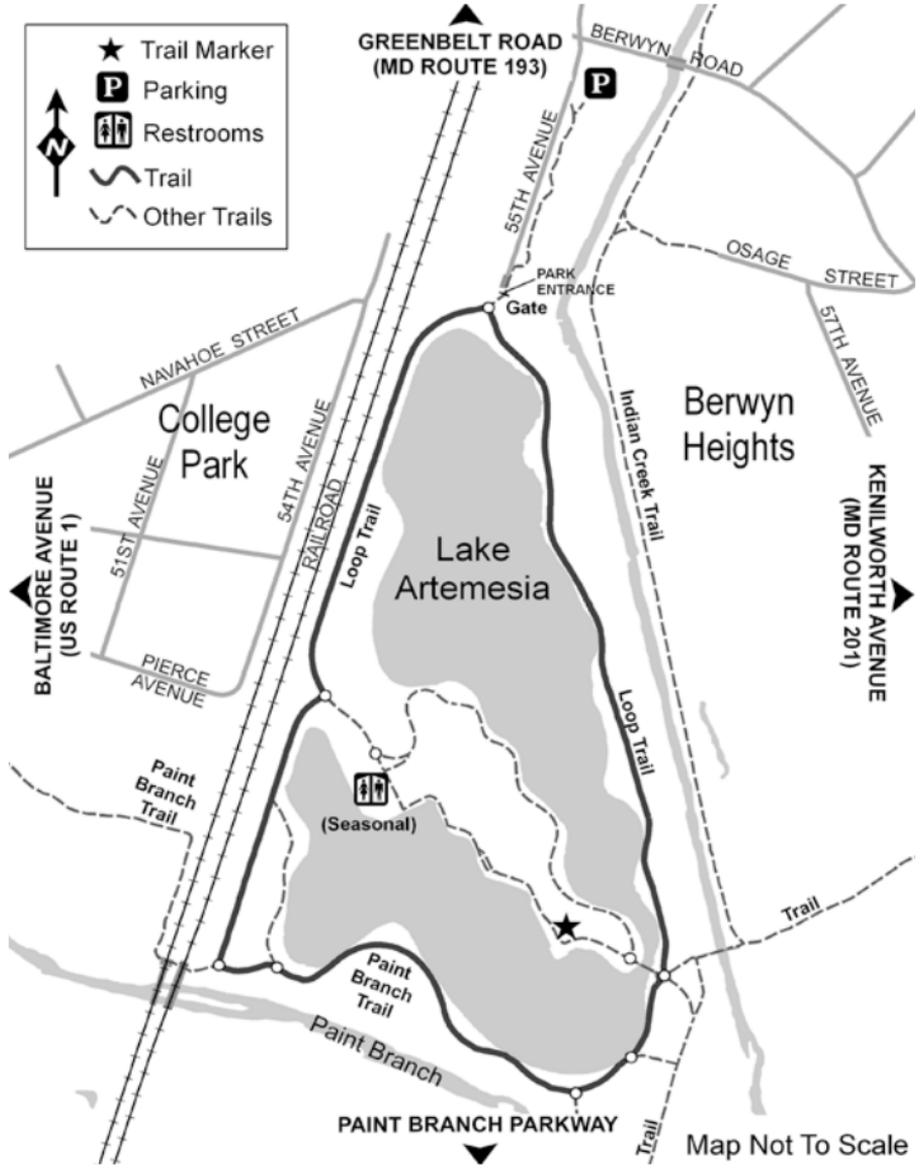
Trail Description: From the parking lot, follow the trail toward the lake and turn left on the trail when you see the lake.

The trail marker is located near the northernmost tip of the lake.

Park Description: King's Grant Community Park features athletic fields, tennis courts, a paddleball court, playgrounds and a lake. Other trails in the park connect to Foxchase Community Park via the Chesapeake Beach Rail Trail. For additional information about the park, visit www.pgparcs.com.

Make the Trail Marker Rubbing Here

- ★ Trail Marker
- P Parking
- Restrooms
- Trail
- Other Trails



Map Not To Scale

Lake Artemesia Loop Trail

Location: 8200 55th Avenue, Berwyn Heights, MD 20740

Trail Length: 1.4 miles, loop

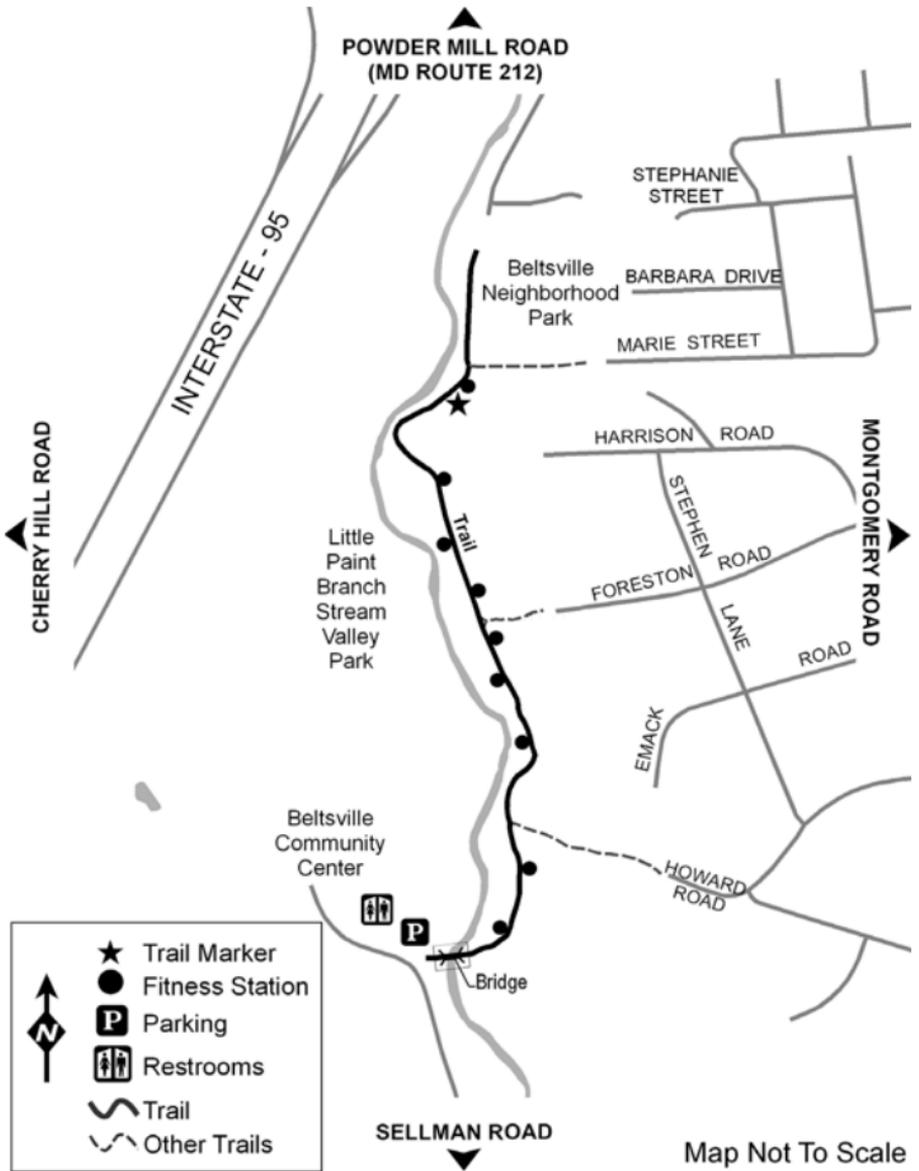
Trail Rating: Easy; flat, paved surface, seating along trail

Trail Description: From the parking lot, follow signs south to Lake Artemesia. There is a map of the park at the entrance. Follow the outer loop trail for this 1.4 mile segment.

The trail marker is located near the elevated gazebo.

The Lake Artemesia Loop Trail is part of the 26+ mile Anacostia Tributary Trail System. For a map of the entire trail, visit www.pgparcs.com and click on *Your Parks>Trails*.

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Little Paint Branch Fitness Trail

Start: 3900 Sellman Road, Beltsville, MD 20705

Trail Length: 0.6 mile, one way

Trail Rating: Easy; flat, paved surface

Trail Description: The trail begins across the footbridge near the Beltsville Community Center parking lot. There are nine fitness stations along the trail designed to work different muscle groups.

The trail marker is located adjacent to the last fitness station, near the entrance to Beltsville Neighborhood Park.

Park Description: Beltsville Community Center Park contains athletic fields and a community center. For more information about the park, visit www.pgparcs.com.

Make the Trail Marker Rubbing Here

★ Trail Marker
● Fitness Station
P Parking
♿ Restrooms
~ Trail
~ Other Trails

CENTRAL AVENUE
(MD ROUTE 214)

ADDISON ROAD

Millwood
Park



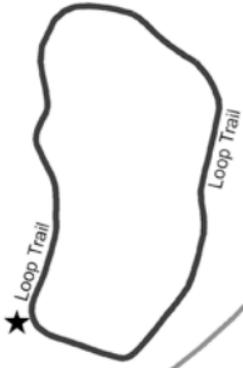
MILLWOOF DRIVE

MILLWHEEL
STREET

RITCHIE ROAD

SHADY GLEN DRIVE

MILLRACE ROAD



WALKER MILL ROAD

Map Not To Scale

Millwood Park

Location: 499 Shady Glen Drive, Capitol Heights, MD 20743

Trail Length: 0.5 mile, loop

Trail Rating: Easy; flat paved surface with seating along trail

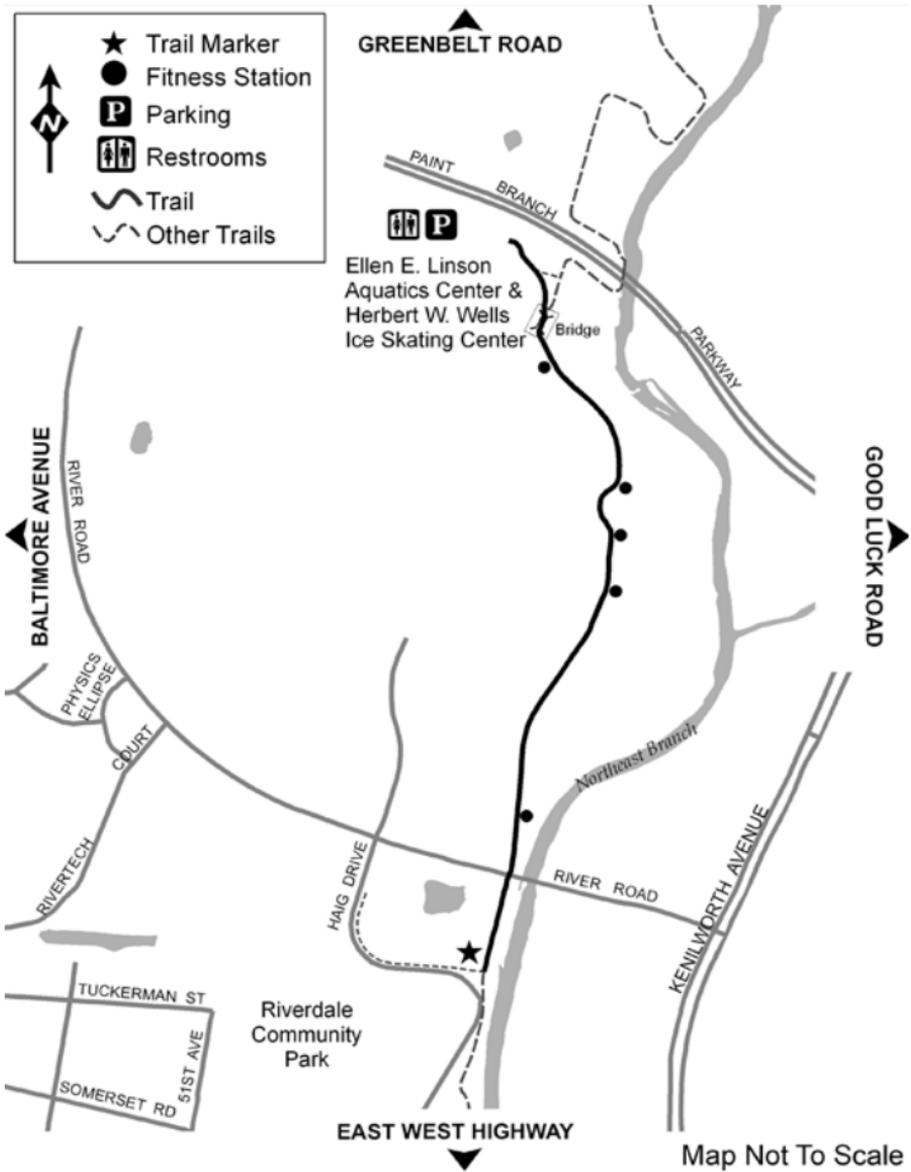
Trail Description: From the parking lot, head past the playground, towards the football field. The trail loops around the field.

The trail marker is located along the trail near the southwest corner of the field.

Park Description: Millwood Park features a recreation center, tennis courts, a playground and a football field. For information about the park, visit www.pgparcs.com.

Make the Trail Marker Rubbing Here

- ★ Trail Marker
- Fitness Station
- P** Parking
-  Restrooms
-  Trail
-  Other Trails



Map Not To Scale

Northeast Branch Trail

Start: 5211 Paint Branch Parkway, College Park, MD 20740

Trail Length: 1 mile, one way

Trail Rating: Easy

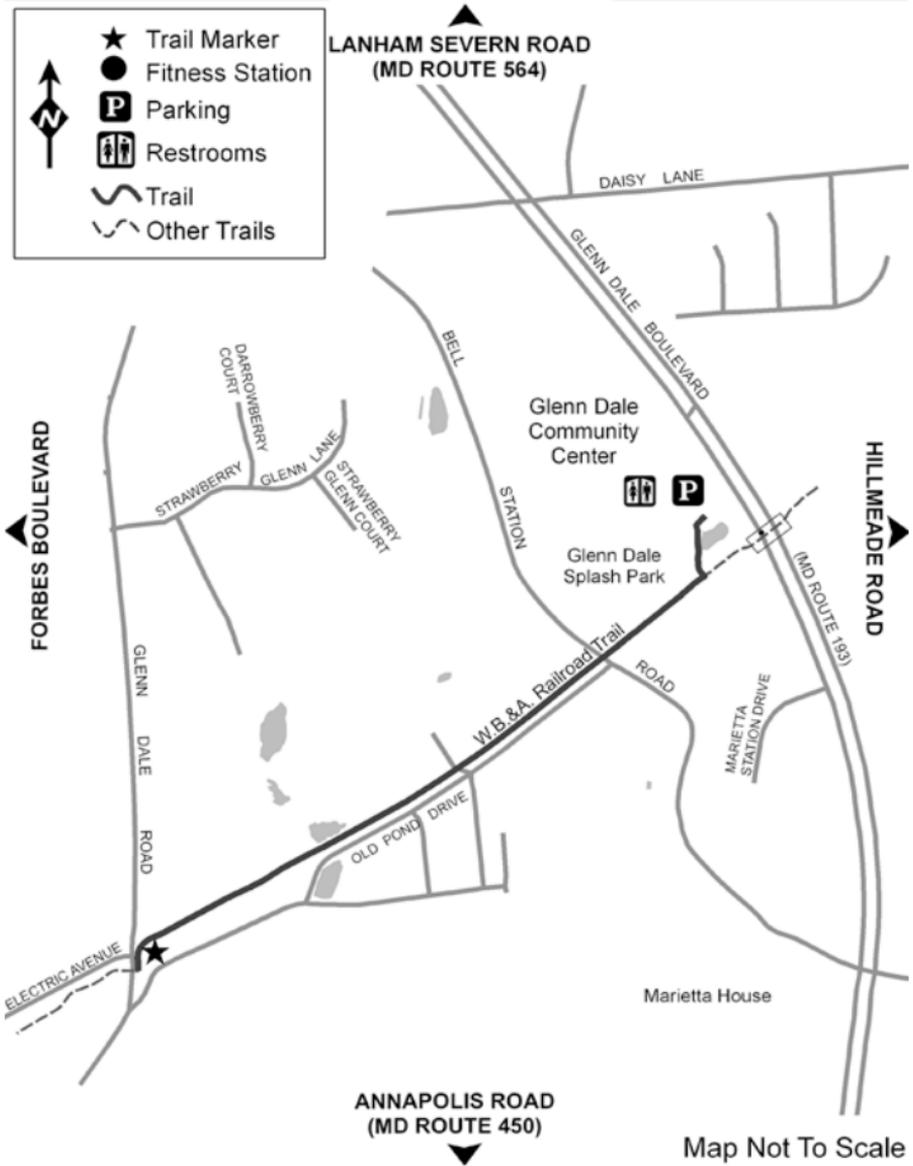
Trail Description: The trail head is located at Wells-Linson Complex. From the parking lot, cross the small bridge to the five fitness stations along the trail.

Continue on the trail until you reach Riverdale Community Park, where the trail marker is located.

For a map of the entire 3-mile Northeast Branch Trail, visit www.pgparcs.com and click on *Your Parks>Trails*.

Make the Trail Marker Rubbing Here

★	Trail Marker
●	Fitness Station
P	Parking
♿	Restrooms
~	Trail
⋯	Other Trails



Map Not To Scale

Washington, Baltimore & Annapolis (WB&A) Trail

Start: 11901 Glenn Dale Boulevard, Glenn Dale, MD 20769

Trail Length: 0.7 mile, one way

Trail Rating: Easy; paved flat surface

Trail Description: Begin at Glenn Dale Community Center and follow the trail southwest, away from Glenn Dale Boulevard.

The trail marker is located near the trail intersection with Glenn Dale Road.

The WB&A Trail is nearly 6 miles in total length. For a map of the entire WB&A trail, visit www.pgparcs.com and click on *Your Parks>Trails*.

Make the Trail Marker Rubbing Here

★	Trail Marker
●	Fitness Station
P	Parking
♿♿	Restrooms
~	Trail
~	Other Trails

CENTRAL AVENUE
(MD ROUTE 214)

KETTERING DRIVE

WATKINS PARK DRIVE
(MD ROUTE 193)

Old Maryland Farm

Carousel & Train Station

Loop Trail
Park Road

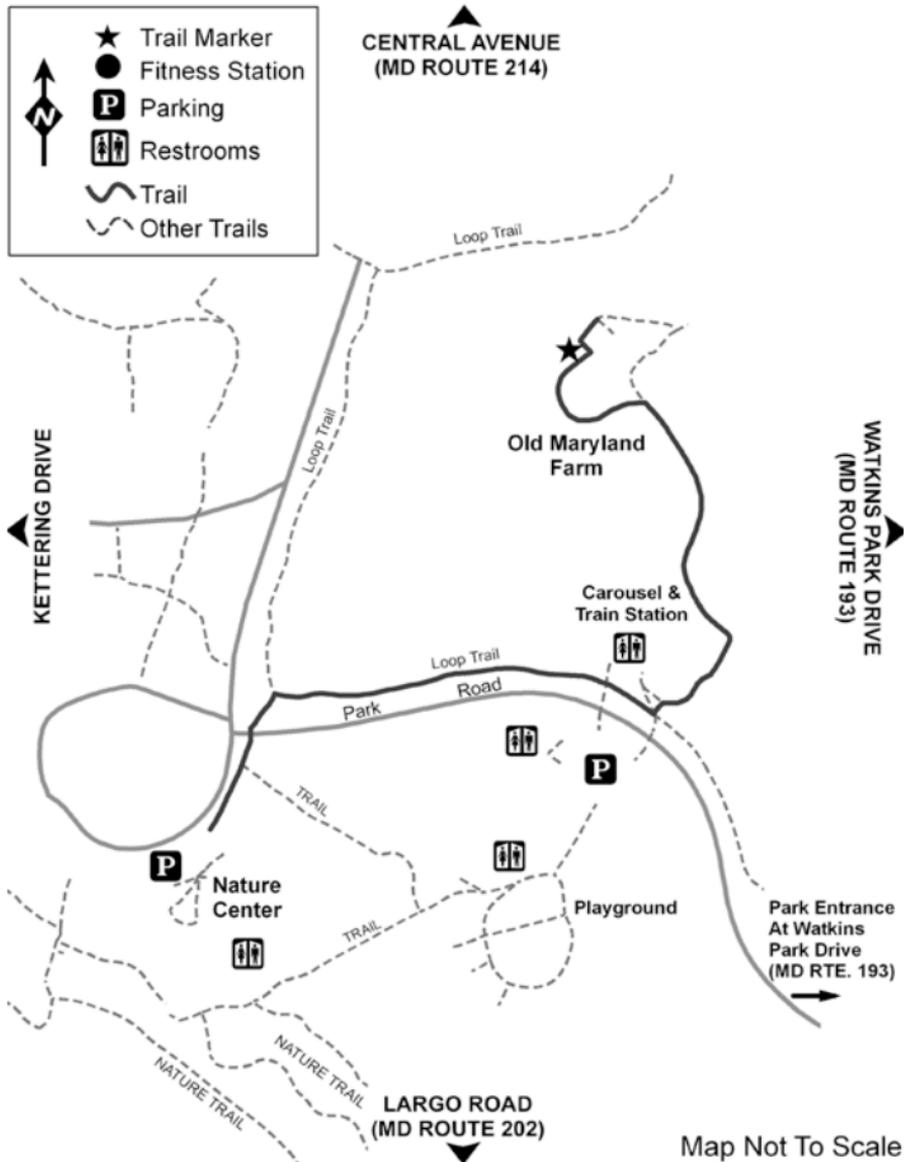
Nature Center

Playground

Park Entrance
At Watkins
Park Drive
(MD RTE. 193)

LARGO ROAD
(MD ROUTE 202)

Map Not To Scale



Watkins Regional Park

Start: 301 Watkins Park Drive, Upper Marlboro, MD 20774

Trail Length: 0.5 mile, one way

Trail Rating: Easy; paved flat surface

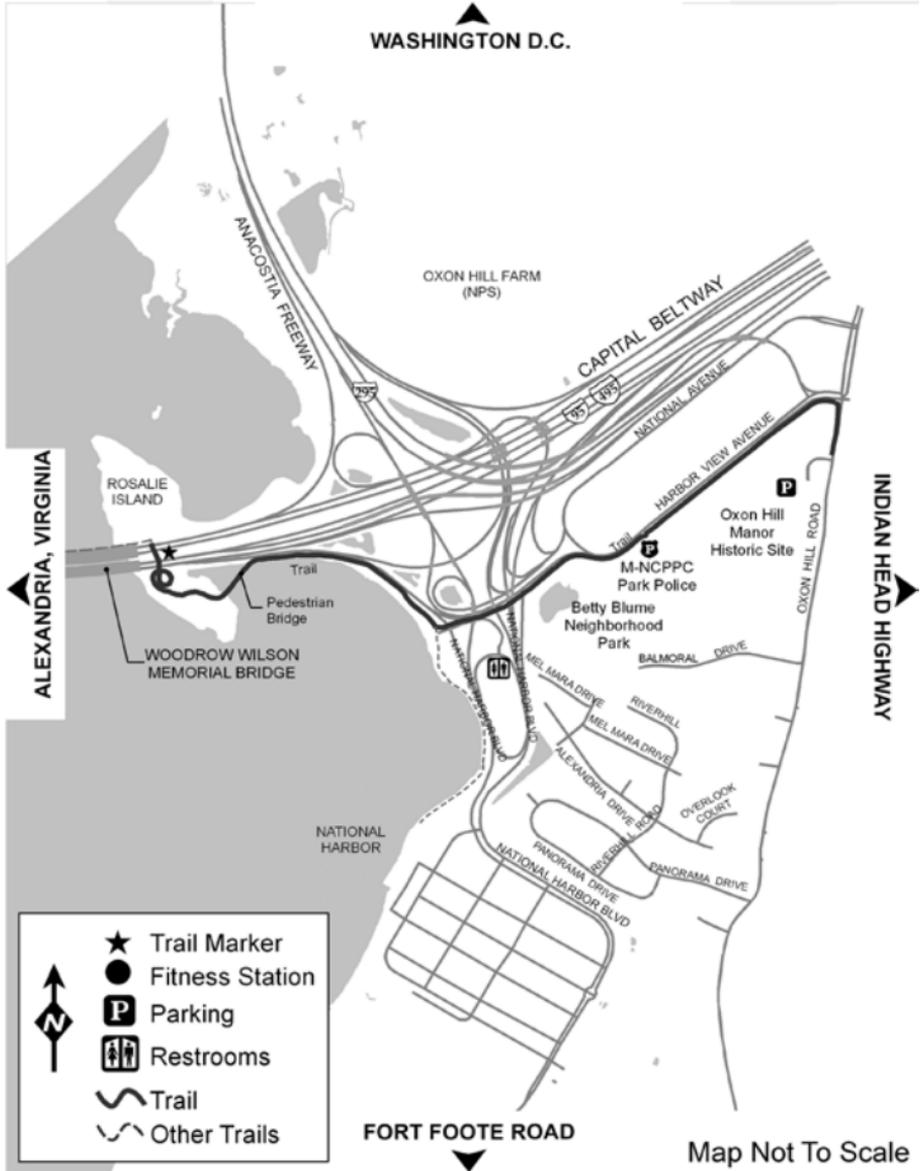
Trail Description: From the park entrance, follow signs to the nature center. Ample parking is available at the nature center. On foot, follow the trail north, past the playground and behind the carousel area until you reach Old Maryland Farm (no pets allowed in Old Maryland Farm).

The trail marker is located near the duck pond at Old Maryland Farm.

Park Description: This trail is located within the 800+ acre Watkins Regional Park. Park amenities include a nature center, picnic areas/ shelters, athletic fields, a tennis bubble, campsites, several natural surface trails, Old Maryland Farm and seasonal mini-golf, carousel and train. For more information about Watkins Regional Park, visit www.pgparcs.com

Make the Trail Marker Rubbing Here

WASHINGTON D.C.



ALEXANDRIA, VIRGINIA

INDIAN HEAD HIGHWAY

FORT FOOTE ROAD

Map Not To Scale

- ★ Trail Marker
- Fitness Station
- P Parking
- Restrooms
- Trail
- Other Trails

Woodrow Wilson Bridge Trail

Start: 6901 Oxon Hill Road, Oxon Hill, MD 20745

Trail Length: 1.6 miles, one way

Trail Rating: Difficult; steep incline (gains 200 feet in one-half mile), no exit once on the trail, paved/concrete surface

Trail Description: To start, park at Oxon Hill Manor Historic Site. Continue west towards the Potomac River along the trail parallel to Harbor View Avenue. Take the trail up to the bridge over I-95. The trail is separated from vehicular traffic by a railing but users should expect expansion joints and unexpected dips on the Woodrow Wilson Bridge portion of the trail.

The trail marker is located just before the trail crosses the river.

This 3.5-mile trail extends from Oxon Hill Road across the Potomac River to the Huntington Metro Station in Virginia, connecting to the network of trails in Northern Virginia, including the Mount Vernon Trail. For a map of the entire trail, visit www.pgparcs.com and click on *Your Parks>Trails*.

Make the Trail Marker Rubbing Here

Tips for Trail Safety

Trails are shared recreation amenities and are accessed by a variety of users at the same time. Please be courteous to all users, and remember that pedestrians have the right-of-way. All trail users should stay to the right on the trail.

- ✓ Never use the trails after dark. M-NCPPC trails are available for use from sunrise to sunset each day.
- ✓ Tell friends or family the route you'll be taking and always travel with a partner.
- ✓ Be sure to carry identification - name, phone number, and pertinent medical information - and record your bicycle serial number.
- ✓ Keep valuables, such as cell phones and wallets, hidden.
- ✓ Wear reflective material and carry a whistle or noisemaker.
- ✓ Never wear a headset.
- ✓ Stay alert and be observant about your surroundings.
- ✓ Bicyclists should always wear a helmet and ride at speeds that do not exceed 12 miles per hour.
- ✓ Bicyclists approaching pedestrians should make an advanced noise using voice, bell, or horn to avoid startling walkers.
- ✓ Pets should be kept on a short leash, and people must clean up after their pets.
- ✓ With the exception of motorized wheelchairs, motorized vehicles are not allowed on the trail.



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Drop-off completed passport booklet at:

M-NCPPC, Department of Parks and Recreation Help Desk
6600 Kenilworth Avenue, First Floor
Riverdale, MD 20737
301-699-2255(CALL); TTY 301-699-2544

Please check all that apply:

Passport to Family Wellness has increased:

- my physical activity level;
- my eating of fruits and vegetables; and/or
- my awareness of area parks and trails.

Age 0-12 13-21 22-60 60+

Name _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

I have completed the requirements for my incentive award.

Signature _____ Date _____



Anyone completing 7 trail visits will receive a Wegmans coupon.

Anyone completing all 15 trail visits will be entered into our Family Cookout Grand Prize Drawing.

The completed booklet must be submitted in person to the Help Desk prior to June 1 (each year) for entry. The grand prize drawing will be held on June 15 (each year). The winner will be notified by postal mail. The Department of Parks and Recreation will provide the winner of the drawing with a complimentary picnic shelter rental and a \$100 Wegmans gift card. Winner must be at least 21 years old and must reside in Prince George's or Montgomery Counties. The winner agrees to host a cookout at the designated picnic shelter on the designated dates and abide by all permitting guidelines. Winner agrees to be photographed by the Department's staff photographer and be featured in Department publications and promotions related to the Passport to Family Wellness initiative. Employees of M-NCPPC are not eligible to participate in the Family Cookout Grand Prize Drawing.

This page may be photocopied.

Wegmans

eat well. live well.

PASSPORT

to family wellness

*Discovering
the trails of...*



live more, play more

pgparks.com

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WB&A TRAIL