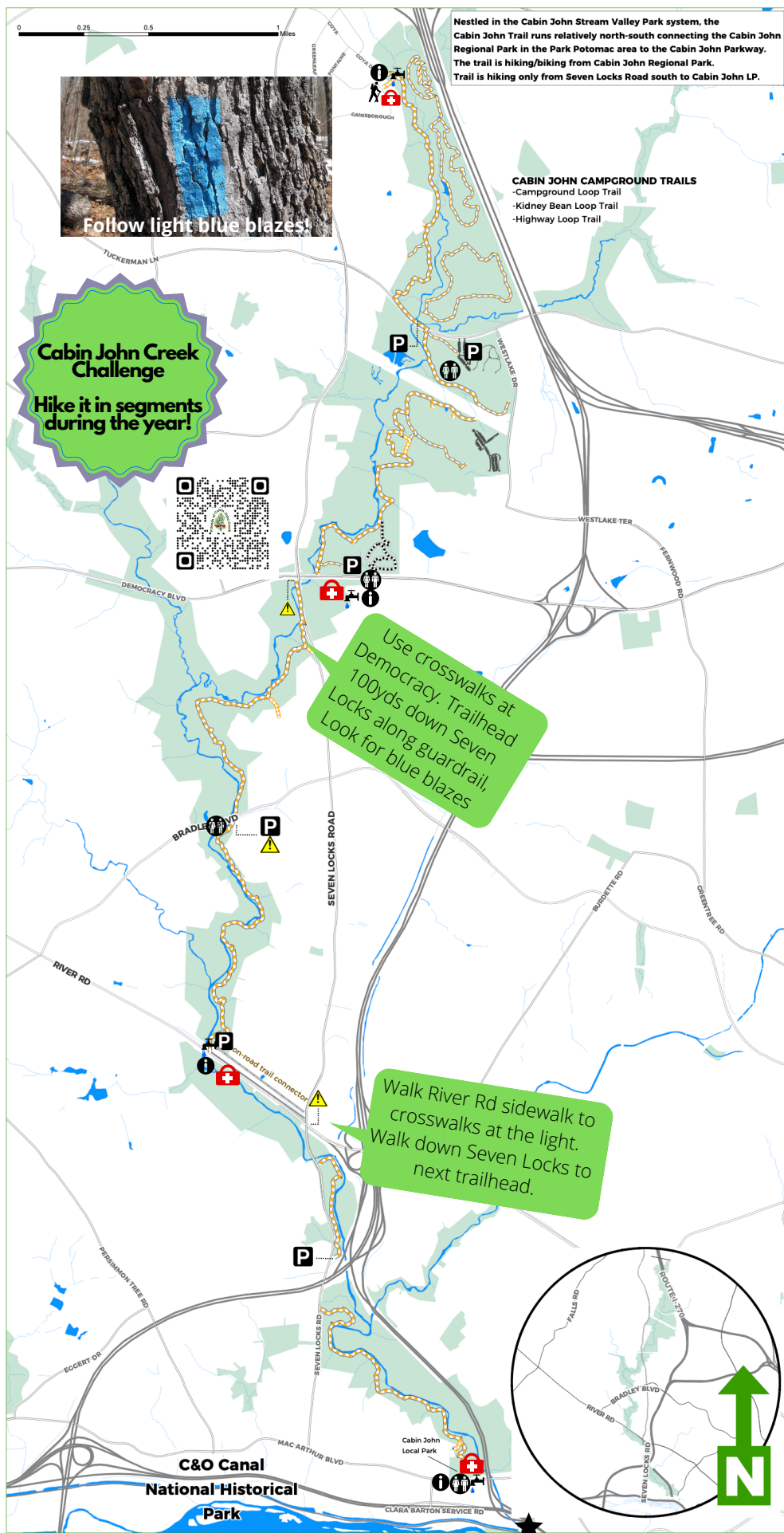


CABIN JOHN TRAIL



PLEASE

- Stay on marked trails and do not blaze new trails. Trails not shown on the map are not sanctioned or maintained.
- Avoid using trails during extremely wet or soggy conditions.
- Use restrictions do apply. Observe and obey access signs.
- Be courteous to other users. Yield right of way as follows: Mountain bikers to all users; hikers to equestrians.

PARK RULES

- Park closes at dusk unless otherwise notified.
- Pets must be kept on a leash at all times.
- Alcoholic beverages are not permitted in the park.
- Smoking is prohibited.
- Visitors to the park must follow all M-NCPPC Rules and Regulations, as well as any rules specific to a park facility or activity.
- For all the park rules, visit: <https://www.montgomeryparks.org/about/rules-and-regulations/>

GOYA TO DEMOCRACY	3.5 mi.
SEVEN LOCKS TO BRADLEY	1.4 mi.
BRADLEY TO RIVER:	1.36 mi.
SEVEN LOCKS TO CABIN JOHN LP:	1.75 mi.

P PARKING

! ROAD CROSSING

NATURAL SURFACE TRAILS

- PAVED TRAIL
- - - HIKING/ BIKING
- HIKING ONLY

WATER AREAS

MONTGOMERY PARKS

Questions? Concerns?
Call us: 301-495-2595
E-mail us: Info@MontgomeryParks.org
Park Police: 301-949-3010/ 8010 (non-emergency)

Submit your question or concern online:
[MontgomeryParks.org/Customer](https://www.montgomeryparks.org/Customer)

MontgomeryParks.org

Cabin John Creek Challenge - Trail Log

Complete the approx. 10 miles anytime (and either direction) during 2022 from Goya Dr to Potomac River along Cabin John Creek. Send the completed log to greg@cabinjohncreek.org



Your Name:		Mailing Address:	Email:
Cabin John Creek Trail (Follow light blue blazes!)		Date Completed	Mileage (oneway)
Segment 1	Goya Drive to Tuckerman Lane		1.1 miles
Segment 2	Tuckerman Lane to Democracy Blvd (Locust Grove Nature Center)		2 miles
Segment 3	Democracy Blvd to Bradley Blvd		1.6 miles
Segment 4	Bradley Blvd to River Road		1.25 miles
Segment 5	River Road to Gibson Grove Church on Seven Locks Road		1.1 miles
Segment 6	Gibson Grove Church (Seven Locks Road) to Cabin John Local Park (MacArthur Blvd)		1.5 miles
Segment 7	Cabin John Local Park to the mouth of Cabin John Creek (Potomac River)		0.75 miles
			Notes
			Parking at each end.
			Parking at each end. Restroom in Locust Grove Nature Center.
			Parking at each end. Porta-john sometimes in the parking lot at Bradley Blvd. Use EXTREME CAUTION here since you will have to walk the sidewalk to the traffic light at Seven Locks Rd and cross Seven Locks then Democracy Blvd at the crosswalks. The trailhead is tricky to find but walk the sidewalk south along the guardrail on Seven Locks Road. The sidewalk ends and keep walking the guardrail and look for the blue blazes marking the trailhead on the tree. Yep... climb over the guardrail onto the trail.
			Parking at each end. Porta-john sometimes in the parking lot at Bradley Blvd.
			Parking at each end. Use EXTREME CAUTION here since you will have to walk the sidewalk and cross River Road and Seven Locks Rd at the traffic light crosswalks. Walk south on the sidewalk along Seven Locks Road and look for the trailhead on the left after crossing the creek.
			Parking at each end. Walk along the sidewalk under the Beltway overpass to the trailhead across from Cypress Grove Lane.
			Parking at CJ Local Park. Porta-john sometimes in the parking lot. Restroom at Clara Barton Community Center (check hours). Walk across the one lane bridge to the trailhead on the other side down to the C&O canal. Walk along the canal and cross the footbridge onto the C&O towpath and turn left. You will see the trail on the right as you approach the creek. It meanders in the woods down to the river. You have reached the end/beginning of the Cabin John Creek Challenge!