The Cabin John Regional Park offers a variety in environment for the hiker and in terrain for the biker. It is home to a number of ballfields and courts including the Shirley Povich Field and Pauline Betz Addie Tennis Center. It is also home to the Cabin John Ice Rink, Locust Grove Nature Center, McDonnell Campground, playground and miniature train.

- 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/

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