CABIN JOHN REGIONAL PARK
Potomac, Maryland 20854

Park Hours
Cabin John Regional Park is open year round, sunrise to sunset. Contact specific facilities within the park for operating hours.

Directions
From I-270:

Indoor Tennis and Nature Center Entrance
- Continue to entrance on your right

Picnic and Miniature Train Entrance
- Continue to entrance on your right

Cabin John Creek
Upland Meadow

Please Note:
- Trail Connectors are shown solely for neighborhood access. They are not part of the main park trail system and may not be signed or maintained to park standards.
- Use extreme caution crossing roads.

Preserve our trails. Using parks when wet does damage. Please refrain from hiking, riding or biking on trails when or within 24 hours after significant rain.

The Maryland-National Capital Park and Planning Commission
MontgomeryParks.org
Cabin John Regional Park

Cabin John Regional Park is one of Montgomery County’s best and biggest combinations of nature, sports, and recreation. The park offers several athletic fields, including the beautiful Shirley Povich Field, a full-service skating rink, indoor and outdoor tennis courts, picnic areas, trails, camp sites, a dog park, and a tai-chi court. Kids of all ages can enjoy summer ball games and the miniature train that runs through the park. Many of the facilities are handicapped accessible. From nature programs and frisbee to playgrounds, sports and baseball, Cabin John has something for everyone.

Athletic Fields

Enjoy a variety of sports facilities at Cabin John Regional Park. Shirley Povich Field, one of several ball fields, is home to the Bethesda Big Train team and the Georgetown University baseball team, and seats 750. The park also has a lighted youth baseball/softball field with dugouts, bullpens, batting cages, a scoreboard, and seating for 100, plus four softball fields (two with lights). These fields require permits for use; permits can be obtained at the Park Permit Office.

Picnic and Playground Areas

Picnic shelters, tables, drinking fountains, grills, restrooms, and playground equipment are all available to the public. Permits for picnic shelters are recommended and can be obtained at the Park Permit Office. Buses require access permits, which are issued by the Park Permit Office.

Tennis

The Pauline Brit Addie Tennis Center at Cabin John Regional Park is open year-round, and offers group and individual/private lessons for all age and skill levels. Seasonal indoor court time, Saturday night group rentals and professional racquet restringing and repping services are also available. The park also offers four lighted outdoor practice walls, and nine lighted outdoor courts. Please note: Only instructors under contract are permitted to teach private or group tennis lessons on M-NCPPC courts. Call 301-765-8560 or visit the website for more info, hours and fees.

Ice Skating

Cabin John Ice features three fully enclosed rinks (NHL, Olympic and Studio) offering a wide variety of figure skating and ice hockey lessons (group and private) for all ages and skill levels. The facility also offers a Café, dance studio, warm-up room, Internet Café with Wi-Fi; three party rooms available for rent, skate sharpening and skate rentals, and a Pro Shop with skating apparel and equipment for sale. Call 301-765-8620 or visit the website for more information, schedules and fees.

Locust Grove Nature Center

Locust Grove Nature Center provides a natural sanctuary from the surrounding urban bustle. Enjoy watching the local wildlife from our observation deck, explore the indoor oak tree exhibit, visit the naturalist garden, or appreciate the beauty of flowers and trees on our hiking trails. Our Nature Exploration Area gives children a safe, secure area to dig in the sand, build a secret hideout, turn over a log or explore a pondless waterfall. Hands-on, minds-on programs and camps for schools, families and individuals of all ages are offered throughout the year. Visit the website for more information on hours and available programs.

Hiking/Biking

Enjoy over five miles of hiking/biking trails with several access points around the Park. There are nature trails close to Locust Grove Nature Center and recreational trails throughout the Park. The Cabin John Trail, which runs along Cabin John Creek, is a great choice for hiking and mountain biking. For maps and more information visit the website MontgomeryTrails.org

Dog Park

The Cabin John Dog Park is a little over an acre in size, features a shelter, dog water fountains, and climbing features, is enclosed with a six-foot chain link fence, and offers separated areas for large and small dogs. The dog park is closed for maintenance every Tuesday between 9:00am - 11:00am. Dogs must display current license and rabies vaccination tags, and must be older than four months. Pet owners are reminded to keep their dogs on a leash until they are safely inside the dog park. A dog park permit is required for use of Montgomery Parks dog parks. Dog park permits can be obtained through the Park Permit Office. ParkPermits.org

M-NCPPC Montgomery Parks

M-NCPPC Montgomery Parks provides residents and visitors with access to more than 35,000 acres of parkland. Our park system includes a variety of recreational facilities, such as ice rinks, indoor and outdoor tennis courts, athletic fields, event centers, campgrounds, nature centers and public gardens. We are stewards to more than 10% of the County’s land and work hard to preserve a number of beautiful natural areas for walking and viewing the local wildlife. We also offer a wide range of classes and programs for all ages and interests. MontgomeryParks.org

Parks Matter! Love the Parks! Help Support Them! Visit MontgomeryParksFoundation.org to learn more.

CABIN JOHN REGIONAL PARK

IMPORTANT CONTACT INFORMATION

Park Police – Emergencies 301-949-3410
Fire and Rescue Emergency 911
Park Manager’s Office 301-765-8700
Locust Grove Nature Center 301-765-8640
Ballfield Condition Line 301-765-8787
Cabin John Train 301-765-8670
Pauline Brit Addie Tennis Center 301-765-8750
Cabin John Ice 301-765-8620
Accessibility Information 301-492-2955
TTY 301-492-2955
Park Information Line 301-492-2955
Park Permit Office 301-492-2525
Volunteer Services Office 301-492-2504

PARK REGULATIONS

• Park is designated areas only.
• Alcoholic beverages are prohibited (outside of the Group Picnic Area).
• Pets must be kept on a leash.
• Buses require parking permits.
• For a complete list of park regulations contact the Park Permit Office or visit ParkPermits.org.

PROGRAM AND CLASS REGISTRATION

Choose from a wide selection of classes, camps and programs offered throughout the park system. There’s something for everyone, every interest and every season: It’s all right here!

ParkPermits.org | 301-495-2500 (Help Desk M-F 10am-2pm) 301-670-6598 (Automated phone registration)