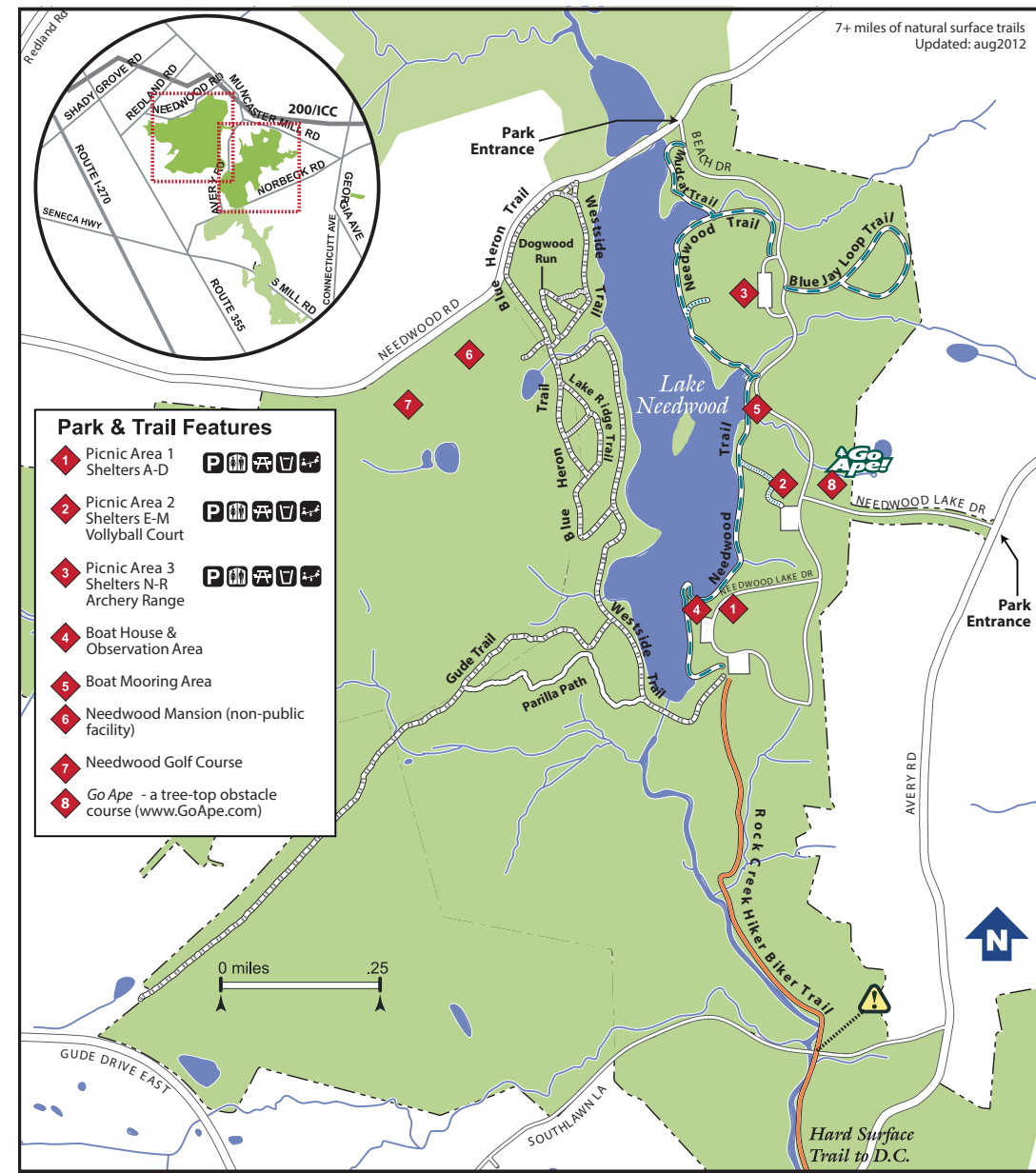


Rock Creek Regional Park

Lake Needwood Trails and Facilities



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

Lake Frank and Meadowside Trails



- Hard Surface Trail
 - Natural Surface Trail
 - Hiker Only Trail Connector
 - Parklands & Topography
 - Streams & Ponds
 - Wheelchair Accessible
 - Parking
 - Phone
 - Information
 - Bathrooms
 - Picnic Area
 - Use caution crossing road
 - Steep Slope
 - Drinking Water
- 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.

ROCK CREEK REGIONAL PARK
6700 Needwood Road
Rockville, Maryland 20855

Park Hours

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

Directions

From I-270
Take I-370 exit toward Metro station. Proceed approximately 2 miles, exit onto Shady Grove Rd. east. Go 1.4 miles, turn right onto Muncaster Mill Rd. stay on Muncaster Mill Road for approximately 2 more miles. Turn right onto Avery Rd. Approximately .5 mile to park entrance on the right.

From I-70

From the Frederick area and points west, travel east on I-70 to Rt. 27, exit south. Travel to Damascus and turn left/east onto Rt. 108. Follow Rt. 108 into Laytonsville, from the flashing fire house/school light continue 2.3 miles to a right onto Muncaster Rd. Stay on Muncaster rd past the Ag. Farm. At the 7-11, turn left onto Muncaster Mill Rd. Go approximately 2 miles and turn right onto Avery Rd. Approximately .5 mile to park entrance on the right.



MontgomeryParks.org
THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION

Rock Creek Regional Park



Rock Creek Regional Park is one of the crown jewels of Montgomery County. The Park covers nearly 1800 acres and includes the 75-acre Lake Needwood and 54-acre Lake Frank. Visitors can enjoy the Park by meandering along 13 miles of beautiful trails through woodlands and along the lakeshores. It's a perfect place for picnicking, fishing, boating, biking, learning, looking for wildlife, or just enjoying the outdoors.



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.



LAKE NEEDWOOD AREA

Boating ◆ 4

The full-service Lake Needwood Boat House rents pedal boats, kayaks, row boats and canoes to people over 16 years of age with a valid ID. Light tackle and pre-packaged snacks are available. Private boats may be launched with a daily or seasonal launch permit from March 1 through December 15. Seasonal mooring stakes for private boats are sold on a first-come, first served basis.



Please note: Use of gasoline motors is strictly prohibited; only electric motors are permitted. All boats must be off the lake by official sunset. All boats must comply with Maryland State, U.S. Coast Guard and M-NCPPC regulations and standards. For a complete list of regulations, visit LakeNeedwoodBoats.com.

NEEDWOOD QUEEN TOUR BOAT

The Needwood Queen, a flat-bottom pontoon boat, is available for 30-minute cruises around the lake from May to September. Group excursions (maximum 20 passengers) may be booked in advance. For reservations call 301-948-0501.

NEEDWOOD BOAT HOUSE HOURS

For operating hours visit our website or call ahead. 301-762-9500.

LakeNeedwoodBoats.com



ARCHERY RANGE ◆ 3

Located across from Picnic Area 3 on Beach Drive, the archery range provides sheltered target standards with measured shooting positions for 20 to 100 yards. The range is available on a first-come, first-served basis during normal park hours.

FISHING

Anglers can fish year-round for many species, including largemouth bass, catfish, bluegill, crappie, and trout, which are stocked in Lake Needwood and naturally reproducing in Lake Frank (Lake Frank has shoreline fishing only). Rent a boat, launch your own, use your own electric trolling motors on the rental boats, or just fish from the shoreline. Live worms and fishing rods can be purchased at the Needwood Boat House. Valid Maryland State Fishing Licenses are required for anglers 16 years or older on both lakes.



Picnicking and Playgrounds ◆ 1

There are 18 picnic shelters, each accommodating up to 40 people. Picnic Areas 1, 2 (wheelchair accessible), and 3 are located along the east side of Lake Needwood. Each picnic area has tables, grills, horseshoe pits, and access to playgrounds. There is a regulation sand volleyball court located adjacent to



Picnic Area 2. Restrooms and drinking fountains are in operation from April through October, and electricity is available at some of the picnic shelters for an additional fee. The shelters can be reserved from April through October through the Park Permit Office.

NEEDWOOD GOLF COURSE ◆ 7

Needwood Golf Course, operated by the Montgomery County Revenue Authority, offers a driving range, pro shop, a practice putting green, and snack bar. For more information, call 301-948-1075.

Go Ape! ◆ 8

Go Ape is a highly interactive treetop adventure. Spanning across 6 acres, the course features various obstacles including 5 zip lines, Tarzan swings, rope ladders, bridges and trapezes. The course takes 2-3 hours to complete and caters to all skill levels. Go Ape is ideal for anyone who is looking for a fun and exciting outdoor adventure. Price is \$55 per person. For more information and to book your time in the trees, please visit www.GoApe.com or call 1-888-520-7322.



LAKE FRANK AREA

Meadowside Nature Center ◆ 9

Meadowside Nature Center offers fun, interpretive Naturalist-led programs, events and birthday parties for families, schools, and scouts. With 8 miles of nature trails, you can enjoy a scenic hike through forest, meadow, pond and stream habitats. Inside the nature center, you can explore the story of Montgomery County's natural heritage through a multitude of interactive sensory experiences. Our **Curiosity Corner** discovery room is designed to foster learning through discovery, exploration, and play. This colorful and interactive room contains children's books, games, discovery boxes, puppets, puzzles, a magnification station, and several live reptiles, amphibians, and insects on exhibit. In our **Legacy of the Land** exhibit you can crawl through a cave, feel the fur of woodland animals, listen for bird calls, and peer into a pond with live fish and turtles. You can also experience the lives of the Maryland pioneer and Eastern Woodland Indian families in our **Legacy of the People** exhibit where you can climb into a dugout canoe, try on clothes, play games, and imagine life as it once was.



LIVE RAPTOR EXHIBIT

Meadowside is home to many permanently injured non-releasable birds of prey including owls, hawks and an American Bald Eagle. Meet these birds live and up close, learn about their unique abilities for hunting their prey and the important role these predators play in our local environment. Join us for raptor themed programs and events throughout the year. The raptor exhibit is located behind the nature center and is accessible during nature center open hours. Open Tuesday-Saturday from 9am to 5pm. 301-258-4030 MeadowsideNature.org



Smith Environmental Center ◆ 12

Program site and main office for the Outdoor and Environmental Education Program operated by the Montgomery County Public Schools. The facility is available by reservation only. 301-924-3123

TRAILS

Scenic views of Lake Needwood, Lake Frank and surrounding parkland can be enjoyed on miles of natural and paved surface trails. Natural areas within the park can be explored on foot or by bicycle. Some trails are hiker only. The Rock Creek Hiker Biker Trail also begins adjacent from Picnic Area 1. This 13.5 mile paved trail provides safe and scenic bicycle and hiker access all the way to Washington, D.C. Please use proper trail etiquette and observe and obey the signs posted at all trailheads.

ROCK CREEK REGIONAL PARK

IMPORTANT CONTACT INFORMATION

Park Police – Emergency	301-949-3010
Fire and Rescue Emergency	911
Park Managers Office	301-948-5053
Needwood Boat House	301-762-9500
Needwood Golf Course	301-948-1075
Park Permit Office	301-495-2525
Meadowside Nature Center	301-258-4030
Park Information Line	301-495-2595
Volunteer Services Office	301-495-2504
Accessibility Information	301-495-2595
TTY	301-495-2575

PARK REGULATIONS

- Park in designated areas only.
- Alcoholic beverages are prohibited.
- Fires must be confined to the cooking grills provided.
- Swimming and wading in the lake are prohibited.
- No motorized vehicles are permitted on trails.
- Pets must be kept on a leash.
- Complete Park Regulations are posted in the Park.

PROGRAM AND CLASS REGISTRATION

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

ParkPASS.org | 301-495-2580 (Help Desk M-F 10am-2pm)
301-670-6858 (Automated phone registration)



MontgomeryParks.org

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