

Park Features

- 1 Main Regional Park**
Picnic Shelters (A - G)
Outdoor Amphitheater
Miniature Train Station
Tots Playground
 - 2 Robert C. McDonell Campground**
(Campsites 1-7 by permit only)
 - 3 Group Picnic Area**
(by permit only)
 - 4 Athletic Area**
Ice Skating Arena
Shirley Povich Baseball Field 1 (by permit only)
Softball Fields 2-6 (by permit only)
 - 5 Pauline Betz Addie Tennis Center**
 - 6 Locust Grove Nature Center** (see inset)
 - 7 Cabin John Stream Valley Natural Surface Trail**
An 8.8 mile trail connecting Goya Dr. to MacArthur Blvd. at the south end
 - 8 Dog Park**
Please park in the Westlake Dr. parking lot
 - 9 Tai Chi Court**
- Legend:**
- Hard Surface Trail Connector
 - Natural Surface Trail Connector
 - Hiker Only Connector
 - Park Entrances
 - Parklands
 - Streams & Ponds
 - Use extreme caution crossing road
 - Steep Slope
 - Drinking Water
 - Parking
 - Phone
 - Bathrooms
 - Picnic Area
 - Playground



- Blue Bird Boxes
- Campfire Sites
- Grand Daddy Sycamore Tree
- Scenic Overlook
- Nature Exploration Area

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.

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.

Indoor Tennis and Nature Center Entrance

- Turn left onto Westlake Drive, turn right onto Democracy Blvd., entrance is on your right.

Athletic Center Entrance

- Turn left onto Westlake Drive, entrance is on the right

Picnic and Miniature Train Entrance

- Turn left onto Westlake Drive, entrance is on the right

Cabin John Regional Park



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

Cabin John Regional Park

Cabin John Regional Park is one of Montgomery County's biggest and best 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 hiking to playgrounds, sports and baseball – *Cabin John has something for everyone.*

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.



Athletic Fields 4

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.

ParkPermits.org

Tennis 4 5

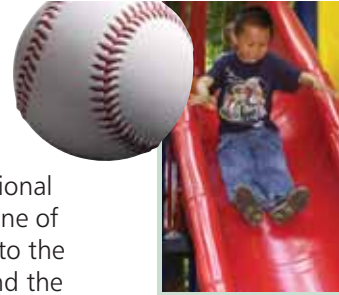
The Pauline Betz Addie Tennis Center at Cabin John Regional Park is open year-round, and offers group and individual/private lessons for all age and skill levels. Seasonal indoor court time, Saturday night group rentals and professional racquet restringing and regripping services are also available. 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.

CabinJohnTennis.com

Ice Skating 4

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.

CabinJohnIce.com



Picnic and Playground Areas 1

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.

ParkPermits.org

Group Picnic Area 3

Groups of up to 175 people can enjoy our semi-private group picnic area which includes multiple picnic shelters, a permanent restroom facility, and sports equipment. This area is available from April through October, and a permit is required. Light alcoholic beverages are allowed. Contact the Park Permit Office to make reservations.

ParkPermits.org

Miniature Train

Enjoy a scenic two-mile ride through the park on the five-car Cabin John Train, pulled by a replica of an 1863 C.P. Huntington engine. The train opens during MCPS Spring Break week, runs weekends only in April and May, and then operates seven days a week, Memorial Day through Labor Day (and some holiday events). A train-themed Party Room is available to rent seven days a week, year-round. Call 301-765-8670 or visit the website for more information.

CabinJohnTrain.com

The Robert C. McDonnell Campground 2

There are seven walk-in primitive campsites, each with fire pits, tables, and drinking water (May to September). Permits are required and can be obtained from the Park Permit Office.

ParkPermits.org



Locust Grove Nature Center 6

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.

LocustGroveNature.org

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 web site.

MontgomeryTrails.org

Dog Park 8

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 6-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

Tai Chi Court 9

The 48-foot-diameter Tai Chi Court at Cabin John Regional Park is a perfect place to practice tai chi, yoga, or just relax. The 48-foot-diameter court incorporates the symbol of a yin/yang and is surrounded by serene trees, benches and nature. The court is located near the dog park and miniature train and was made possible through a public-private partnership between M-NCPPC Montgomery Parks and the Wu Wei Tai Chi Club.

CABIN JOHN REGIONAL PARK

IMPORTANT CONTACT INFORMATION

Park Police – Emergency	301-949-3010
Fire and Rescue Emergency	911
Park Manager's Office	301-765-8700
Locust Grove Nature Center	301-765-8660
Ballfield Condition Line	301-765-8787
Cabin John Train	301-765-8670
Pauline Betz Addie Tennis Center	301-765-8750
Cabin John Ice	301-765-8620
Accessibility Information	301-495-2595
TTY	301-495-2575
Park Information Line	301-495-2595
Park Permit Office	301-495-2525
Volunteer Services Office	301-495-2504

PARK REGULATIONS

- Park in 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 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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