

# EXPLORE THE OUTDOORS

Frederick County, Maryland



# TAKE A BREAK FROM YOUR DAILY GRIND AND BECOME ONE WITH THE GREAT OUTDOORS IN FREDERICK COUNTY.



Explore more than 40,000 acres of public parklands, a 78-foot cascading waterfall, and picturesque mountain trails just waiting to be conquered. With four distinct seasons and adventures to match, even the most experienced outdoor enthusiast can engage in something new each time they visit and everywhere they look. Whether you are here to camp, hike, raft, birdwatch, fish or swim, Frederick County has something for you.

**SO, LOG OFF, SHUT DOWN,  
AND GET OUTSIDE!**



# DISCOVER

## FREDERICK ON FOOT

### HOG ROCK VISTA

**MILEAGE**  
1.0 mile

**HIKE TIME**  
45 minutes

**DIFFICULTY**  
Easy



### CUNNINGHAM FALLS

**MILEAGE**  
2.8 miles

**HIKE TIME**  
90 minutes

**DIFFICULTY**  
Moderate



### WOLF ROCK & CHIMNEY ROCK

**MILEAGE**  
3.9 mile

**HIKE TIME**  
2 hours

**DIFFICULTY**  
Semi-Strenuous

**AN ABUNDANCE OF HIKING TRAILS WEAVE THEIR WAY THROUGH THE COUNTY, OFFERING ENDLESS OPPORTUNITIES FOR HIKERS TO DISCOVER FREDERICK ON FOOT.**

The whole family will enjoy the short hike to Maryland's highest cascading waterfall at Cunningham Falls State Park, or the breathtaking natural landforms like Chimney Rock and Hog Rock at Catoctin Mountain Park. For the history buff looking for an outdoor adventure, check out the trails at South Mountain State Battlefield or Monocacy National Battlefield and hike where soldiers once marched. Along each trail, breathe in the fresh air, take in the scenic views and wildlife, and see Frederick in a whole new light.

# EXPLORE

# ON TWO WHEELS



**WHETHER YOU JUST LOST YOUR TRAINING WHEELS, OR YOU'VE BEEN COUNTING YOUR PEDAL REVOLUTIONS FOR YEARS, FREDERICK OFFERS ROUTES AND TRAILS FOR RIDERS OF ALL SKILL LEVELS.**

The Frederick History Bicycle Loop is an ideal ride around town for families, with stops at the Francis Scott Key Monument and several local Civil War sites. Voted the best bike ride in Maryland by Bicycling.com, the picturesque 50 mile Covered Bridge route is ideal for touring and road cyclists, taking you to all three of Frederick's historic covered bridges. Gambrill State Park and the Frederick Watershed offer numerous trails of intense, technical mountain bike riding. Biking events throughout the summer, like the Tour de Frederick and the Clustered Spires High Wheel Race, offer a unique way to experience the area. Pick up the pace and explore the county on two wheels.



**RAINBOW TROUT**  
*Oncorhynchus mykiss*



**COMMON CARP**  
*Cyprinus carpio*



**WHITE  
TAILED DEER**  
*Odocoileus virginianus*



**WILD TURKEY**  
*Meleagris gallopavo*

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**THE PARKS GRID  
OUTLINES SITES  
IN FREDERICK  
COUNTY  
THAT ALLOW  
HUNTING AND  
FISHING. PLEASE  
REVIEW ALL  
REGULATIONS  
PRIOR TO  
YOUR VISIT.**

## **YEARNING TO MASTER YOUR DRY-FLY ACCURACY IN SMALL TROUT STREAMS?**

Look no further than Thurmont's Big Hunting Creek, where one of Maryland's strongest brown trout populations thrive. The mix of small plunge pools, shallow riffles, long runs and ample pocket-water has made this spot popular with angling U.S. Presidents, noted authors, and fly-fishing enthusiasts. If spin fishing is more your style, Catoctin Creek near Brunswick is the perfect place to cast your line for a variety of trout, bass, carp, and catfish. Cunningham Falls Reservoir, Owens Creek, and many small fishing ponds throughout the county await the lines and lures of the young angler in your family. Fishing licenses are required for everyone 16 years of age or older.

## **HUNTERS TAKE AIM!**

Big game or small, upland birds or waterfowl, you'll find plenty of wildlife within Frederick County. Cunningham Falls State Park offers 4,400 acres of land to hunt white-tailed deer, turkey, fox, and small game in season. Or, explore the 7,000 acres of huntable land at the Frederick City Watershed, popular for deer, grouse, and turkey. So pack your camo, hang your tree stand, and mount your scope for a one of a kind hunting experience. Permits are required for all hunters.



**FROM RENTAL EQUIPMENT & EXCURSIONS, TO INSIDER TIPS, OUR OUTFITTERS CAN MAKE PLANNING YOUR ADVENTURE A BREEZE. THESE PROFESSIONALS KNOW THE ROPES:**

### PACK THE ESSENTIALS



#### NAVIGATION

Map & Compass



#### FIRE STARTER

Matches or  
Lighter



#### HYDRATION

Extra Water

### HUNTING CREEK OUTFITTERS

This full-service Orvis dealer located in Downtown Frederick offers fly fishing gear, accessories, apparel, furnishings, and expert advice. [huntingcreekoutfitters.com](http://huntingcreekoutfitters.com)

### RIVER RIDERS

For an unforgettable outdoor adventure, look no further than River Riders. Offering whitewater rafting, tubing, canoeing, biking, and fishing guide services seven days a week from Memorial Day to Labor Day, as well as an outfitter store. [riverriders.com](http://riverriders.com).

### THE TRAIL HOUSE

A great shop for anything from backpacking and hiking, to cross-country skiing and rock climbing supplies. With maps available of local parks, and name brand gear by Patagonia, Mountain Hardwear, and Vasque, you can't go wrong with The Trail House. [trailhouse.com](http://trailhouse.com).

### RIVER & TRAIL OUTFITTERS

Experience the great outdoors with River & Trail Outfitters. From guided whitewater rafting, tubing, and kayaking, to zip lining, climbing, cycling, and more, River and Trail Outfitters will be your guide! [rivertrail.com](http://rivertrail.com)



**WANDER**

**THE SCENIC  
ROUTE**

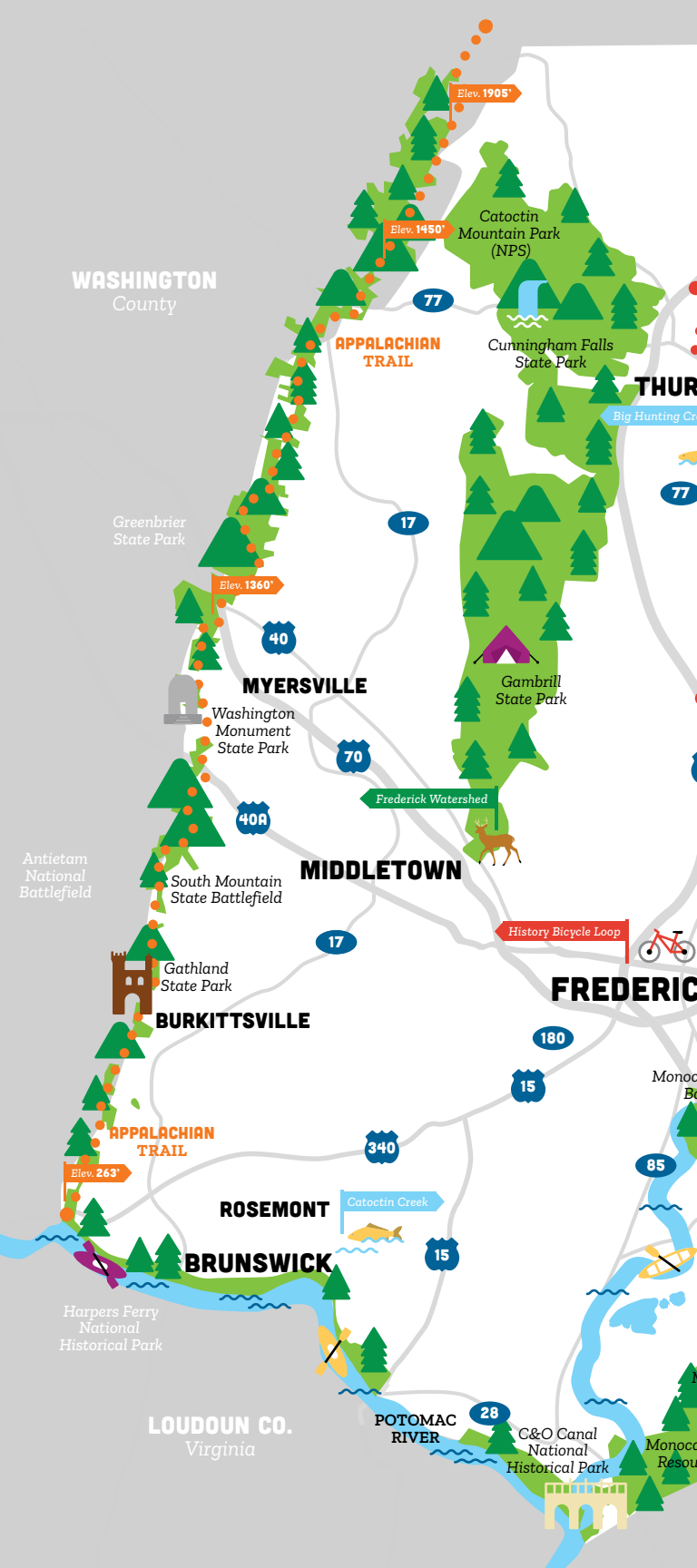


**FROM START TO FINISH, THE APPALACHIAN TRAIL TAKES SIX MONTHS, MORE THAN FIVE MILLION FOOTSTEPS, AND TAKES THRU-HIKERS FROM GEORGIA TO MAINE.**

But don't worry; the AT is also perfect for point-to-point and day-hikers. Forty miles of the trail's 2,180 total scenic miles cross through Maryland, along mountain ridgelines, showing off beautiful mountain streams, sparkling lakes, and stunning agricultural land. Frederick County offers convenient meeting points for restocking your provisions at access points. Overnight parking available in Gathland State Park. [nps.gov/appa](https://www.nps.gov/appa).

**WHAT ONCE WAS A LIFELINE FOR COMMUNITIES ALONG THE POTOMAC RIVER IS NOW A NATURE LOVER'S DREAM.**

The C&O Canal National Historical Park is made up of 184.5 miles from Washington, D.C., to Cumberland, MD, and is perfect for hiking and biking. The wooded areas along the Canal are great for bird watchers, and the Monocacy Aqueduct that leads to the path is the largest structure on the Canal. Start or end your adventure at the C&O Canal Visitor Center, and keep an eye out for camping opportunities along the route! 40 West Potomac Street, Brunswick, MD. 301-834-7100 • [nps.gov/choh](https://www.nps.gov/choh)



WASHINGTON  
County

Elev. 1905'

Elev. 1450'

Catoclin  
Mountain Park  
(NPS)

Cunningham Falls  
State Park

THUR

Big Hunting Cr

Greenbrier  
State Park

Elev. 1360'

MYERSVILLE

Washington  
Monument  
State Park

Gambrill  
State Park

Frederick Watershed

Antietam  
National  
Battlefield

South Mountain  
State Battlefield

MIDDLETOWN

History Bicycle Loop

Gathland  
State Park

BURKITTSVILLE

FREDERIC

APPALACHIAN  
TRAIL

Elev. 263'

ROSEMONT

Catoclin Creek

BRUNSWICK

Harpers Ferry  
National  
Historical Park

LOUDOUN CO.  
Virginia

POTOMAC  
RIVER

C&O Canal  
National  
Historical Park

Monoc  
Resou



To GETTYSBURG, PA



To BALTIMORE

To WASHINGTON, D.C.



### SAFETY FIRST



**ALWAYS WEAR**  
*a Life Jacket*



**CHECK WATER**  
*Levels Before Arrival*



**ONLY SWIM IN**  
*Designated Areas*

**GRAB YOUR PADDLE,  
LIFE VEST, AND SWIMMING  
TRUNKS. COOL OFF AND  
TAKE YOUR ADVENTURE  
TO THE WATER.**

Maneuver over swift rapids on the Potomac River in a kayak, or canoe the Monocacy Scenic Water Trail. Grab your friends and a cooler for a tubing excursion, or go swimming with your family in one of the many lakes, creeks, or shallow streams. Don't have all the gear? Our outfitters can assist you with everything from cooler tubes to life vests; just don't forget your bathing suit!

*Boat access sites are available along the Monocacy Scenic River Water Trail. Visit [recreater.com](http://recreater.com) for a detailed map.*



# SEARCH

# THE SKIES



**WITH YOUR BINOCULARS IN ONE HAND AND PETERSON'S FIELD GUIDE IN THE OTHER, POINT YOUR EYES TO THE SKY AND IDENTIFY HUNDREDS OF SPECIES OF BIRDS IN FREDERICK COUNTY!**

Your first stop should be Lilypons Water Gardens in Buckeystown for some of the state's best bird watching. In the winter, find Great Blue Herons, Blue-winged Teals, and Great Egrets throughout the property. Year-round, you'll find Kestrels, Swallows, Kingfishers, and Willow Flycatchers, who love the marshy habitat. Sugarloaf Mountain is home to Red-shouldered Hawks, Great Horned Owls, and Woodpeckers. More sensitive species, like Vireos and Tanagers, love the wooded area, and many bird enthusiasts have reported hearing Whip-poor-wills on multiple occasions. Visit the Maryland Ornithological Society's website for checklists and pictures of rare birds in Maryland. [mdbirds.org](http://mdbirds.org).

**HAPPY BIRD WATCHING!**

# CAMPING & CABINS

	Boat Launch	Cabin Rentals	Dump Stations	Fire Pits
Brunswick Family Campground <a href="http://potomacrivercampground.com">potomacrivercampground.com</a>	•	•	•	•
C&O Canal National Historical Park <a href="http://nps.gov">nps.gov</a>	•			
Canal Quarters, Lockhouse #28 <a href="http://canaltrust.org">canaltrust.org</a>		•		•
Catoctin Mountain Park <a href="http://nps.gov">nps.gov</a>		•	•	•
Cunningham Falls State Park <a href="http://dnr.maryland.gov">dnr.maryland.gov</a>	•	•	•	•
Gambrill State Park <a href="http://dnr.maryland.gov">dnr.maryland.gov</a>		•	•	•
Gathland State Park <a href="http://dnr.maryland.gov">dnr.maryland.gov</a>			•	•
Greenbrier State Park <a href="http://dnr.maryland.gov">dnr.maryland.gov</a>	•		•	•
Ole Mink Farm Recreation Resort <a href="http://oleminkfarm.com">oleminkfarm.com</a>		•	•	•
Potomac Appalachian Trail Club <a href="http://patc.net">patc.net</a>		•		
The Appalachian Trail <a href="http://appalachiantrail.org">appalachiantrail.org</a>				•

## COVERED BRIDGES

**NORTHERN FREDERICK COUNTY IS HOME TO THREE OF ONLY EIGHT REMAINING COVERED BRIDGES IN MARYLAND.**

The Utica Mills, Loy's Station, and Roddy Road covered bridges all cross streams in northern Frederick County, within twelve miles of one another. Stop for a summer picnic or snap some stunning pictures during fall foliage, each bridge offers a stunning countryside backdrop for all to enjoy. All three historic bridges are listed on the National Park Service's National Register of Historic Places. [visitfrederick.org](http://visitfrederick.org)



Fishing	Hiking Trails	Pets Allowed	Picnic Area	Playground	RV Sites	Showers	Store	Swimming	Tent Sites	Utility Hook-Ups	Wifi
•	•	•	•	•	•	•	•		•	•	•
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# PARKS

Acres/Miles

Accessible Trails

Biking

## NATIONAL PARKS [nps.gov](https://www.nps.gov)

The Appalachian Trail	<b>2,100</b> mi.		
Catoctin Mountain Park	<b>5,810</b>	•	•
C&O Canal National Historical Park	<b>184.5</b> mi.	•	•
Monocacy National Battlefield Park	<b>1,600</b>	•	•

## STATE PARKS [dnr.maryland.gov](https://dnr.maryland.gov)

Cunningham Falls State Park	<b>4,946</b>	•	
Gambrill State Park	<b>1,137</b>		•
Gathland State Park	<b>140</b>		
Greenbrier State Park	<b>1,407</b>		•
Heaters Island Wildlife Management Area	<b>194</b>		
Monocacy National Resources Area	<b>2,176</b>		
South Mountain State Battlefield	<b>8,039</b>		

## COUNTY PARKS [recreater.com](https://recreater.com)

Ballenger Creek	<b>129</b>	•	•
Catoctin Creek Park and Nature Center	<b>138</b>	•	
Fountain Rock Park and Nature Center	<b>22</b>		
Kempton Park	<b>72</b>	•	
Libertytown Park	<b>101</b>	•	•
Middletown Park	<b>79</b>	•	
Old National Pike District Park	<b>155</b>	•	•
Pinecliff Park	<b>95</b>		
Urbana District Park	<b>95</b>	•	•
Utica District Park	<b>247</b>	•	•

## FREDERICK CITY PARKS [visitfrederick.org](https://visitfrederick.org)

Baker Park	<b>58</b>	•	•
Carroll Creek Park	<b>15</b>	•	•
Frederick City Watershed (Municipal Forest)	<b>7,000</b>		•
Riverside Center Park	<b>23</b>		

## NON-PROFIT PARKS

Sugarloaf Mountain Park • <a href="https://sugarloafmd.com">sugarloafmd.com</a>	<b>3,300</b>		•
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## MUNICIPAL PARKS [visitfrederick.org](https://visitfrederick.org)

Woodsboro Park	<b>102</b>		•
Heritage Farm Park	<b>165</b>		•



VISIT  
*Frederick*  
City & County



**#VISITFREDERICK**

151 S. EAST STREET | FREDERICK, MARYLAND 21701  
301-600-4047 or 800-999-3613 | [visitfrederick.org](http://visitfrederick.org)