

Healthy Parks, Healthy People



Walking and Hiking Schedule

Winter Hiking Schedule

Now's the time to get outside to chase away the winter blues and lose those extra holiday pounds. Winter hiking begins on January 1st with several hikes and activities planned for that day at various locations. Please see the schedule below. Then, Wednesday hiking begins in February and continues till May. Come join the camaraderie on Wednesdays at 10:30 AM. All hikes are three to five miles on a variety of terrains and locations. Dress for the weather and bring water and a snack to stay hydrated and fueled.

Martinak Morning Walk

Year round morning walks meet at the Martinak State Park Office at 10:30 AM. The walks on Tuesdays and Thursdays are guided and on a paved trail. Walks are approximately 1 mile in length or about 2,000 steps with plenty of benches available for resting and enjoying nature. After a mile or 1.5 miles, walkers may choose to walk longer through the camp loops and trails or return to the start. Meet at the gravel parking area on the left past the park office.

If school in Caroline County is delayed or canceled the walks or hikes will be canceled. To receive more information about any of these hikes or walks or to be added to the Healthy Parks, Healthy People email list, call 410-820-1668.

First Day Hikes, Walks and Activities

Tuckahoe State Park Disc Golf 9:00 AM Cherry Lane Disc Golf Course
Borrow discs and volunteers will be on hand to help you learn to play.

Tuckahoe State Park Jr. Ranger Hike 10:00 AM Meet at the Lake Parking Area
Join a 1 mile guided walk along the creek. Bring your parents!

Tuckahoe State Park Fitness Trail All Day Lake Parking Area
Can you exercise like an animal? Try the activities posted along the trail. Fun for the whole family!

Martinak State Park Fitness Trail All Day Parking on left past the park office
Can you exercise like an animal? Try the activities posted along the trail. Stroller friendly!

Sassafras NRMA Wandering Artist Trail All Day 13540 Turners Creek Parking Area
Bring sketch paper and colored pencils to respond to the prompts along the half mile trail.

Cypress Branch State Park Tale Trail All Day 10803 Galena Road
Stroll along the pond and learn about a squirrel's New Year's resolution.

Wye Island NRMA Holly Tree Trail All Day Wye Island Rd. Holly Trail Parking
Walk the trail and read nature inspired poems.

Wednesday Hike Schedule

February 5	Martinak State Park	Boundary Walk	Meet at the Boat Ramp Parking Area
February 12	Adkins Arboretum	Loop it Walk	Meet at Visitor Center Parking Area
February 19	Trappe Pond State Park	Bob Trail	Meet at Nature Center Parking Area
February 26	Terrapin Nature Park	Cross Island Trail	Meet at Exit 37 Parking Area
March 5	Idylwild WMA	Marshy Hope Creek	Meet at Houston Branch Parking Area
March 12	Tuckahoe State Park	Anna's Trail	Meet at Park Office
March 26	Blackwater NWR	Wildlife Walk	Meet at Visitor Center Parking Area
April 2	Tuckahoe State Park	Sandtown Trail	Meet at Cemetery Road Parking Area
April 9	Sassafras NRMA	Meadows and Forest	Meet at Turners Creek Parking Area
April 16	Wye Island NRMA	Dividing Creek Trail	Meet at Lodge Lane Parking Area
April 23	Tuckahoe State Park	Pee Wee's Trail	Meet at Crouse Mill Rd Parking Area
April 30	Lynch Preserve	Robins Creek Trail	Meet at the end of Tall Tree LN, Preston

