

Level	Location	Park Name	Trail Name	Total Mileage	Loop or Out&Back	Elevation Gain	Pavilion or Gazebo available	Camp Grounds	Travel Time from Bethesda, MD	Link to Webpage	NOTES
Hard	Freeland, MD	Bettree Preserve	Torrey C. Brown Trail	9.4 miles	Out & Back	666 ft.	Yes - 2	Yes - 50 campers per weekend	68.2 miles / 1 hr 14 min.	https://www.alltrails.com/trail/us/maryland/torrey-c-brown-trail	https://www.towsonpres.org/site/wp-content/uploads/2019/01/beetreepreservebrochure-1.pdf
Easy	Manassas, VA	Bull Run Regional Park	Bull Run Trail	17.4 miles	Point to Point	1,387 ft.	Yes	Yes	31.6 miles / 46 min.	https://www.alltrails.com/trail/us/virginia/bull-run-trail	There's a river. Good for all skill levels.
Moderate	Potomac, MD	C&O Canal	Great Falls Overlook Loop	4.7 miles	Loop	193 ft.	Yes	Yes	12.9 miles / 26 min.	https://www.alltrails.com/trail/us/maryland/overlook-trail	Has a waterfall.
Moderate	Potomac, MD	C&O Canal	Billy Goat Trail and Chesapeake and Ohio Canal Trail Loop	7.2 miles	Loop	249 ft.	Yes	Yes	10.7 miles / 17 min.	https://www.alltrails.com/trail/us/maryland/billy-goat-trail-and-chesapeake-and-ohio-canal-trail-loop	Has a waterfall.
Moderate	Thurmont, MD	Catoctin Mountain Park	Wolf Rock & Chimney Rock Trail	3.4 miles	Loop	823 ft.	Yes	Yes	53.7 miles / 57 min.	https://www.alltrails.com/trail/us/maryland/wolf-rock-chimney-rock-trail	Washingtonian Rated Most Challenging Hike at this park. Orchard nearby to pick fresh fruit! Incredible views of rock formations. A rugged hike.
Easy	Mount Vernon, VA	Fort Hunt Park	Mount Vernon Trail	18.4 miles	Out & Back	620 ft.	Yes	No	25.9 miles / 39 min.	https://www.alltrails.com/trail/us/virginia/mount-vernon-trail	Gorgeous riverfront scenery
Moderate	Harpers Ferry, WV	Harpers Ferry NP	Appalachian Trail: Keys Gap to Harpers Ferry	13.9 miles	Out & Back	2,290 ft.	No	No	58.7 miles / 1 hr 4 min.	https://www.alltrails.com/trail/us/west-virginia/appalachian-trail-keys-gap-to-harpers-ferry	Tougher trail. Very rocky.
Easy	Harpers Ferry, WV	Harpers Ferry NP	Murphy-Chambers Farm Loop Trail	2.9 miles	Loop	262 ft.	No	No	55.7 miles / 59 min.	https://www.alltrails.com/trail/us/west-virginia/murphy-chambers-farm-loop-trail	Great forest setting. Good for all skill levels.
Moderate	Harpers Ferry, WV	Harpers Ferry NP	Loudoun Heights Trail to Split Rock	6 miles	Out & Back	1,482 ft.	No	No	53.2 miles / 59 min.	https://www.alltrails.com/trail/us/west-virginia/loudoun-heights-trail-to-split-rock	Parking options: Train Station and River Access lots. Fabulous views of the Potomac and Shenandoah confluence from a southern perspective. Washingtonian Rated Best Views Hike at this park.
Moderate	Harpers Ferry, WV	Harpers Ferry NP	Maryland Heights Loop	6.6 miles	Loop	1,541 ft.	No	No	55.3 miles / 1 hr 5 min.	https://www.alltrails.com/trail/us/west-virginia/maryland-heights-trails	Parking options: Train Station and River Access lots. Washingtonian Rated Great Strenuous Hike at this park.
Moderate	Harpers Ferry, WV	Harpers Ferry NP	Visitor Center to Maryland Heights Loop	9.5 miles	Loop	1,771 ft.	No	No	55.7 miles / 59 min.	https://www.alltrails.com/trail/us/west-virginia/visitor-center-to-maryland-heights-loop	Waterfall. Best used from March through November.
Hard	Bluemont, VA	n/a	Raven Rocks via Appalachian Trail	5.3 miles	Out & Back	1,617 ft.		Yes	53.5 miles / 57 min.	https://www.alltrails.com/trail/us/virginia/raven-rocks-via-appalachian-trail	Some locals call "the roller-coaster" -- winds up and down several ridges, some of which are fairly steep. Magnificent final view on the trail.
Moderate	Marriottsville, MD	Patapsco Valley State Park	Mckeldin Rapids Trail	16.3 miles	Out & Back	1,240 ft.	Yes	Yes	37.5 miles / 53 min.	https://www.alltrails.com/trail/us/maryland/mckeldin-rapids-trail	Knee deep water for a small portion. Graffiti artists frequent. A few "mud" portions. Open to both dogs and horses.
Moderate	Baltimore, MD	Patapsco Valley State Park	Avalon Loop Trail	20 miles	Loop	2250 ft.	Yes	Yes	31.2 miles / 35 min.	https://www.alltrails.com/trail/us/maryland/avalon-loop-trail	Includes a waterfall and dog accessible
Moderate	Ellicott City, MD	Patapsco Valley State Park	Patapsco Valley Ridge Trail	4.4 miles	Out & Back	666 ft.	Yes	Yes	29.6 miles / 40 min.	https://www.alltrails.com/trail/us/maryland/patapsco-valley-ridge-trail	
Moderate	Catonsville, MD	Patapsco Valley State Park	Cascade Falls Trail via Grist Mill Trail	5.9 miles	Loop	508 ft.	Yes	Yes	30.8 miles / 37 min.	https://www.alltrails.com/trail/us/maryland/cascade-falls-trail-via-grist-mill-trail	Very scenic. Dogs allowed.
Moderate	Triangle, VA	Prince William Forest Park	Prince William Forest Park Loop Trail	11.2 miles	Loop	964 ft.	Yes	Yes	40.9 miles / 59 min.	https://www.alltrails.com/trail/us/virginia/prince-william-forest-park-loop-trail	
Moderate	Triangle, VA	Prince William Forest Park	South Valley Trail from Oak Ridge Campground	15.2 miles	Out & Back	925 ft.	Yes	Yes	47.8 miles / 1 hr 19 min.	https://www.alltrails.com/trail/us/virginia/south-valley-trail	Nice trail in the beautiful Prince William Forest. A fair amount of relatively short up and down grades. Some rocky and/or heavily rooted areas. Washingtonian Rated Best Long Hike at this park
Moderate	Triangle, VA	Prince William Forest Park	Farms to Forest Trail	2.6 miles	Loop	167 ft.	Yes	Yes	40.9 miles / 59 min.	https://www.alltrails.com/trail/us/virginia/farms-to-forest-trail	Washingtonian Rated Best Moderate Hike at this park
Easy	Triangle, VA	Prince William Forest Park	Pyrite Mine Loop Trail	7 miles	Loop	547 ft.	Yes	Yes	41.1 miles / 1 hr 3min.	https://www.alltrails.com/trail/us/virginia/pyrite-mine-loop-trail	Trail features a waterfall and is good for all skill levels. The trail starts out with small steep sections, and plenty of bridged water crossings. The trail gets muddy after rains, so bring a hiking stick as necessary, and bug spray. Most of the hike is along a river or stream. Along the Pyrite mine section of the trail, you can see and explore ruins with interpretive signs. Washingtonian Rated Best Short Hike at this park.

Moderate	Washington, D.C.	Rock Creek Park	Rock Creek Valley Trail	10.8 miles	Out & Back	990 ft.	Yes	No	6.4 miles / 26 min.	https://www.alltrails.com/trail/us/washington-dc/rock-creek-valley-trail	Has a river along the trail and allows dogs.
Moderate	Washington, D.C.	Rock Creek Park	Western Ridge Trail, Rock Creek, Valley Trail	5.2 miles	Loop	715 ft.	Yes	No	4.6 miles / 17 min.	https://www.alltrails.com/trail/us/washington-dc/western-ridge-trail-rock-creek-valley-trail	Offers chances to see wildlife. Dogs are allowed.
Moderate	Sperryville, VA	Shenandoah National Park	Marys Rock via Appalachian Trail (North Approach)	3.4 miles	Out & Back	1,210 ft.	No	Yes, but seasonal.	83.1 miles / 1 hr 55 min.	https://www.alltrails.com/trail/us/virginia/marys-rock-via-appalachian-trail-north-approach	Beautiful wild flowers. Washingtonian Rated Best Easy Hike at this park
Hard	Syria, VA	Shenandoah National Park	White Oak Canyon Trail to Upper Falls Overlook	4.8 miles	Out & Back	1,407 ft.	No	Yes	93.6 miles / 2 hr 5 min.	https://www.alltrails.com/trail/us/virginia/white-oak-canyon-trail-to-upper-falls-overlook	Washingtonian Rated Great Waterfall Hike at this park. Trail has 8 waterfalls!
Moderate	Paris, VA	Sky Meadows State Park	Sky Meadows Loop	6.8 miles	Loop	1,322 ft.	Yes, but reservations are required	Yes	61.1 miles / 1 hr 6 min.	https://www.alltrails.com/trail/us/virginia/sky-meadows-loop--2	
Moderate	Boonsboro, MD	South Mountain State Park	Annapolis Rock via Appalachian Trail	5.1 miles	Out & Back	816 ft.			51.8 miles / 58 min.	https://www.alltrails.com/trail/us/maryland/annapolis-rock-via-appalachian-trail	Beautiful wild flowers and area used for Rock Climbing
Moderate	Smithburg, MD	South Mountain State Park	High Rock and Raven Rock via Appalachian Trail	6.4 miles	Out & Back	990 ft.			64.5 miles / 1 hr 15 min.	https://www.alltrails.com/trail/us/maryland/high-rock-and-raven-rock-via-appalachian-trail	Amazing views and quick climb at beginning.
Moderate	Dickerson, MD	Sugarloaf Mountain Natural Area	Sugarloaf Mountain and Northern Peaks Trail	5.6 miles	Loop	1,512 ft.		No	32.1 miles / 48 min.	https://www.alltrails.com/trail/us/maryland/sugarloaf-mountain-and-northern-peaks-trail	

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