



2024

TrailLink Unlimited



Guides



**Rock Creek  
Trail (MD)**  
*Maryland*



## Rock Creek Trail (MD)

*Maryland*

*Rock Creek Trail forms a winding path, at times narrow, through the urban greenway of Rock Creek Regional Park. The trail extends*



At the south end, along Beach Drive, the trail enters Washington, D.C., and continues as the [Rock Creek Park Trail](#).

Rock Creek Trail forms a winding path, at times narrow, through the urban greenway of Rock Creek Regional Park. The trail extends between Needwood Lake northeast of Rockville, MD, and the Washington, D.C., border, 14 miles south. Although the area is urbanized, the trail route is through a mostly wooded corridor that encompasses Rock Creek, as it flows toward the Potomac River.

It's a popular trail despite that it's not always well marked, and you may find yourself taking unexpected side paths in different directions. In addition, the trail is often covered in branches and leaves, and the asphalt heaves in many places from tree roots. If you're on a bike, take it slowly and enjoy the green refuge, giving way to runners and walkers.



## Rock Creek Trail (MD)

*Maryland*

**States:** Maryland

**Counties:** Montgomery

Length: 16miles

**Trail end points:** Needwood Lake Circle (Rock Creek Regional Park) to Beach Dr (Washington, DC border)

**Trail surfaces:** Asphalt

**Trail category:** Greenway/Non-RT

**Trail activities:** Bike,Inline  
Skating, Wheelchair Accessible, Walking

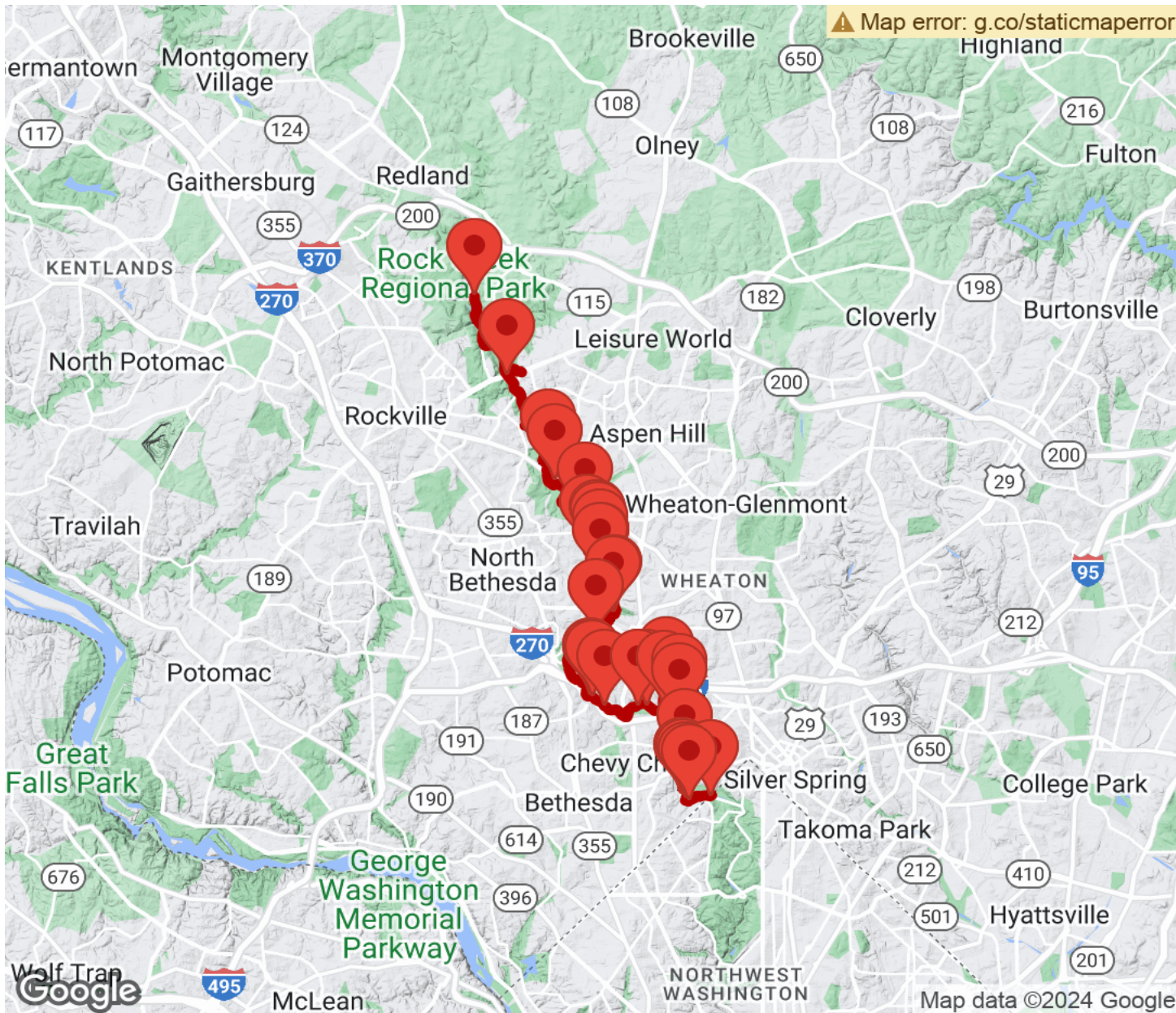
## Parking & Trail Access

There are dozens of places to park all along the route within Rock Creek Regional Park. Consult the map for details.



# Rock Creek Trail (MD)

Maryland



Trailhead



Restroom



Parking



Water Fountain



Tunnel



**TrailLink**  
by Rails-to-Trails Conservancy

**TrailLink.com**