



2026

TrailLink Unlimited



Guides



Lake Frank Trail

Maryland



Lake Frank Trail

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Lake Frank is a 54-acre reservoir located in the heart of Rock Creek Regional Park in Derwood, east of Rockville. The reservoir, together



the trail after leaving the Avery Road parking lot is quite steep. The lakeside trail continues around the entire lake, but only the 1.2-mile section from the Avery Road parking lot is paved. The rest of the trail (around the north and west sides of the lake) is unpaved.

The other hard surface trail segment, the Lake Frank Connector Trail, is 0.6 miles from the south end of the lake to the [Rock Creek Trail](#), near Norbeck Road. The Rock Creek Trail stretches down through Montgomery County and into Washington, DC.

Lake Frank is a 54-acre reservoir located in the heart of Rock Creek Regional Park in Derwood, east of Rockville. The reservoir, together with Lake Needwood was created for flood control and was named after famed conservationist Bernard Frank, founder of the Wilderness Society. The park offers a tranquil, natural escape for residents of surrounding neighborhoods and beyond.

There are over seven miles of trail in the area, most of them dirt hiking paths. A trail loops around Lake Frank, combining pavement, gravel and dirt sections. The blacktop portion is multiuse (walking, biking) and has two parts. One part is 1.2 miles long and is referred to as the Lakeside Trail. This former roadway-turned-bikeway stretches from a trailhead on Avery Road to a former parking area on the east side of the lake. Note that part of



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States: Maryland

Counties: Montgomery

Length: 1.8miles

Trail end points: Rock Creek Trail near
Norbeck Road to End of Trailway Drive

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike, Fishing, Mountain
Biking, Inline Skating, Walking

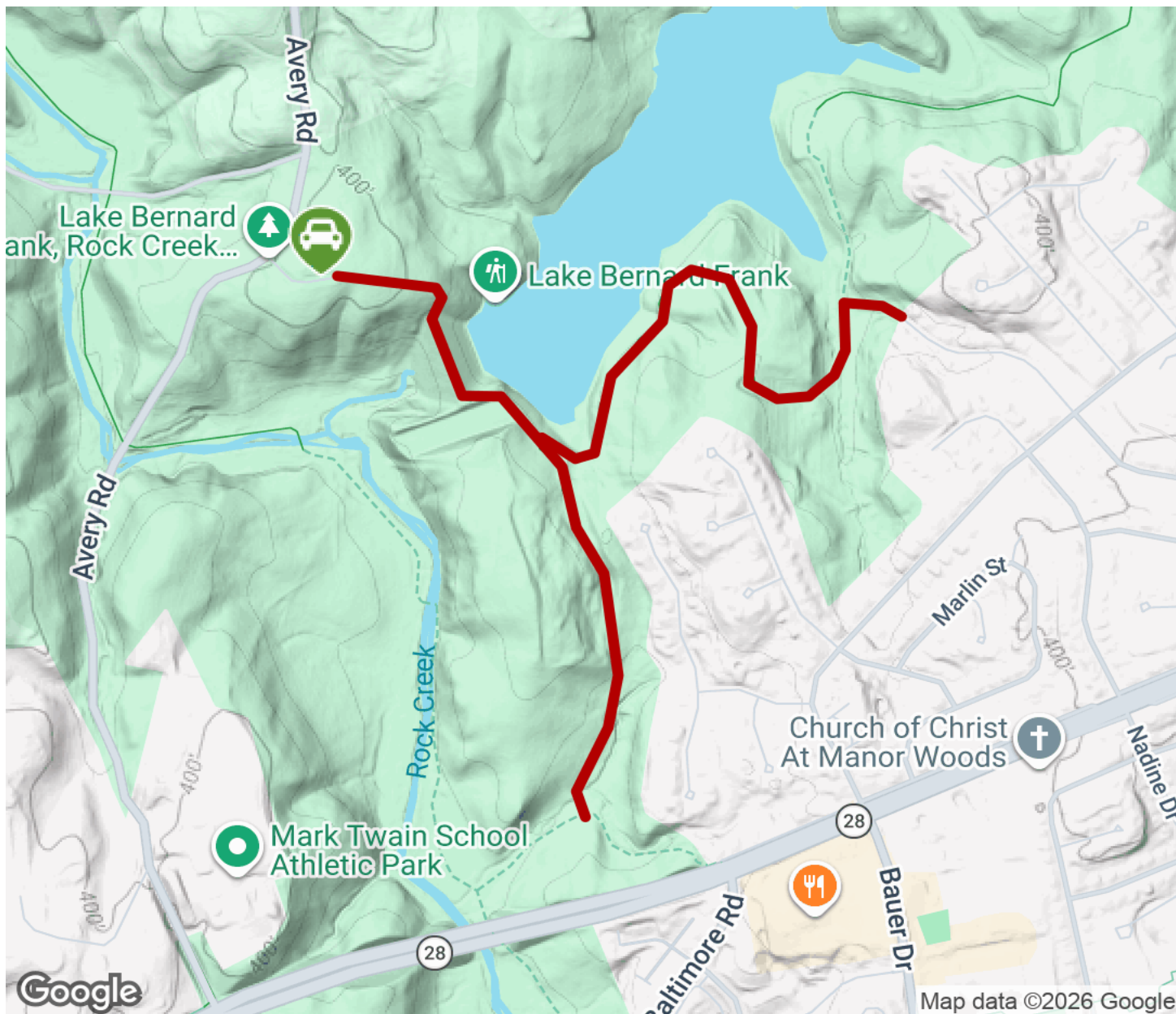
Parking & Trail Access

There are three access points: (1) Rock Creek Trail near Norbeck Road, (2) From the Avery Road parking lot, and (3) at the end of Trailway Drive. There is parking at the Avery Road parking lot for approximately 30 cars. There may also be limited parking near the end of Trailway Drive.



Lake Frank Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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