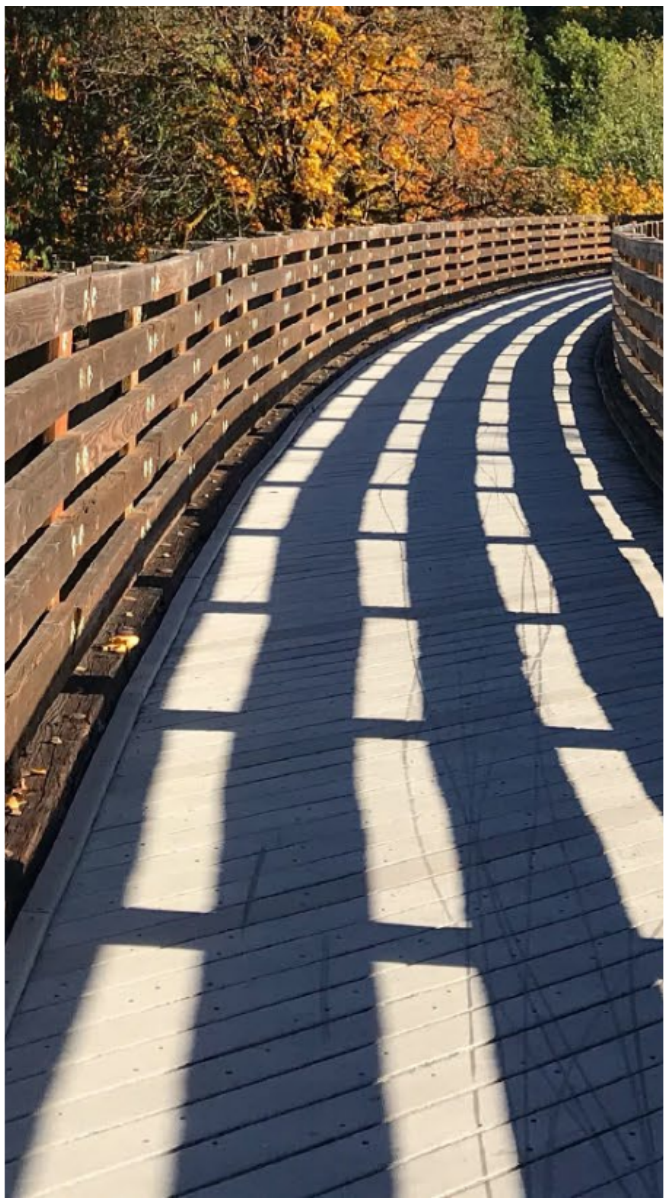
TrailLink
by Rails-to-Trails Conservancy

2026

TrailLink Unlimited

Guides



Gwynns Falls Trail

Maryland

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The Gwynns Falls Trail is a nearly 20-mile continuous corridor that winds through dozens of west and southwest Baltimore neighborhoods, parks, and historical and cultural landmarks and the urban business district. It takes a circuitous route through Gwynns Falls/Leakin Park and southeast to downtown and includes side spurs into adjacent parks and a connection to the Jones Falls Trail at Baltimore's famed Inner Harbor. Along the trail are interpretive signs providing opportunities to learn about this impressive valley's historical significance to Baltimore and the nation.

About the Route

Winding through Gwynns Falls/Leakin Park—the largest urban forest east of the Mississippi—to the Middle Branch Patapsco River and the Inner Harbor, the Gwynns Falls Trail serves as a key connector for more than 2,000 acres of publicly owned land and 10 miles of additional hiking trails.

Although the trail can be accessed from dozens of points along the route, its main access points include the I-70 Park & Ride, Winans Meadow, the Inner Harbor at Light Street, and Middle Branch Park. Starting at the eastern endpoints makes for a moderately uphill trek west.

A good place to start is at the I-70 Park & Ride, located adjacent to the northwest section of Gwynns Falls/Leakin Park. From here, the trail heads east alongside Franklin Town Road and through mature forest to Winans Meadow, a popular section of the park with excellent opportunities for bird-watching, turtle-spotting, and historical exploration. This includes remnants of the 19th-century Crimea Estate, which has a preserved waterwheel and root cellar. The Winans Meadow trailhead offers parking, restrooms, a picnic pavilion, and drinking water.

From Winans Meadow, the pleasant, level trail continues eastward. The route then turns north through mature forest toward the mill race section of the route, which begins at the Windsor Mill Road trailhead. Just before reaching the trailhead, a short 1-mile detour northeast on the Dickeyville Trail runs along a former section of Wetheredsville Road and leads to a historical 18th-century mill village in Dickeyville alongside Gwynns Falls.

Continuing southeast along the Gwynns Falls Trail, the route follows a former millrace path of crushed stone through forest for 3 miles to Leon Day Park, named for Negro League Hall of Fame baseball player Leon Day.

Here, there are ball fields, playgrounds, and parking. About 0.5 mile farther southeast, the trail offers views of the fall line between the Piedmont Plateau and the Coastal Plain, marked by a series of waterfalls and rapids.

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States: Maryland
Counties: Baltimore City
Length: 19.7miles
Trail end points: Leakin Park (4921 Windsor Mill Rd, Gwynn Oak) to downtown Baltimore
Trail surfaces: Asphalt,Crushed Stone
Trail category: Greenway/Non-RT
Trail activities: Bike,Fishing,Inline Skating,Walking,Wheelchair Accessible

Parking & Trail Access

The Gwynns Falls Trail runs between Leakin Park (4921 Windsor Mill Rd, Gwynn Oak), where there is parking, and downtown Baltimore.

Parking is available at:

- Carroll Park, 1500 Washington Blvd (Baltimore)
- Middle Branch Park, 3301 Waterview Ave (Baltimore)
- Cherry Hill Park, 101 Reedbird Ave (Baltimore)

Visit the TrailLink map for all parking options and detailed directions.

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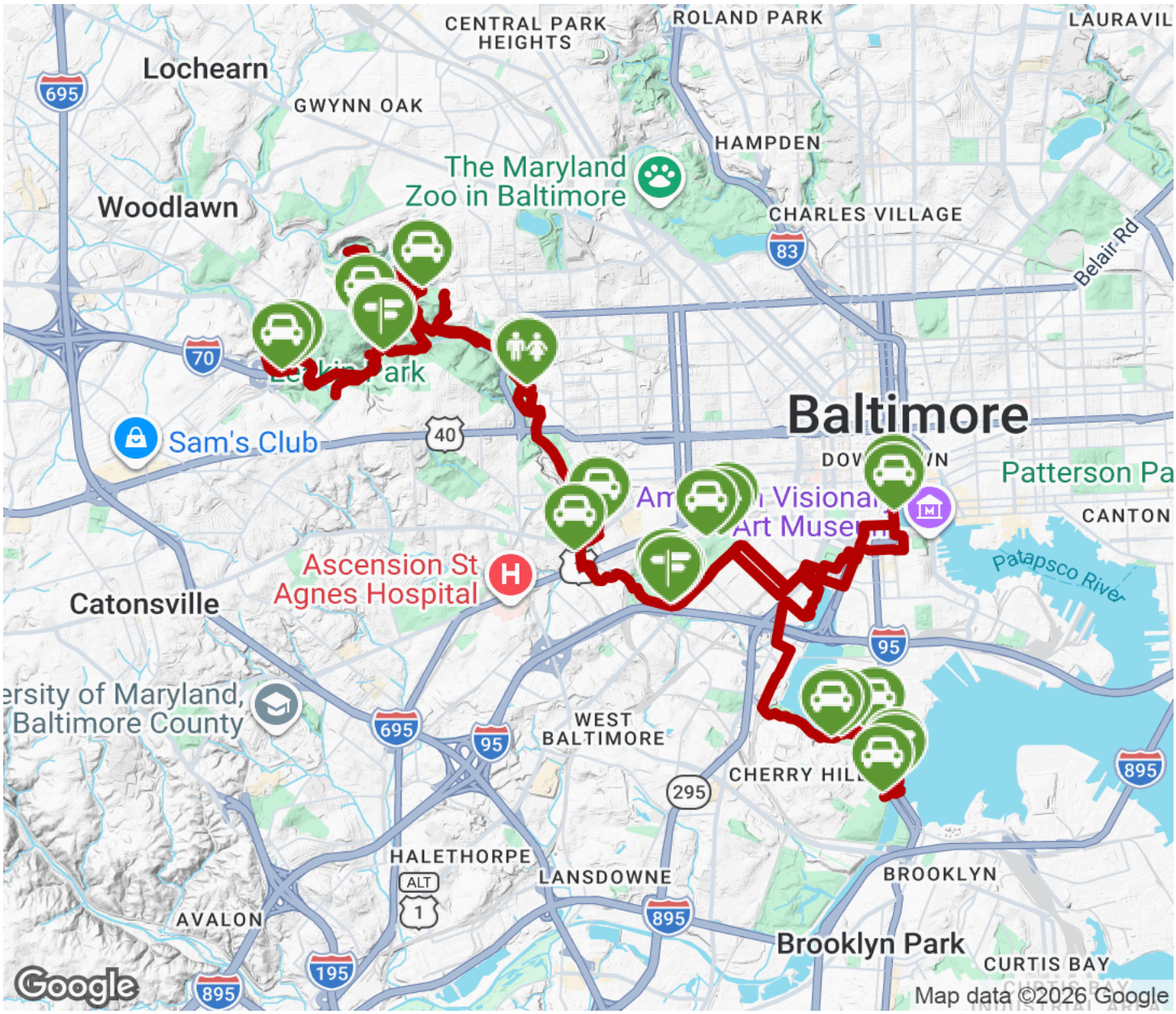

Trailhead Restroom Parking Water Fountain Tunnel

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