



2026

TrailLink Unlimited



Guides



Rock Creek Trail (MD)

Maryland



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Maryland

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



and walkers.

Connections

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, 16 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.

About the Route

It's a popular trail despite that it's not always well marked, and trail users may find themselves 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 on a bike, take it slowly and enjoy the green refuge, giving way to runners



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States: Maryland

Counties: Montgomery

Length: 16miles

Trail end points: Needwood Lake Circle in Rock Creek Regional Park (Derwood) to Beach Dr (MD/DC border)

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike,Inline

Skating, Walking, Wheelchair Accessible

Parking & Trail Access

The Rock Creek Trail runs between Needwood Lake Circle in Rock Creek Regional Park (Derwood) and Beach Dr (MD/DC border).

Parking is available at:

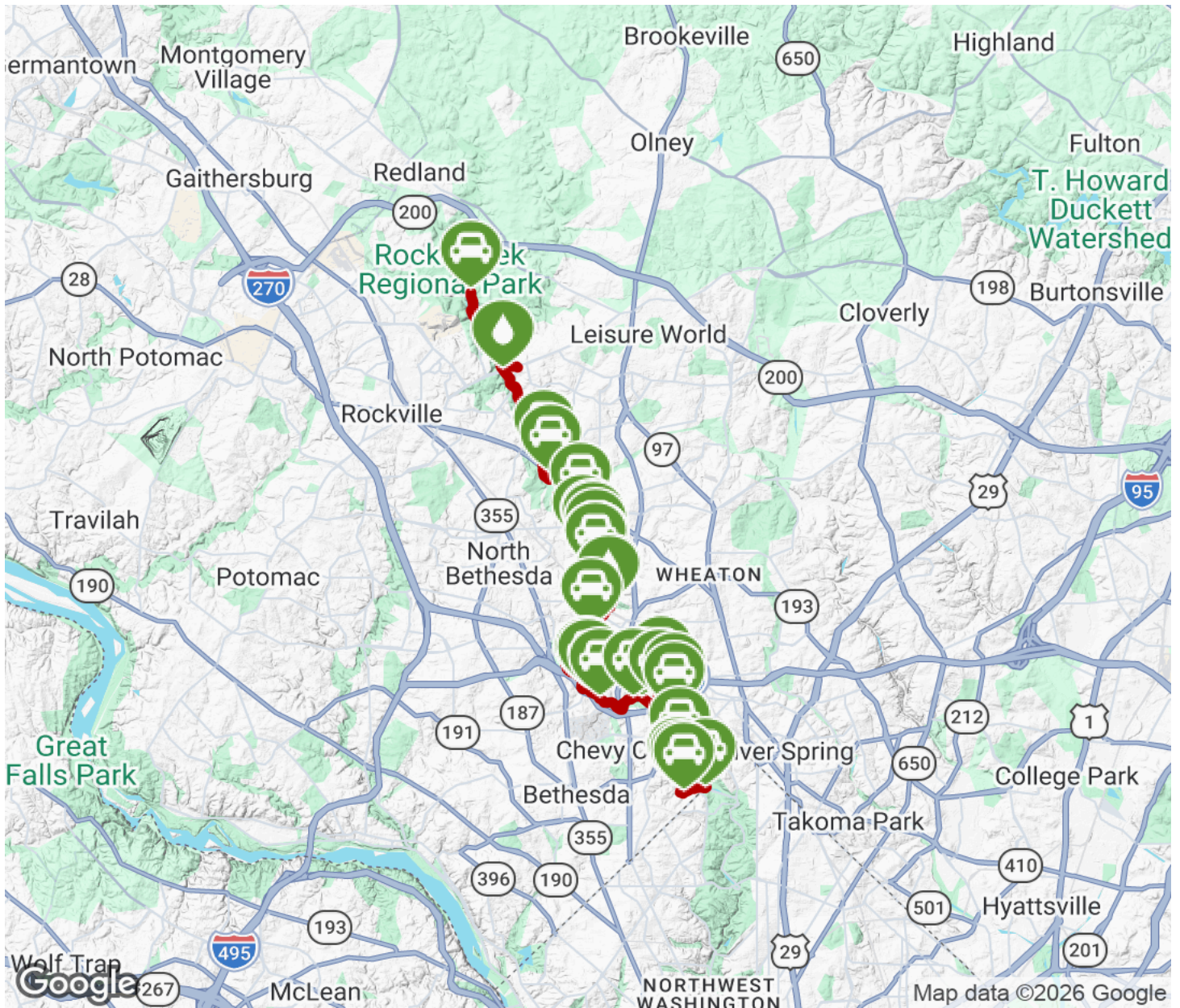
- Dewey Local Park, 11720 Dewey Rd (Silver Spring)
- Meadowbrook Local Park, 7901 Meadowbrook Ln (Chevy Chase)

Visit the [TrailLink map](#) for all parking options and detailed directions.



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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com