

Rock Creek Regional Park Lake Frank & Meadowside Trails



Length: 7+ miles of natural surface trails
Updated: feb06

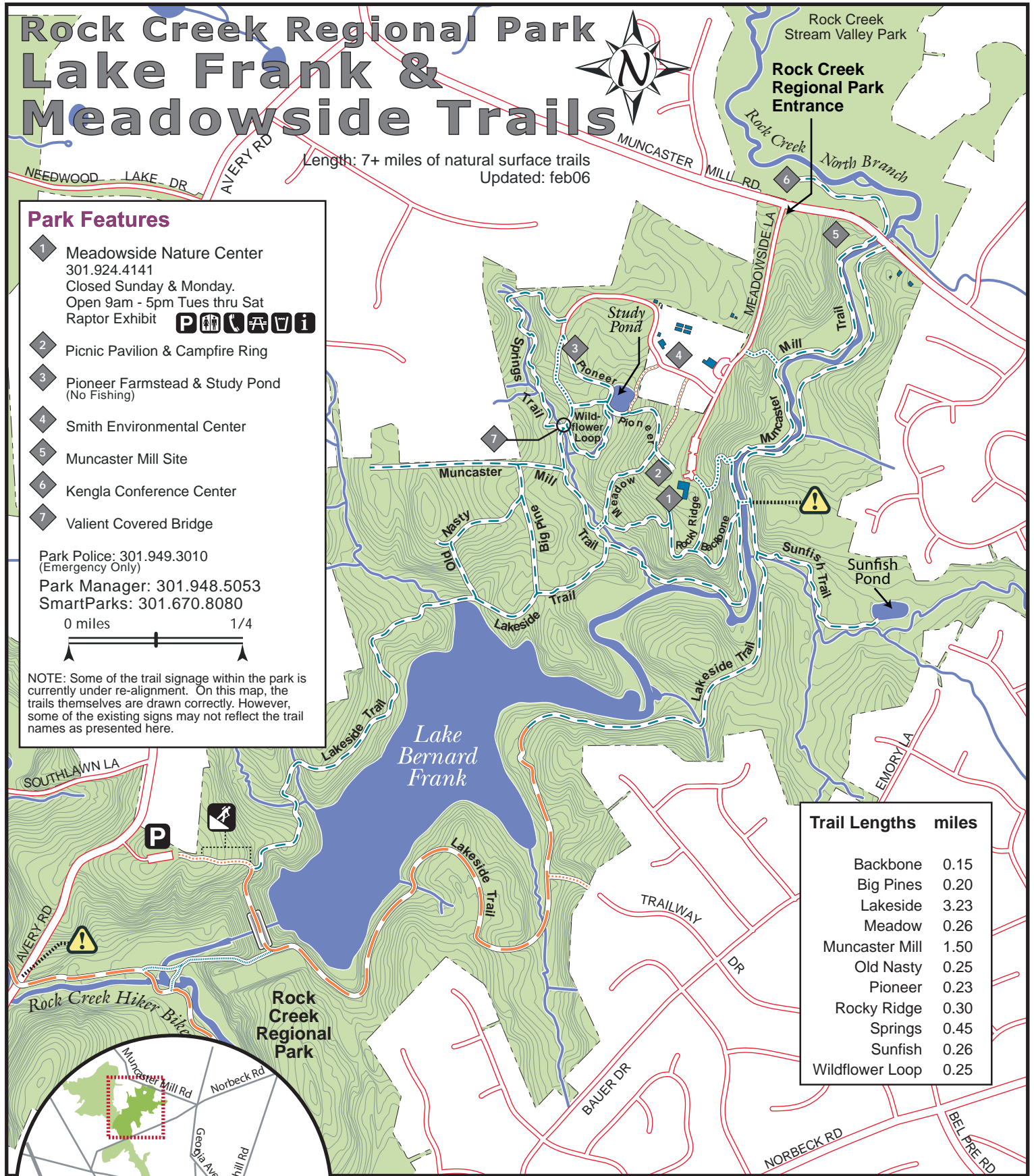
Park Features

- 1 Meadowside Nature Center
301.924.4141
Closed Sunday & Monday.
Open 9am - 5pm Tues thru Sat
Raptor Exhibit
- 2 Picnic Pavilion & Campfire Ring
- 3 Pioneer Farmstead & Study Pond
(No Fishing)
- 4 Smith Environmental Center
- 5 Muncaster Mill Site
- 6 Kengla Conference Center
- 7 Valient Covered Bridge

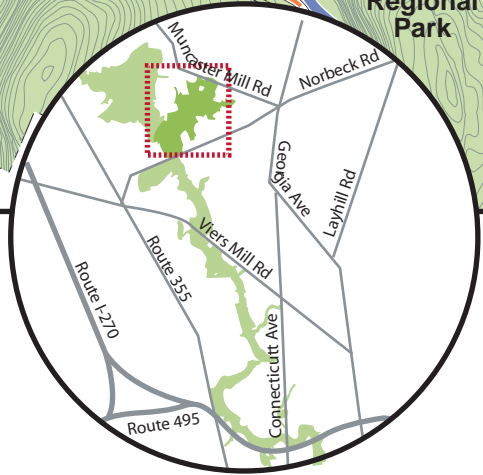
Park Police: 301.949.3010
(Emergency Only)
Park Manager: 301.948.5053
SmartParks: 301.670.8080



NOTE: Some of the trail signage within the park is currently under re-alignment. On this map, the trails themselves are drawn correctly. However, some of the existing signs may not reflect the trail names as presented here.



Trail Lengths	miles
Backbone	0.15
Big Pines	0.20
Lakeside	3.23
Meadow	0.26
Muncaster Mill	1.50
Old Nasty	0.25
Pioneer	0.23
Rocky Ridge	0.30
Springs	0.45
Sunfish	0.26
Wildflower Loop	0.25



- Hard Surface Trail
- Trail Connector
- Natural Surface Trail
- Trail Connector
- Hiker Only Trail
- Trail Connector
- M-NCPPC Parklands & Topography
- Streams & Ponds

- Use extreme caution when crossing
- Steep Slope
- Drinking Water
- Trailhead Kiosk
- Bathroom
- Phone
- Picnic Area
- Parking

Please Note: Trail Connectors are shown solely for neighborhood access. They are not part of the main park trail system and may not be signed or maintained to park standards.

