

PREP HIKES

There are three 10 mile hikes. Required: Nov. 5 and at least one of the two in the Spring- 4/23 and/or 5/21 are required for pilgrim pre-pilgrimage. If you absolutely can not make a required hike, contact Martha Whitney to schedule a make-up hike.

4-5 miles

Oct. 23 at 1 pm. C&O Canal Towpath. Meet in parking lot ACROSS from Old Anglers Inn. Walk up to overlook on Olmstead Island.

*****November 5 SATURDAY. 10 mile hike.** 9:00 AM. Capital Crescent Trail. Meet at Fletchers Cove, upper parking lot. Walk to Bethesda Row. Lunch . Return.

5-6 miles

November 20 at 11:30am Seneca Regional Park. Meet at trailhead in parking lot.

November 27 at 11:30am Rock Creek Park. Western Ridge Trail, Valley Trail, Rock Creek [AT]. Meet at Nature Center, 5200 Glover Road. [head north]

December 11 at 11:30am Valley, Anglers, Woodland, Gold Mine , Canal Trail [AT]. Loop hike. Meet at parking lot across from Old Anglers Inn [same as 10/23].

7-8 miles

March 12 at 11:30am Blockhouse Point Loop Trail.[AT] From the Washington Beltway (I 495) proceed north on River Road through Potomac Center. Turn left onto Pennyfield Lock Road. First parking area on the right is nearest the trailhead. Cross over Muddy Branch Creek to get to the trail. Do not cross the canal.

March 26 at 11:30am W&OD trail. Meet at the small park across from Whole Foods at 143 Maple Ave. E. We will walk 4 miles out and then return. Paved.

May 7 at 11:30am ** C&O Canal. Meet at the first Cardarock Parking Area off Clara Barton Parkway, near the restrooms. There is a second lower lot, available if first one is full. We will walk out-and-back for a total of 8 miles.

- **June 11** at 11:30am Anacostia River Walk [AT]. **Meeting point to be determined.** Details to follow.

10 miles

*****April 23** at 11:30 am.

Capital Crescent Trail. Meet at Fletchers Cove, upper parking lot. Walk to Bethesda Row. Lunch. Return.

*****May 21** at 11:30am. Great Falls Park, Virginia side.

Meet at IPC parking lot, carpool to Gt Falls Park [VA side]. Entrance fee fairly hefty. A national park pass will take in a carload. I have a pass; if anyone else does, please let Martha know.

Bring light picnic lunch. We will meet outside the Visitor Center, lower level, by the water fountain and rest rooms.

Great Falls National Park. Virginia side. Figure 8 loop from Great Falls Visitor Center through and around Riverbend , back to visitors center, down to Difficult Run and return to visitors center. 10.8 miles. [our longest day is 12+].

EVERY WEDNESDAY. 8 AM. Starting Oct. 26 -Dec. 7; March 15- June 7. No hikes on 4/12 or 5/6.

8 miles out and back. Leave from under the parkway bridge on Glebe Road. Stop for coffee and snack in Georgetown at Leopold's on Cady's Alley or Blue Bottle Café or the Capital One Café , 3150 M Street, a few blocks up.

[AT] = on AllTrails

Should weather or trail conditions warrant, hikes might be modified or postponed. A group email will go out on the Sunday morning no later than 7:30.