

The Great Outdoors

MONTGOMERY COUNTY

Audubon Naturalist Society - (301)652-9188
8940 Jones Mill Road, Chevy Chase, MD 20815
<http://www.audubonnaturalist.org>
Nature trail, pond, wildflower meadow, and butterfly garden.

Black Hills Regional Park - (301)972-3476
20926 Lake Ridge Road, Boyds, MD 20841
www.mc-mncppe.org/parks/facilities/regional_parks/blackhill
Picnic areas, playgrounds, volleyball courts, natural trails and Little Seneca Lake with rental rowboats and canoes, and a fishing pier.

Cabin John Regional Park - (301)299-1971
7400 Tuckerman Lane, Rockville, MD 20852
www.mc-mncppe.org/parks/facilities/regional_parks/cabinjohn
Tennis, hiking, picnic, playground, miniature train, the Cabin John Ice Skating Rink, and a nature center with classes and exhibits.

Gardens at Glenview Mansion - (301)309-3030
603 Edmonston Drive, Rockville, MD 20851
www.rockvillemd.gov/parks-facilities/glenview.htm
Italianate renaissance gardens. Also great for sleigh riding in winter!

Little Bennett Regional Park - (301)972-9222
23701 Clarksburg Rd., Clarksburg, MD 20871
www.mc-mncppe.org/parks/enterprise/park_facilities/little_bennett
Hiking, camping, golfing and equestrian.

Maryland SoccerPlex - (301)528-1480
18031 Central Park Circle, Boyds, MD 20841
www.mdsooccerplex.org
162-acre facility with 19 outdoor soccer fields, and a 66,000 square foot multi-sport facility.

McCrillis Gardens and Gallery - (301)962-1401
6910 Greentree Road, Bethesda, MD 20817
www.mc-mncppe.org/parks/brookside/mccrillis.htm
Gardens feature azaleas, rhododendrons and other blooming and non-blooming varieties.

Rock Creek Regional Park - (301)948-5053
15700 Needwood Lk. Cir, Rockville, MD 20855
www.mc-mncppe.org/parks/facilities/regional_parks/rockcreek
Hiking/biking trails, recreational/picnic areas. Lake Needwood has boat rentals & a tour boat.

Seneca Creek State Park - (301)924-2127
11950 Clopper Road, Gaithersburg, MD 20878
www.dnr.state.md.us/publiclands/central/seneca.html
6,300 acres, extends along 14 miles of Seneca Creek. Picnicking, boat rentals, trails, mountain biking, golf, and a playground.

Wheaton Regional Park - (301)946-7033
2000 Shorefield Road, Wheaton, MD 20902
www.mc-mncppe.org/parks/facilities/regional_parks/wheaton
Horseback riding, ice skating, ballfields, carousel, tennis, train rides and camping. Brookside Gardens and the spectacular conservatory.



WASHINGTON, DC

C&O Canal Nat'l Historic Park - (301)739-5275
1850 Dual Highway, Hagerstown, MD 21740
www.nps.gov/choh
The Chesapeake & Ohio Canal National Historical Park is 184.5 miles of adventure.

Glen Echo Park - (301)634-2222
7300 MacArthur Blvd., Glen Echo, MD 20812
www.glenechopark.org
Amusement park and setting for dances, classes, performances, and events.

Great Falls Park - (703)285-2965
9200 Old Dominion Dr., Great Falls, VA 22066
www.nps.gov/archive/gwmp/grfa
An 800 acre park located along the Potomac River 14 miles upriver from DC.

Kenilworth Pk & Aquatic Grdns - (202)426-6905
1550 Anacostia Ave. NE, DC 20019
www.nps.gov/archive/nace/keaq
Kenilworth Marsh, ballfields and rec. facilities. The Aquatic Gardens are a great place to see birds, frogs, turtles, butterflies, and dragonflies.

Lafayette Square - (202)208-1631
16th St. & Pennsylvania Ave. NW, DC 20006
www.cr.nps.gov/nr/travel/wash/dc30.htm
A seven-acre public park located directly north of the White House.

National Zoological Park - (202)633-1000
3001 Connecticut Ave. NW, DC 20008
www.nationalzoo.si.edu
A 163-acre zoological park in the heart of DC. Open 364 days a year, free of charge, home to more than 2,400 individual animals of 400 different species, including giant pandas.

Potomac Park - (202)485-9880
North & South of Jefferson Memorial & Tidal Basin, Washington, DC
A popular picnic spot featuring the giant bronze statue, The Awakening, a great view of the city, a mini-golf course, a playground, a public outdoor pool, tennis courts, picnic facilities, and a recreation center.

Rock Creek Park - (202)895-6000
3545 Williamsburg Ln. NW, DC 20008
www.nps.gov/rocr
An amazing retreat! Extensive paved bicycle paths, 30 picnic areas, playgrounds, tennis courts, hiking trails, bridle trails, a golf course, boating center, and amphitheatre.

National Arboretum - (202)245-2726
3501 New York Ave., NE, DC 20002
www.usna.usda.gov/index.html
A 446-acre campus contains display gardens, collections, and historical monuments. Also see the National Bonsai and Penjing Museum.

Constitution Gardens - (202)426-6841
17th St. and Constitution Ave. NW, DC 20006
www.nps.gov/archive/coga/index2.htm
A 50 acre park on the National Mall, near the Vietnam Veterans Memorial.

Theodore Roosevelt Island - (703)289-2500
In the Potomac River, George Washington Pkwy.
www.nps.gov/this
A unique national memorial to our 26th President. Offers 2.5 miles of trails, nature tours, and the Roosevelt Memorial statue.

Dumbarton Oaks - (202)339-6410
1703 32nd Street, NW, Washington, DC 20007
www.doaks.org
16 acres of formal gardens, a Roman-style amphitheater, terraces and reflecting pools surround this 18th century mansion.