



Take a Walk through Nature and History

Stretching across 8,000 acres in the District of Columbia and Maryland, National Capital Parks-East hugs the banks of two important rivers - the Anacostia and Potomac- and within its 12 major sites provides opportunities to experience exciting historic places and beautiful natural settings. From Greenbelt Park in the north, to the centrally located Fort Circle and Kenilworth Park sites in Washington D.C., and finally to the southern-most Piscataway Park, many trails are available for exercise, exploration, and discovery. Diverse resources range include statuary, historic sites and buildings, recreation areas, parkways, archeological sites, tidal and non-tidal wetlands, meadows, and forests.

Additional trails available, but not listed on this map, are located at Piscataway, Fort Washington, and Harmony Hall Parks. At these sites you can visit the Want Water trail at Harmony Hall, the River Trail at Fort Washington, and at the Accokeek Boardwalk and the Mockley Point Trail in Piscataway Park, plus the Paw Paw Trail, Blue bird Trail and Saylor Grove Boardwalk Trail at the National Colonial Farm. Wherever you travel within our park, please have a wonderful visit.

About Your Visit

Operating Hours

Kenilworth Park: 7:45 a.m. - 4:00 p.m.

Oxon Cove Park: 8:00 a.m. - 4:30 p.m.

The other parks listed are generally open during daylight hours, 7 days a week, with the exception of Thanksgiving, Christmas, and New Years Day.

Getting There by Car

Please call the park for specific directions: (202) 690-5185

Getting There by Public Transportation

Greenbelt Park is accessible via the Green-line METRO (Greenbelt Station/ College Park/University of Maryland) in combination with METRO bus.

Kenilworth Park is accessible via the Orange-line METRO (Deanwood), then either by foot or METRO bus. Oxon Cove Park is accessible by METRO bus. Schedules for public transportation vary.

Getting Around

Personal vehicles, bicycles, roller-blades, and walking are all modes of transportation used by park visitors. Bicycling is allowed only on paved roads and designated trails. Bicycles are not allowed on the Baltimore-Washington Parkway or Suitland Parkway.

| Name | Length/Route | Description |
|-----------------------------------|--|--|
| Greenbelt Park | | |
| Azalea Trail | 1.2 miles/Connects Laurel/ Sweetgum/Holly picnic areas | Moderate , hills. Forested woodlands |
| Dogwood Trail | 1.4 miles /From Park Central Road | Moderate , hills. Self guided geology/ecology/history walk in forest. |
| Blueberry Trail | .8 miles/From campground area | Moderate , hills. Forest and streams. |
| Perimeter Trail | 6 miles/Circles western side of park | Moderate , hills. For hiking and horses. |
| Kenilworth Aquatic Gardens | | |
| River Trail | .7 miles/From lily pond to the Anacostia River | Easy , flat. See restored wetlands and swamp forests. |
| Kenilworth Boardwalk | .2/From lily ponds to restored wetlands | Easy , flat. Wheelchair access. Wetlands and wildlife. |
| Oxon Cove Park | | |
| Woodlot Nature Trail | .3 miles/Below farm house to old orchard | Moderate , hills. Upland forest. Stream crossing. |
| Hiker-Biker Trail | 1.6 miles/From parking lot to I295 | Moderate , hills. Paved surface. View of fields and Oxon Cove. |
| Fort Circle Parks | | |
| Hiker-Biker Trail | 7 miles/From Ft. Stanton to Ft. Mahan, Washington D.C. | Moderate , hills. Forests and Civil War fortifications. Open to foot traffic and bikes. |

For your safety and to protect the park please observe the following regulations:

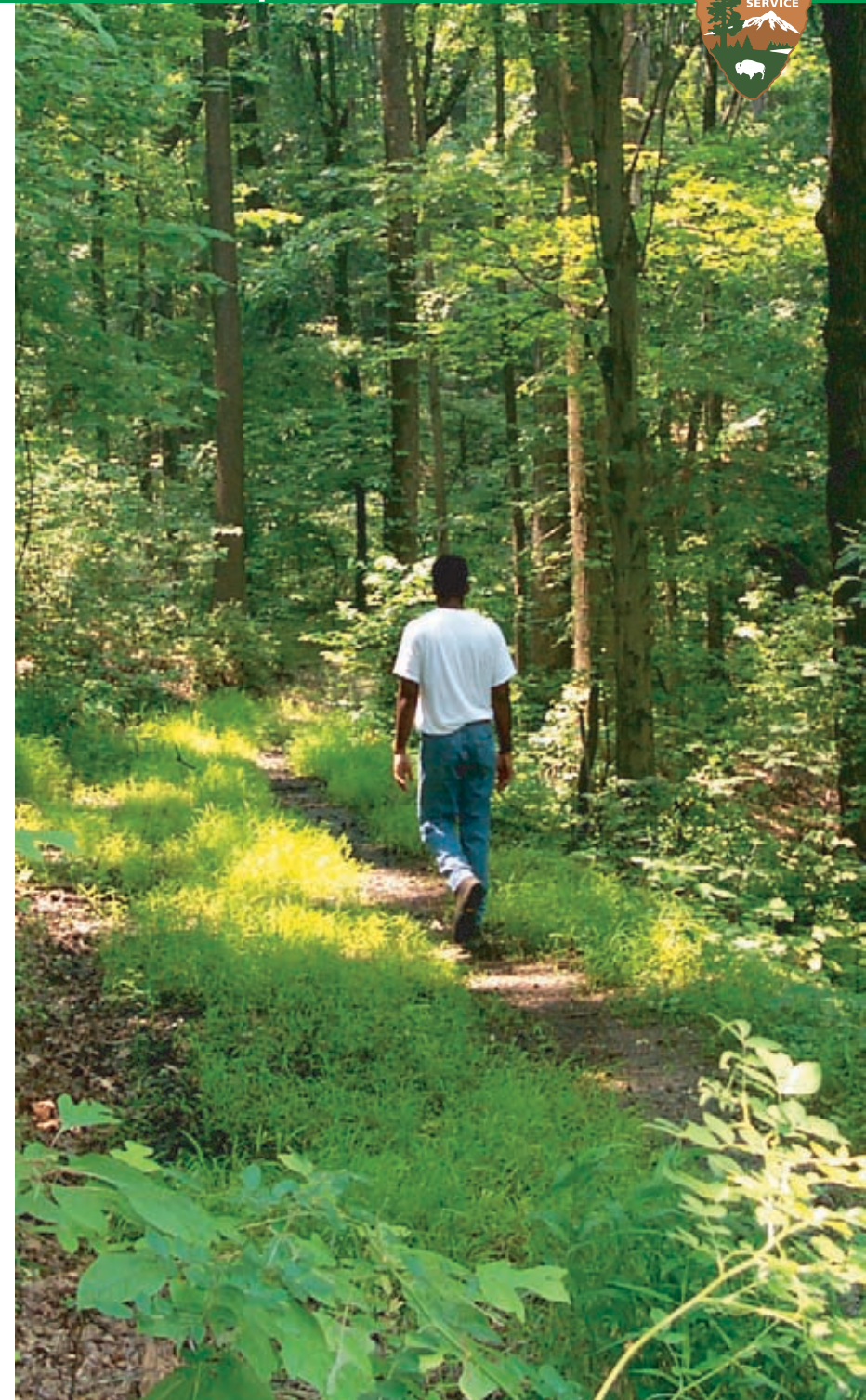
- The park is only open in daylight hours; traffic is permitted 24 hours a day. Trucks and buses are prohibited on park roads.
- Overnight camping is not allowed, except in designated areas.
- Pets must be leashed at all times.
- Use trash cans provided in picnic areas and help keep the park clean.
- Fires are permitted only in grills and fireplaces in designated picnic areas; bring your own grill and fuel. Charcoal grills only. No gas grills.
- All natural and cultural objects are protected by law. Do not collect or disturb rocks, animals or plants. Let wildflowers grow. Do not remove trees, even dead ones, for firewood.
- Hike only on marked trails to minimize erosion.
- Bicycles are permitted only on paved trails and roads. Park only in designated areas.

In Case of an Emergency Call: United States Park Police (202) 619-7300 or dial 911

For more information: 1900 Anacostia Drive, SE, Washington, DC 20020 www.nps.gov/nace

The Healthy Parks-Healthy Living program is designed to highlight the vitality, wellness and recreation benefits inherent in National Parks. An important part of a "healthier you" is daily physical exercise. Some simple ways to add physical activity to your day include taking stairs instead of the elevator, biking to work rather than driving or hiking a trail in a National Park. Regular exercise contributes to maintaining a healthy weight and a long healthy life. It's important to be hydrated before, during, and after physical exercise. Medical reports have identified antioxidants as a passport to good health. Dietary antioxidants are found in foods and beverages and can help to protect the bodies immune system. Help protect the body from the damaging effects from toxic substances.

Healthy Parks-Healthy Living is a National Park Foundation program supported by Lipton® Tea, a brand of Unilever, a Proud Partner of America's National Parks.



Trails Forever