

From Grace, Coordinator – Outdoor Adventure Center:

[Cromwell Valley Park](#)

- **Trail Info:** Multiple trails that link together provide unlimited options for terrain and mileage
 - Under 1 mile and flat: Elk Path, Minebank Run, Birder's Path, Loch Raven Drive Trail, Sycamore Path, & Greenhouse Path
 - All other trails feature gentle uphill and downhill; as well as more rugged trail terrain
 - Staff favorite loop: Sherwood Falls Trail, to Wellington Woods Loop, to Willow Grove, to Barrans-Baldwin
- **Description:** If you're looking to start hiking or trail running, look no further than Cromwell Valley Park! This park features all-around well-marked trails and options for hikers seeking flat terrain or hills. The deeper you go into the park, the less crowded and more rugged the trails become. This park is dog-friendly, so feel free to bring your furry friend with you! There are plenty of side trails to follow for longer hikes; just be sure to pay attention to park limits signage.
- **Tips for Visiting:** This park can be a popular weekend or after-work spot - we find the best time to visit is during the early afternoon on weekdays or early in the morning on weekends.

[Sugarloaf Mountain](#)

- **Trail Info:** Moderately-Challenging trails ranging from .6 to 7.1 miles in length
- **Description:** Sugarloaf features numerous trails that can be connected to fit the hike you're seeking! Most of the trails will have some uphill climbs that will be sure to warm you up, followed by chilling rural vistas that are other-worldly at snowfall.
- **Tips for Visiting:** This park is **very** popular on the weekends. Arrive early to secure parking and solitude.

From Meghan, Graduate Assistant – Outdoor Adventures:

[Kilgore Falls Loop Trail](#)

- **Trail Info:** Low challenge, mostly flat 1.3 mile loop
- **Description:** This flat and easy trail in Harford County will lead you to a beautiful waterfall. This waterfall is especially gorgeous in the winter as it begins to freeze. Pack some snacks and hot chocolate and enjoy a restful picnic with the falls in view.
- **Tips for Visiting:** This can be a popular weekend destination for hikers so plan to get an early start and wear a mask while passing other hikers.

[Cascade Falls Loop Trail](#)

- **Trail Info:** Low challenge with mild elevation changes - 2.3 mile loop
- **Description:** Yet another beautiful waterfall in Maryland! This easy trail over a few mellow hills will lead you to a serene waterfall view. If you don't want to work too hard to see some beautiful scenery, this trail is for you!

- **Tips for Visiting:** Patapsco Valley State Park can be a popular weekend destination for hikers so plan to get an early start and wear a mask while passing other hikers.

From Andrew, Assistant Director – Outdoor Adventures & Student Development:

[Gunpowder Falls State Park Highland Trail Loop](#)

- **Trail Info:** Moderately challenging with some short, but steep hills – 3.1 mile loop
- **Description:** Less visited than other sections of the Gunpowder Falls State Park – Hereford Area, this hike provides great seclusion and views of one of my favorite river gorges in Maryland.
- **Tips for Visiting:** Some sections of the trail are quite rocky and run close to the river, so exercise caution in wet weather. This area is also popular with fly fishermen so parking can be limited on warm weekends.

[Lake Roland Park](#)

- **Trail Info:** A multitude of hikes are available at Lake Roland from paved trail loops, hikes around the lake, and other more forested hikes. All are relatively low challenge and flat.
- **Description:** Hands down the best hiking in Baltimore with countless access points and available trails.
- **Tips for Visiting:** Most trails are near the lake so hikes can be quite muddy in wet weather. As the most popular hiking location in Baltimore City, it can be very busy on the weekends. Try a mid-week hike or get out early on weekends.