



SUMMER - June, July & August 2023
Cycling Seniors Club Schedule

Cycling is a full body and mind exercise! Join the Park Rangers and the ***Cycling Seniors*** Cycle Club this summer! Rides are appropriate for beginner or more advanced riders. Please bring your own bicycle and helmet. ***Use of M-NCPPC bike will be available upon request one week in advance.*** A waiver of liability will need to be signed. **This program is FREE for Prince George's County residents 60 and better with an M-NCPPC Senior ID card!** Club rides will generally take place on the 2nd Wednesday of each month, April through November, weather permitting.

To Register: www.pgparcsdirect.com

Search by activity code: 17549 the easiest way to find the club rides or key word "cycling". Registration for summer rides begins on May 17.

Wednesday, June 14

Henson Creek Trail

9-11:30 am

PARKS DIRECT ACTIVITY CODE: 17549-478A

Arrive: 8:30 am; push off 9 am

Meet/Ride Begins: Tucker Road Athletic Complex/Ice Rink

1770 Tucker Road Fort Washington, MD 20744

We will be riding approximately 12 miles along the Henson Creek Trail. The trail extends from Oxon Hill Road to Temple Hill Road. The trail is a scenic, recreational route through the Henson Creek Stream Valley Park and passes through several neighborhoods and community parks, including Tucker Road Athletic Complex and Community Center. The trail is flat and paved and has a rating of easy. There are at-grade road crossings at Tucker Road, Bock Road, and Brinkley Road. Along Tucker Road, there is a short section where the trail is located on the shoulder of the road. This ride is appropriate for beginner and intermediate riders.

Wednesday, July 12

Bladensburg Waterfront, Bladensburg to Cherry Hill Park, College Park

8:30-11 am

PARKS DIRECT ACTIVITY CODE: 17549-478B

Arrive 8 am; ride push off at 8:30 am

**Meet/Ride Begins: Bladensburg Waterfront Park 4601 Annapolis Road
Bladensburg 20710**

This ride will start at the Bladensburg Waterfront and follow the Paint Branch Trail around College Park, Lake Artemesia, past the University of Maryland and Paint Branch Golf Course to Cherry Hill Park. The mileage for this ride will be approximately 9 miles one way, 18 miles round trip.

Wednesday, August 9

Indian Head Rail Trail

8:30 – 11 am

PARKS DIRECT ACTIVITY CODE: 17549-478C

Arrive 8 am; ride push off at 8:30 am

**Meet/Ride Begins: Theodore Green Blvd Parking
10390 Theodore Green Blvd, White Plains, MD 20695**

The Indian Head Rail Trail is Charles County's most exciting recreational trail. A generous gift through the Department of Interior's Federal Lands to Parks Program, Charles County has completed converting this abandoned railroad corridor into a 13-mile bike trail. Connecting the Town of Indian Head to Route 301 in White Plains, the IHRT traverses approximately halfway across our County. ***For those who are willing and able, we can ride the entire 26 miles round trip but plenty of opportunities for a shorter ride for those who may want to not ride the full 26. As many miles you wish to do, works!***

Without a doubt, the IHRT is a unique opportunity to enjoy some of Southern Maryland's most undeveloped natural areas. Originally built in 1918 as a supply route for the Navy's Indian Head Powder Factory, this elevated rail bed passes through the Mattawoman Creek stream valley. Cyclists, hikers and nature enthusiasts will experience the surroundings of mature forests, natural wetlands, and occasional farmland. Wildlife abounds! Visiting the IHRT is almost like stepping back in time.

See trail map [INDIAN HEAD RAIL TRAIL \(charlescountymd.gov\)](http://charlescountymd.gov/INDIAN-HEAD-RAIL-TRAIL)

See mileage chart and cut off points [637081210588500000 \(charlescountymd.gov\)](http://charlescountymd.gov/637081210588500000)

