



2026 Cycling Seniors Club Fall Schedule

Cycling is a full body and mind exercise! Join the Park Rangers and the **Cycling Seniors** Cycle Club this ride season! We have rides for both new and more experienced riders. Please bring your own bicycle and helmet.. A waiver of liability will need to be signed. **This program is FREE for Prince George's County Residents only, 60 years of age and better!** Club rides will generally take place on 3rd Wednesday of each month – April through October.

To Register: www.pgparksdirect.com

Search by activity code: 17549 the easiest way to find the club rides or key word "cycling"
Registration begins Wednesday, August 12

Wednesday, September 16 (Active Aging Week)

Washington, Baltimore & Annapolis (WB&A) Trail 9-11:30 am

PARKS DIRECT ACTIVITY CODE: 17549-278D

Arrive: 8:30 am; push off at 9 am

**Meet/Ride Begins: Glenn Dale Community Center
11901 Glenn Dale Blvd. Glenn Dale, 20769**

This flat and paved trail extends from Route 450 in Glenn Dale, running northeasterly to the Patuxent River. This trail is appropriate for beginner and intermediate cyclists. We will be riding a total of approximately 12 miles. This ride is appropriate for beginner and intermediate cyclists. For those who want further mileage and a challenge, can take the bridge over to Anne Arundel County and ride to Odenton. The connection is appropriate for intermediate and advanced cyclists who can navigate a steep hill.

Wednesday, October 21

Bladensburg Waterfront to the Navy Yard, 9am to 12pm

Parks Direct Activity Code: 17549-578

Arrive 9 am; push off at 9:30am

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

Ride the Anacostia River Trail (ART) to Navy Yard. We will start our ride at Bladensburg Waterfront and ride on the ART for 7.8 miles, over the new Frederick Douglass Memorial Bridge to the Navy Yard, then loop back to Bladensburg Waterfront (approximately 10 miles round trip). This paved trail is appropriate for intermediate and advanced cyclists. We also will have a cut off point for those riders needed a shorter ride and not going all the way to the Navy Yard.

After the ride, we will enjoy a box lunch gathering to celebrate the ride season! Please register for the ride first and then email Seniors@pgparks.com your lunch preference:

Turkey/Cheese
Grilled Chicken
Ham & Cheese
Roast Beef/Cheese
Vegan option

Any questions, please call 301-446-3403 or email Seniors@pgparks.com

2027 Ride Planning

Please email any suggestion for 2027 rides to Seniors@pgparks.com. I am open to suggestions for the next ride season. A couple things to keep in mind when selecting a trail to ride: No road riding (crossing roads is fine), ample parking and access to restrooms. I look forward to hearing from you as we plan our 4th season of Cycling Seniors!