

Rock Creek Park, MD - Aspen Hill Park

Aspen Hill Park is a part of the Rock Creek stream valley system. It is another favorite location to gather for Montgomery County Road Runners Club members. It's located on the Rock Creek hiker-biker trail roughly halfway between Ken-Gar Palisades (3.55 miles south) and the end of the trail at Lake Needwood (3.7 miles north). The trail northward is quiet and only interrupted by two two-lane roads before reaching Lake Needwood. Southward it is also nice and much tree covered but more obviously surrounded by suburban developments. The Twinbrook trail, a smaller paved trail along a smaller stream, is only a mile away. For a further description of the way up the Rock Creek Trail to Lake Frank or down to Ken-Gar Palisades, see the description of the Lake Frank, South Shores route from Ken-Gar Palisades.

Getting There

From the Capital Beltway (I-495), take Rockville Pike (Rte. 355) northbound 3 miles. Turn right on the Twinbrook Parkway. After 1.25 miles, turn right on Viers Mill Road. After 0.6 miles, turn left onto Aspen Hill Road. Make an immediate left on Adrian Street, then an immediate right on Baltic Avenue. Parking for the park will be on your left.

Area Routes

Twinbrook Trail (4.4 or 4.05 miles, III)

Leaving the Aspen Hill parking area from the water fountain on the Rock Creek hiker-biker trail, head north. The trail drops a little at first as it nears the creek. Turning northward, it is virtually flat and would almost offer good training for beginner in-line skaters except for occasional drains crossing the trail. The surroundings are mostly tree covered however and the waters of the creek can be seen passing by quietly. After just short of 1 mile turn left on a spur trail for the first option; the only left hand turn off the trail before Baltimore Road. It follows suburban streets to the Twinbrook Parkway. The second option turns left at Baltimore Rd. It climbs from there into Rockville along a paved trail (it is not appropriate for in-line skaters) to the Twinbrook Parkway. Broadwood Dr., the next major straight-away for both the options, is a shady and suburban residential area that takes you to Viers Mill Rd. The Twinbrook Trail head is reached shortly after crossing Viers Mill Rd. It is graded very gradually as it drops toward Rock Creek. Along the trail are playgrounds, and houses. The portion of it on this route is suitable for beginner in-line skaters though it is not long. Turn left after only one mile on it, at a fork before a metal bridge. The fork takes you to Viers Mill Rd. If you were to continue further, the trail gets hilly and takes you somewhat away from Rock Creek to Twinbrook Park. A six-tenths of a mile section on the shoulder of Viers Mill Rd. is downhill, but the least pleasant of the route due to the traffic. It appears reasonably safe however due to the wideness of the paved shoulder and is regularly traveled by pedestrians. Viers Mill Rd. intersects the Rock Creek Trail at Aspen Hill Rd. Turn left there and head back up to the park.

Nearby and Connecting Zones

Rock Creek Park, Ken-Gar Palisades
Rock Creek Park, Lake Needwood
Lake Clopper

What to do Afterward

Food and Drink

Samwoo Restaurant - Korean and Japanese Cuisine, Rockville Pike - 301 424-0495
Fuddruckers - burgers - (301) 468-3501
La Madeleine French Bakery - (301) 984-2270

Entertainment and Edification

Needwood Mansion - 301-948-5053
Meadowside Nature Center - Lake Frank - 301 924-4141
Wheaton Regional Park - picnic, ice skating, gardens - 301-946-7033

Twinbrook Trail

Distance: 4.4 or 4.05 miles

Rating: III; paved trails, sidewalks, roads on mostly well graded hills

4.4 Mile Route

0.0	on the Rock Creek trail (north) from the parking lot at Aspen Hill Park (water)	BR 3.35	trail merges from L
		3.45	Atlantic Ave
<*		BL 3.5	up small hill at split in trail; before a metal bridge
1.0	trail X on L to wooden bridge over Rock Creek		
		R 3.55	Viers Mill Rd
L 1.55	paved trail at Baltimore Rd; uphill	3.7	Twinbrook Pkwy; use shoulder (!)
L 2.0	Twinbrook Pkwy	L 4.15	Aspen Hill Rd
CR 2.0	Fletcher Pl	L 4.2	Adrian St
>*			
L 2.15	Broadwood Dr	CR 4.25	Baltic Ave
2.65	Viers Mill Rd		
L 2.75	Coral Sea Dr	L 4.3	into Aspen Hill Park
2.8	Twinbrook Trail head	4.4	trail head at water fountain

*4.05 Mile Route

L 1.0	trail X on L to wooden bridge over Rock Creek
BR 1.2	onto Linthicum St as spur trail ends at Marcia La
R 1.3	Twinbrook Pkwy
L 1.65	Fletcher Pl (pickup cues at mile 2.15 on 4.4 mile route)

Twinbrook Trail

