

Local Walking Trail

By Marylou Stone

APPALACHIAN TRAIL - PEN MAR TO RAVEN ROCK ROAD

One of my personal goals this year is to finish walking the 39 miles of the Appalachian Trail that borders Frederick and Washington County. The Appalachian Trail's name is shortened to the AT. The AT is one of the most famous trails in the world and is more than 2,000 miles long running from Springer Mountain, Georgia, to Mount Katahdin, Maine. The trail is marked by white rectangular blazes painted at eye level on trees along the trail.

The trail crosses the Pennsylvania border into Maryland at Pen Mar. Pen Mar use to be a resort for people trying to escape the summer heat of the cities. The trail runs pretty level for the first 2.5 miles, then climbs 500 feet to High Rock. High Rock is the best launch spot in Maryland for hang gliders. There is parking at High Rock if you would like to start your hike at this point. From this parking lot the AT is reached by a short blue blazed trail.

From High Rock the AT climbs another 250 feet to its highest point in Maryland at just over 2,000 feet. The trail stays level for a short distance and then drops to Raven Rock Hollow and Raven Rock Road where there is limited parking. This is about 6 miles one way.

The view from High Rock makes this a must hike. Plus I spotted the following birds: Red-eyed Vireo, Oven Bird, Pileated Woodpecker, Eastern Wood Pewee, Downy Woodpecker, Rufous Sided Towhee, Scarlet Tanager, White Breasted Nuthatch, and a Carolina Chickadee. What a great trail!!!

