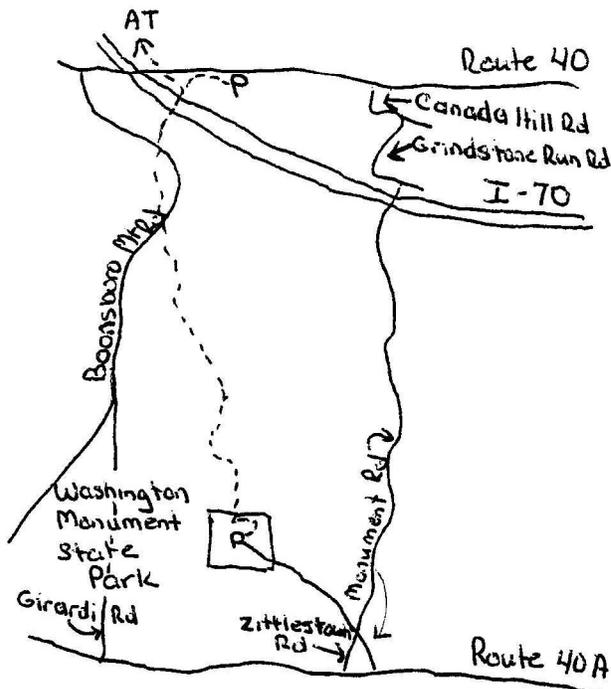


THE APPALACHIAN TRAIL - WASHINGTON MONUMENT STATE PARK TO ROUTE 40 PARKING AREA



This month's trail is a short segment of the AT (Appalachian Trail). The section described here starts at the parking lot at the Washington Monument State Park and ends at the parking area on Route 40. The mileage covered ONE WAY is 3.2 miles. So if you start and return to the same parking area it will be 6.4 miles ROUND TRIP. For those who do not like steep climbs and are just going one way and leaving one car at each parking area, start your hike at Washington Monument State Park. Going south to north will give you more downhills than uphill.

The trail from the Washington Monument State Park to the intersection with the AT is well maintained but does climb steeply. Take your time and read the signs about George Washington's life placed along the trail. At the trail intersection turn north (right) onto the AT and start a steep descent. You will always know you are on the AT because you can follow white blazes painted on the trees. The trail is very rocky so hiking boots or tennis shoes are a must. The trail is a nice walk through the woods and crosses several open areas where power lines cross the trail. The nice thing about this walk is the wildlife and birds one encounters even on a hot day. We spotted 2 fawns, 4 chipmunks, several chickadees, 1 female cardinal, 1 red-eyed vireo, 1 downy woodpecker, 1 hairy woodpecker, 2 ruby throated hummingbirds and for me a new bird - the worm-eating warbler. For the entire hike we were serenaded by countless eastern wood-pewees.

- Trail
- P Parking
- Road