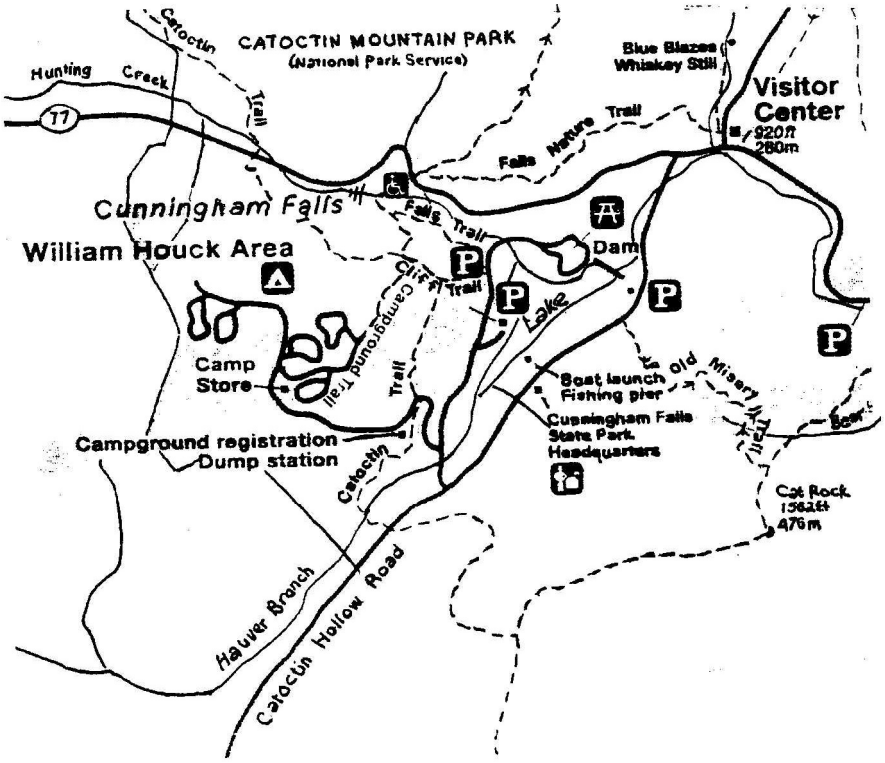
LOCAL WALKING TRAILS
By Marylou Stone

CUNNINGHAM FALLS STATE PARK - LOWER TRAIL AND CLIFF TRAIL



A favorite spot to hike to in Frederick County is Cunningham Falls. On a hot summers day, the cool breeze coming off the water can be refreshing. In spring, the birds and wildflowers make it an enjoyable walk. And in fall the color of the leaves create a gorgeous picture.

The lower falls trail is an easy to moderate hike. It is the shortest and easiest trail to the falls. There are signs along the way to read and benches to sit on and listen to the water tumble over the rocks in the creek. This trail is marked by red colored blazes and if you take the lower falls trail in both directions, it is one mile round trip. Another option for the more adventurous is to take the lower falls trail to the falls and return by way of the cliff trail. The cliff trail is a strenuous trail but passes large rock formations. This will add one quarter of a mile to a round trip hike. The cliff trail is marked with yellow colored blazes.

One of the most spectacular times to hike this trail is in winter when the falls is frozen and there are few people on the trail.