

CATOCTIN MOUNTAIN PARK - SPICEBUSH NATURE TRAIL

By Marylou Stone

This is a trail for everyone. It is a paved, level 0.2 mile loop trail set in the mountains. It is totally wheelchair accessible and is a great trail for baby strollers. This trail could be walked in sandals or tennis shoes. This is a great trail for those just starting a walking program who would like to walk in the mountains.

There are trailside interpretive signs that make the trail more interesting and give us information into forest ecology.

This trail can be reached by first driving to Catoctin Mountain Park off Maryland 77, just west of Thurmont. Turn left onto Park Central Road and drive to Chestnut Picnic Area. The trail is on the east side of the picnic area.

I hiked this trail on a hot summer afternoon. The Tufted Titmice were continually chattering overhead. I spotted a Downy Woodpecker and several White Breasted Nuthatches. If you listen closely the Nuthatches sound like little tin horns.

But what I learned about on this hike was the Stilt Grass growing on the forest floor. It is from Japan. To find out how it got here, you have to hike the trail.

