If you are looking for a short trail with a little bit of a challenge, this is the trail for you. This trail is a half mile loop that has a steep uphill in the beginning and a gentler downhill in the middle. The trail is a combination of pavement, dirt, and rocks. So wear tennis shoes, not sandals.

To get to Kemptown Park, take I-270 south out of Frederick. Exit I-270 at Urbana and bear right on Route 80, through Urbana. Stay on Route 80 to Kemptown and turn right onto Kemptown Church Road. At Kemptown Elementary School turn right into the school road, drive past the school into the park. The parking area for the nature trail is the parking area for shelter one.

I hiked this trail on a clear, cold, winter afternoon and was entertained by squirrels scurrying around looking for food, and chickadees twittering in the trees. The trail meanders for part of the way beside a delightful stream. The Eagle Scouts also have a handout at the beginning of the trail to help identify leaves and trees.