This is a trail for those who are really looking for a challenge. This trail is not for the faint of heart. The park brochure rates this trail as strenuous and I would totally agree.

The trail begins at the Trailhead Parking Lot on the east side of Gambrill Park Road. There are many other trails leaving from this parking lot so make sure that you follow the trail marked with black blazes. The trail is 3.3 miles long making a loop and returning to this parking lot. I would strongly recommend hiking boots or sturdy tennis shoes as there are several sections of the trail that climb and descend where the trail is very rocky.

Even though this trail is difficult, it is well worth the effort. I hiked this trail on a hot early summer morning just before the mountain laurel was in full bloom. I spotted many different flowering plants including Jack-in-the-Pulpit, Rue Anemone, and Wood-Sorrel as well as 3 different kinds of ferns and a couple of mushrooms.

I spotted or heard the following birds: Northern Cardinal, Blue Jay, Tufted Titmouse, Indigo Bunting, Scarlet Tanager, Downy Woodpecker, Pileated Woodpecker, Eastern Wood-Pewee, American Robin, Chipping Sparrow, White-breasted Nuthatch, Wood Thrush, Ovenbird, Eastern Towhee, Turkey Vulture, and Worm-eating Warbler. I even spotted squirrels, and chipmunks running through the leaves as well as an unusual centipede crossing the trail.