

Get Out AND Walk!

A St. Mary's County
Guide to Walking
for Fun and Fitness





ST. MARY'S COUNTY
HEALTH DEPARTMENT

**This publication is brought to you by
St. Mary's County Recreation and Parks
in partnership with
St. Mary's County Health Department
through a grant from the
Maryland Department of Health,
Center for Chronic Disease
Prevention and Control.**

*Duplication of the materials contained within this handbook is encouraged
with proper acknowledgement given to the above.*







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Get Out and Walk

Walking is a great way to get and stay fit. You do not need expensive equipment or special training. Walking can be done on your own schedule, at your own pace. Best of all, walking can help you shed those excess pounds that put you at risk for chronic diseases like heart disease, high blood pressure and diabetes. It is a great way to improve your health!

This booklet contains information about:

-  Places to walk in St. Mary's County
-  Information about staying safe while you walk
-  Resources that can add to the success of your walking program
-  Local programs and activities to keep you walking

For more information, scan the provided QR Codes with your smartphone.



GET OUT AND WALK

Walking 30-Minutes a Day Helps:

Connect with Family & Friends

Stay Healthy

Save on Medical Costs

Boost Your Mind

Reduce Air Pollution

Get Walking Everyday:

Start Slow - just need 10 minutes at a time

Make a Plan - schedule it

Walk Fast - enough you cannot sing, but are able to talk

Find a Buddy - to help you stick to your walking plan

Walk Instead of Drive - when it's safe

Change Your Scenery - discover new places

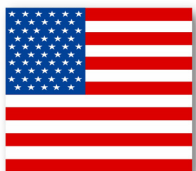
Your Local Park is a Great Start!



The logo for 'walkSMC' features the word 'walk' in a yellow, lowercase, sans-serif font. Below it, 'SMC' is written in a large, blue, uppercase, sans-serif font. A blue location pin icon is positioned to the left of the 'S', and a blue dashed line with a location pin at its end curves around the 'S'.

The Obesity Problem

Obesity in the United States



According to the American Medical Association “The nation’s obesity rate is approaching 40 percent after holding around 34–35 percent between 2005 and 2012, according to data in *The State of Obesity: Better Policies for a Healthier America 2018*. No state has had a statistically significant drop in its obesity rate in the past five years. “

Obesity in Maryland



According to the Maryland Department of Health the prevalence of obesity in Maryland is similar to that of the rest of the country. In Maryland, 28.3% of adults are considered obese. Of adults who are overweight or obese, 45% had high blood pressure and 47% had high cholesterol; 23% of adults who were obese had diabetes.

Obesity in St. Mary's County



According to the 2019 County Health Rankings data 36% of St. Mary's County residents age 20 and older are considered obese and 22% report no leisure time physical activity.

BENEFITS OF WALKING

WEIGHT MANAGEMENT

CURBS APPETITE

REDUCES DEPRESSION &
ANXIETY

LOW IMPACT EXERCISE

NO SPECIAL EQUIPMENT

LOWERS CHOLESTEROL

REDUCES RISK OF

HEART ATTACK

LOWERS BLOOD PRESSURE

TONES BODY

REDUCES FATIGUE

BOOSTS IMMUNITY

SPEEDS DIGESTION

IMPROVES STAMINA
CONFIDENCE & ENERGY

BEST OF ALL...IT'S FREE



How much physical activity do adults need?



At least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of both. As a general goal, aim for at least 30 minutes of moderate physical activity every day.



Strength training exercises for all major muscle groups at least two times a week, using a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.

Moderate aerobic exercise includes activities such as brisk walking, swimming and mowing the lawn. Vigorous aerobic exercise includes activities such as running and aerobic dancing. Strength training can include use of weight machines, your own body weight, resistance tubing or resistance paddles in the water, or activities such as rock climbing.



Make regular physical activity part of your lifestyle

www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/exercise/faq-20057916

A photograph of three children wearing bicycle helmets and riding bicycles outdoors. The child in the foreground on the right is a boy with a red helmet and a red shirt, looking towards the camera. Behind him is a girl with a blue helmet and a pink shirt, also looking towards the camera. To the left, another child with a blue helmet is partially visible. The background is a blurred green, suggesting a park or outdoor setting.

How much physical activity do children need?

- Ages 6-17 should do 60 minutes or more each day
- Most of activity should be either moderate or vigorous-intensity aerobic physical activity
- Vigorous-intensity physical activity at least 3 days a week
- Include muscle-strengthening activities, like climbing at least 3 days a week & bone-strengthening activities, like jumping
- Children ages 2-5 should play actively several times each day

Physical activities for children should be developmentally appropriate, fun, and offer variety

www.cdc.gov/healthyschools/physicalactivity/guidelines.htm

CHANCELLORS RUN REGIONAL PARK



21905 Chancellors Run Rd
Great Mills, MD 20634



HOURS OF OPERATION:

7 a.m. to sunset; with the exception of special events



FEES:

Free entrance



WALKING PATH/HIKING TRAIL:

There is a less than .5 mile rugged trail that involves walking on elevations. Parking areas are wide, allowing walkers to walk around the pavilion. This path is flat and paved.



RESTROOMS:

There are restrooms in the Hall of Fame and Loffler/Wiesman buildings



OTHER FEATURES:

This park has a playground, tennis court, basketball court, softball fields, baseball fields, soccer fields, Hall of Fame Building, Activity Center, restroom facilities, picnic pavilion, hiking trails and bocce court.

CHAPTICO PARK



26600 Budds Creek Road
Mechanicsville, MD 20659



HOURS OF OPERATION:

7 a.m. to sunset; with the exception of special events



FEES:

Free entrance



WALKING PATH/HIKING TRAIL:

This park has a cross country trail that is approximately 1 mile long and has a high difficulty level. There are paved roadways, paved walkways from playing field to playing field and grass areas that are good places to walk.



RESTROOMS:

There are restrooms in the blockhouse by the playground.



OTHER FEATURES:

The park has a playground, picnic areas, soccer and multi-purpose fields. This park is also the host of the Southern Maryland BMX track.

COLLEGE OF SOUTHERN MD TRAIL



22950 Hollywood Rd
Leonardtown, MD 20650



HOURS OF OPERATION:

Dawn to Dusk



FEES:

Free entrance



WALKING PATH/HIKING TRAIL:

The trail is located on the college's Leonardtown Campus, behind the Wellness and Aquatics Center. The wide, mulched trail is less than .5 miles long and winds through a forested area on the campus, crossing a creek created by runoff from the Town Run Stream, up and down some hilly areas and includes views of massive, old trees and plenty of native flora.



RESTROOMS:

Available during campus operating hours.



OTHER FEATURES:

No golf carts, all-terrain vehicles or bicycles are allowed on the trail and pets need to be on a leash.

For more information call
240-725-5370

www.csmd.edu/about/locations/leonardtown-campus/



DORSEY PARK



24275 Hollywood Road
Leonardtown, MD 20650



HOURS OF OPERATION:

7 a.m. to sunset; with the exception of special events



FEES:

Free entrance



WALKING PATH/HIKING TRAIL:

There is a 1.75 mile hiking trail located at this park with both asphalt & wooded areas. There are also paved walkways throughout the park suitable for fitness walking.



RESTROOMS:

There are restrooms located near the small pavilion.



OTHER FEATURES:

This park has a playground, basketball court, baseball, soccer and football fields, picnic pavilions, tennis courts and a horseshoe pit.

ELMS BEACH PARK



19350 Back Door Road
Lexington Park, MD 20653



HOURS OF OPERATION:

7 a.m. to sunset; with the exception of special events



FEES:

Park entrance fees are charged May - Labor Day on weekends and holidays only.



WALKING PATH/HIKING TRAIL:

Walking can be done along the flat beach shoreline. To access this area, walkers need to walk across an unpaved, grassy area and down a slight elevation.



RESTROOMS:

Seasonal portable restrooms



OTHER FEATURES:

The park has a playground, beach, picnic pavilion, and areas for fishing/crabbing.

FIFTH DISTRICT PARK



37880 New Market
Turner Rd.
Mechanicsville, MD 20659



HOURS OF OPERATION:

7 a.m. to sunset; with the exception of special events



FEES:

Free entrance



WALKING PATH/HIKING TRAIL:

There is a 1 mile nature trail through the woods. There are also paved roadways and pathways throughout the park which are good terrain for fitness walking.



RESTROOMS:

Blockhouse and seasonal portable restrooms



OTHER FEATURES:

The park has a tennis court, basketball court, softball, baseball, football, and soccer fields, picnic pavilion, horseshoe pit and hiking trail.

GREENWELL STATE PARK



25420 Rosedale Manor Lane
Hollywood, MD 20636



HOURS OF OPERATION:
Sunrise to sunset



FEES:
\$3 per car year round/honor system



WALKING PATH/HIKING TRAIL:
Ten hiking trails are available to the public, ranging from 0.45 miles to 1.75 miles in length. Difficulty level ranges from easy to difficult. All trails are over natural terrain, varying from grasses to woodlands. Hiking trails are shared with bicycles and horses.



RESTROOMS:
Restrooms are available



OTHER FEATURES:
Greenwell is a 596-acre State Park located on the Patuxent River. The park is managed in partnership with The Greenwell Foundation, a non-profit organization dedicated to providing outdoor accessible recreation. The park offers horseback riding, waterfront and wooded trails, beautiful wetlands and forests.

[http://dnr.maryland.gov/publiclands/
Pages/southern/greenwell](http://dnr.maryland.gov/publiclands/Pages/southern/greenwell)



HISTORIC ST. MARY'S CITY



18559 Hogaboom Lane
St. Mary's City, MD 20686



HOURS OF OPERATION:

Hours change by season.



FEES:

General Admission fees: Adults \$10, Seniors 60+ \$9, Student 6-18 or with college ID \$6, child 5 years and younger free.



WALKING PATH/HIKING TRAIL:

Over 5 miles of walking trails, approximately 3 miles paved. Hikers can travel a rustic 3.2 miles through 700 acres of natural areas without ticket purchase. Brochures & maps are available at the trail head.



RESTROOMS:

Restrooms are available



OTHER FEATURES:

A ten-minute introductory film provides background on the significance of St. Mary's City and all there is to see and do while you're here.

<https://hsmcdigshistory.org>



JOHN V. BAGGETT PARK AT LAUREL GROVE



26929 Three Notch Road
Mechanicsville, MD 20659



HOURS OF OPERATION:

7 a.m. to sunset; with the exception of special events



FEES:

Free entrance



WALKING PATH/HIKING TRAIL:

Three Bridge Trail is a 1.5 mile, single dirt path through the woods. This park contains a trail head for Three Notch Trail.



RESTROOMS:

Blockhouse and seasonal portable restrooms



OTHER FEATURES:

This park has a playground, tennis and pickleball courts, a basketball court, baseball and softball fields, a multi-purpose field, picnic pavilion and a hiking trail.

[www.stmarysmd.com/docs/
johnbaggetllaurelgrove.pdf](http://www.stmarysmd.com/docs/johnbaggetllaurelgrove.pdf)



JOHN G. LANCASTER PARK



21550 Willows Road
Lexington Park, MD 20653



HOURS OF OPERATION:

7 a.m. to sunset; with the exception of special events



FEES:

Free entrance



WALKING PATH/HIKING TRAIL:

Francis Wathen trail is a .25 mile hiking trail through the woods. Conditions vary. There are paved roadways through the park on which to walk, as well as walking on the grass and paved walkways between the various playing fields.



RESTROOMS:

Blockhouse and seasonal portable restrooms



OTHER FEATURES:

The park has a playground, basketball court, softball, football, and soccer fields, disc golf course, dog park, picnic pavilion and hiking trails.

LEXINGTON MANOR PARK



South Coral Drive
Lexington Park, MD 20653



HOURS OF OPERATION:

7 a.m. to sunset; with the exception of special events



FEES:

Free entrance



WALKING PATH/HIKING TRAIL:

This passive park is currently under construction. The Master Plan includes footpaths, multi-use trails and a heritage trail.



RESTROOMS:

Currently at the USCT Interpretive Center.



OTHER FEATURES:

Other planned amenities at this park include community gardens, a pavilion, public art and special events.

MYRTLE POINT PARK



24032 N. Patuxent Beach Rd.
California, MD 20619



HOURS OF OPERATION:

7 a.m. to sunset; with the exception of special events



FEES:

Park entrance fees are charged May - Labor Day on weekends and holidays only.



WALKING PATH/HIKING TRAIL:

This park offers five dirt, sand and grass trails ranging from .5 miles to 2.7 miles that go through wooded and open spaces. Some of the trails also run along the shoreline.



RESTROOMS:

Seasonal portable restrooms



OTHER FEATURES:

The park has picnic/grilling areas and sandy beaches for waterfront activities. It is a passive nature park with opportunities for bird watching and nature interpretation.

POINT LOOKOUT STATE PARK



11175 Point Lookout Rd.
Scotland, MD 20687



HOURS OF OPERATION:

Open daily (6 a.m. - sunset) Memorial Day through Labor Day weekend. Open to pedestrians only during the winter season from sunrise to sunset.



FEES:

Park entrance fees are charged May - September, on weekends and holidays only.



WALKING PATH/HIKING TRAIL:

This park offers a self-guided nature trail with trailhead by the Civil War Museum.



RESTROOMS:

Restrooms are available



OTHER FEATURES:

The park has picnic areas, pavilions, a playground, swimming, boating, camping areas and a restored Civil War Fort.

ST. CLEMENTS ISLAND STATE PARK



38370 Point Breeze Rd
Colton's Point, MD 20626



HOURS OF OPERATION:

Sunrise to sunset; water taxi 10 a.m. - 2 p.m.
Please call 301-769-2222 for water taxi details.



FEES:

Free entrance; water taxi \$7 per person.



WALKING PATH/HIKING TRAIL:

Walking path currently runs .5 miles, the length of the island. It is an open, level, grass path that is relatively easy to maneuver. The trail provides a scenic view and access to historic interpretive panels located on the island. Visitors may also walk the beach.



RESTROOMS:

Seasonal portable restrooms



OTHER FEATURES:

The park is a 62 acre island that is only accessible by water taxi. It has fishing, picnic areas and access to Blackistone Lighthouse.

SNOW HILL PARK



26590 South Sandgates Rd
Mechanicsville, MD 20659



HOURS OF OPERATION:

Open May-September, Monday-Friday from
12 p.m. - 8 p.m. ; Saturday, Sunday & Holidays
from 8:00am-9:00pm.



October-May, hours vary.



FEES:

Entrance fees are charged on weekends and
holidays from May-October. County Resident -
\$7 per vehicle; Out of County Resident - \$15 per
vehicle.



WALKING PATH/HIKING TRAIL:

This Park offers 163+ acres on the Patuxent River
with 1500 feet of sandy beach for a stroll along
the water's edge. The Park is undeveloped and
has dirt and gravel roadways and large grassy
natural areas suitable for walking.



RESTROOMS:

Portable restrooms



OTHER FEATURES:

This park has a picnic pavilion, public beach area
and an informal canoe and kayak launch area.
Pets are allowed on a leash.

[www.stmarysmc.com/docs/
snowhillpark.pdf](http://www.stmarysmc.com/docs/snowhillpark.pdf)



ST. MARY'S RIVER STATE PARK



Camp Cosoma Rd
Callaway, MD 20620



HOURS OF OPERATION:

Sunrise to sunset



FEES:

\$3 per car; out of state \$5 per car.



WALKING PATH/HIKING TRAIL:

This park has a 7.5 mile multi-use trail that circles the lake. The trail is suitable for walking, biking or horseback.



RESTROOMS:

Accessible bathroom



OTHER FEATURES:

Lake, fishing, picnic areas, playground and a boat launch. Pets are allowed in the park.

[http://dnr.maryland.gov/publiclands/
Pages/southern/stmarysriver.aspx](http://dnr.maryland.gov/publiclands/Pages/southern/stmarysriver.aspx)



THREE NOTCH TRAIL



HOURS OF OPERATION:

Sunrise to sunset



FEES:

Free entrance



WALKING PATH/HIKING TRAIL:

The trail begins in the north end at Deborah Drive and runs 11 miles south to John V. Baggett Park at Laurel Grove.

The trail picks up in the southern end at Wildewood and runs to Chancellor's Run Road.

Coming Soon:

The northern and southern sections of the trail will be connected and continue to Pegg Road, making the completed trail 28 miles long.



OTHER FEATURES:

The trail is a non-motorized pedestrian and bicycle trail. The trail is constructed of asphalt and is 10 feet wide in most sections.

www.stmarysmd.com/docs/threenotchtrail.pdf



Local Resources



The [Healthy Eating and Active Living \(HEAL\)](http://healthystmarys.com/heal/) action team of the Healthy St. Mary's Partnership brings together community organizations and residents to coordinate local action around healthy eating, active living, and weight management.

<http://healthystmarys.com/heal/>

COMMUNITY WALKING MAPS



The following is a link to community walking maps for St. Mary's County. They were developed by our partners at the Department of Land Use and Growth Management.

<http://healthystmarys.com/walking-maps/>



You can also explore St. Mary's on sections of the Potomac Heritage National Scenic Trail, Star-Spangled Banner National Historic Trail, Captain John Smith Chesapeake National Historic Trail, and the Religious Freedom National Scenic Byway that run through the county!

www.visitstmarysmd.com/see-do/national-trails-and-scenic-byways

Community Walks and Runs

Lower Potomac Marathon

Each March in Piney Point

Run and Fun Walk for Hospice

Each April in Leonardtown

BAY-CSS Walk, Run and Roll

Each April in Hollywood

St. Mary's 10 miler and 5k

Each April in St. Mary's City

Looking for Trouble 5K

Each April in Charlotte Hall

SMAWL Rescue Fun Run and Trail Walk

Each October in St. Mary's City

Harvest 5K

Each October in Lexington Park

Thanksgiving, 5K, Prediction 5k & Fun Walk

Each November in St. Mary's City

MORE to explore

st. mary's county

PASSPORT PROGRAM

Discover what is just outside your door or around
the corner while walking your way to wellness!



For more information on program dates and
how to participate, visit

www.healthystmarys.com/more-to-explore

Annual Program: June - August

Prizes for exploring local parks, historic sites and more!



SAFETY TIPS

Wear bright clothing with reflective tape

Carry a cell phone, ID and health info

Bring a high energy snack, water and a compass

Wear sun screen & insect repellent

Walk with a buddy

Walk during the day with good lighting. If you must walk at night, carry a flashlight & avoid dark secluded areas

Walk on paths and sidewalks

Be aware of your surroundings

Carry a whistle, pepper spray and mace (only if you have been trained to use it)

Never approach wild or domestic animals

Stop walking if you become sick, dizzy or have unusual pain





