



CalvertHealth

# WALK YOUR WAY

## Calvert County Walking Guide

Track Your Progress | Safe Walking Tips | Location Information | And More



For more information, call 410.535.8233 or visit [CalvertHealthMedicine.org](https://www.CalvertHealthMedicine.org)

## Walk Your Way to a Healthier YOU!

There are so many interesting places to walk in our beautiful county. Weather it's a stroll with friends, a family outing or a solo journey exploring a new path-it's as simple as putting one foot in front of the other.

Walking is one of the easiest ways to exercise. You can do it almost anywhere and at anytime. It's also inexpensive. All you need is a good pair of shoes. To help you get started, CalvertHealth developed this guide to encourage more local residents to walk as part of a healthy lifestyle.

We've included lots of helpful tips like setting personal goals, tracking your progress and stretching guidelines. You'll also find a map of 13 scenic locations. Additional, there is a description of each location with a list of the amenities available.

Over the next 8-weeks, let's get fit and healthy by walking off weight.

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# Tracking Your Progress



For most people, 10,000 steps per day is around five miles worth of walking during the day. Unless you have an active job such as a waitress or a nurse, it would be difficult to log that by just daily activity. Most people achieve it by one or more sustained walks or runs, equivalent to 30-60 minutes or more of walking per day. That equals the minimum daily exercise recommendation by the CDC.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY TO-TAL	DAILY AVG.
<b>Baseline</b>									
<b>Week 1</b>									
<b>Week 2</b>									
<b>Week 3</b>									
<b>Week 4</b>									
<b>Week 5</b>									
<b>Week 6</b>									
<b>Week 7</b>									
<b>Week 8</b>									

### Instructions:

Determine your baseline by wearing your pedometer for seven days without changing what you do. Log your steps daily. Then set your goals! See if you can increase your steps by at least 2,000 each week over the next eight weeks.

### Calculating your Waist Circumference:

A high waist circumference and too much abdominal fat puts you a high risk for type 2 diabetes, high blood pressure, high cholesterol and heart disease. It means you need to lose weight. By measuring your waist circumference, doctors can track your body composition before, during, and after your weight loss efforts.

*A high-risk waist circumference is a waist measurement over 40 inches for a man and over 35 inches for a woman.*

To measure your waist circumference, use a tape measure. Start at the top of the hip bones, then bring the measuring tape all the way around-level with your navel. Make sure it's not too tight and that it is parallel with the floor. Don't hold your breath while measuring either!

	Weight	Body Comp	Waist Circumference
<b>Week 1</b>			
<b>Week 8</b>			

# Safe Walking Tips

Think about your safety before you take a walk.

- **Current Health Conditions**– Consult with your doctor if you have health problems
- **Good Shoes**– Wear tennis shoes that fit properly and provide support
- **Safe Environment**– Choose safe places and times to walk
- **Weather**– Make plans for indoor activities when the weather is bad.
- **Exertion Levels**– Take the talk test. You should be able to talk, but not sing.
- **Drink plenty of water**
- **Use sunscreen**
- **If walking on trails, use bug repellent and wear long clothing to prevent ticks.**

*Add a few tips of your own:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# Benefits of Walking

**Heart:** Reduced risk of heart disease

- Decreased (bad) LDL Cholesterol
- Increased (good) HDL Cholesterol
- Reduced risk of high blood pressure

**Diabetes:** Decreased risk of Type 2 Diabetes

**Strong Bones:** Healthy and Strong Bones

**Weight:** Weight management

**Energy:** Increased Energy

**Sleep:** Better Sleep

**Stress:** Reduced Stress

**Self-Image:** Improved Self-image

*Add how you feel when you walk:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## Stretching Guidelines

*Following a few simple guidelines will help you get a great stretch while protecting yourself from injury.*

- Warm up before stretching. Walk for a few minutes before stretching.
- Start each stretch SLOWLY. Do not rush into it.
- Don't forget to breathe. Exhale as you gently stretch the muscle. Breathing helps you relax, and maximize the stretch.
- Gently hold the stretch. Do not bounce.
- Stretch only as far as is comfortable. Stretching should not be painful.
- Hold each stretch for 20-30 seconds. This allows enough time for your muscles to fully stretch.
- Take your time.
- Use proper form while stretching

*Please check with your doctor before attempting any of these stretches.*

## Chesapeake Beach Boardwalk

**Address:** 8200 Bayside Road  
Chesapeake Beach, MD 20732

**Phone Number:** 410.257.2230

**Website:** [www.chesapeake-beach.md.us](http://www.chesapeake-beach.md.us)

**Directions:** Take Route 4 north. Turn right at Plum Point Road at light. Continue to fork in the road, bear to left. Proceed to Town of Chesapeake Beach. Turn right at 17th street for parking area.

<b>Trail Conditions:</b>	Boardwalk/paved
<b>Handicapped Access:</b>	Yes
<b>Restrooms:</b>	Yes (portables)
<b>Lights:</b>	Yes
<b>Water/Vending:</b>	No
<b>Playground:</b>	No
<b>Telephone:</b>	No
<b>Pets:</b>	Yes (leashed)
<b>Parking:</b>	Yes (Bay front lot is free for town residents & guests. There is a charge for beach access)
<b>Hours:</b>	6:00 a.m.—9:00 p.m.
<b>Cost:</b>	Free
<b>Picnic Tables:</b>	No
<b>Pavilions:</b>	No
<b>Walking Path:</b>	Yes
<b>Jogging Path:</b>	Yes
<b>Bicycles:</b>	No
<b>Bird Watching:</b>	Yes
<b>Fishing:</b>	No
<b>Kayaking:</b>	No

### Other Features:

This boardwalk has breathtaking scenes of the bay

## Dunkirk District Park

**Address:** 10750 Southern Maryland Blvd.

Dunkirk, MD 20754

**Phone Number:** 410.535.2233

**Website:** <http://www.co.cal.md.us/Facilities/Facility/Details/2>

**Directions:** From Prince Frederick, take Route 4 north 12 miles. Turn left at light at park entrance.

<b>Trail Conditions:</b>	Paved walkways
<b>Handicapped Access:</b>	Yes
<b>Restrooms:</b>	Yes
<b>Lights:</b>	Yes
<b>Water/Vending:</b>	Yes
<b>Playground:</b>	Yes
<b>Telephone:</b>	No
<b>Pets:</b>	Yes (leashed)
<b>Parking:</b>	Yes (Free)
<b>Hours:</b>	Mid-March to Mid-November 8:30 a.m. to 11 p.m. Off Season 8:30 a.m. to 6:00 p.m.
<b>Cost:</b>	Free
<b>Picnic Tables:</b>	Yes
<b>Pavilions:</b>	Yes
<b>Walking Path:</b>	Yes
<b>Jogging Path:</b>	Yes
<b>Bicycles:</b>	Yes
<b>Bird Watching:</b>	Yes
<b>Fishing:</b>	No
<b>Kayaking:</b>	No

### Other Features:

This park has multiple sport fields/  
courts, a dog park, and skate park.

## North Beach Boardwalk

**Address:** 8916 Chesapeake Avenue  
North Beach, MD 20714

**Phone Number:** 410.286.3799 (Welcome Center)

**Website:** [www.northbeachmd.org](http://www.northbeachmd.org)

**Directions:** Take Route 4 north. Turn right at Plum Point Road at light. Continue to fork in the road, bear to left. Proceed to Town of North Beach

<b>Trail Conditions:</b>	Boardwalk/Paved
<b>Handicapped Access:</b>	Yes
<b>Restrooms:</b>	Yes (Welcome Center/seasonal & portables year-round)
<b>Lights:</b>	Yes
<b>Water/Vending:</b>	Yes (Soda/water)
<b>Playground:</b>	Yes-on beach
<b>Telephone:</b>	No
<b>Pets:</b>	Yes (leashed)
<b>Parking:</b>	Yes (Free)
<b>Hours:</b>	Sunrise—11 p.m.
<b>Cost:</b>	Free
<b>Picnic Tables:</b>	No
<b>Pavilions:</b>	No
<b>Walking Path:</b>	No
<b>Jogging Path:</b>	Yes
<b>Bicycles:</b>	Yes (separate path-next to boardwalk)
<b>Bird Watching:</b>	Yes
<b>Fishing:</b>	Yes (1st pole \$7; 2nd pole \$5m two pole limit) Free to county residents
<b>Kayaking:</b>	Starting Memorial Day weekend-kayak & bike rental offered.

### Other Features:

From May 3rd-October 4, 2019,  
Friday Night Farmers Market and  
Classic Car Cruise-in.

## Kings Landing Park

**Address:** 3255 Kings Landing Road  
Huntingtown, MD 20639

**Phone Number:** 410.535.2661

**Website:** [www.calvertparks.org](http://www.calvertparks.org)

**Directions:** Take Route 4 south toward Huntingtown. Turn left at light at 7-eleven onto Old Town Road. Proceed to Bowen's Grocery. Turn left at Huntingtown Road at four-way intersection. Continue and you will be on Kings Landing Road.

**Trail Conditions:** Road to park is paved (Grassy and wooded areas with boardwalk)

**Handicapped Access:** Yes (gravel)

**Restrooms:** Yes

**Lights:** Yes

**Water/Vending:** Yes (when pool is open)

**Playground:** No

**Telephone:** Yes

**Pets:** Yes (leashed)

**Parking:** Yes (Free)

**Hours:** Memorial Day-Labor Day: 9 a.m.-8 p.m.

Labor Day- Memorial Day: 9 a.m.-5 p.m.

**Cost:** Free

**Picnic Tables:** Yes

**Pavilions:** Yes (group reservations for a fee)

**Walking Path:** Yes

**Jogging Path:** Yes

**Bicycles:** Yes (on paved surfaces & grassy areas)

**Bird Watching:** Yes

**Fishing:** Yes (must be 16 or older with license)

**Kayaking:** Yes

### Other Features:

Equestrian ring and trails are also available at this park.

## Hallowing Point Park

**Address:** 4755 Hallowing Point Road  
Prince Frederick, MD 20678

**Phone Number:** 410.535.1600

**Website:** <http://www.co.cal.md.us/Facilities/Facility/Details/4>

**Directions:** Take Route 4 south toward Prince Frederick. Turn right at Route 231 at light. Go approx. 3.3 miles. Entrance to park is on right.

<b>Trail Conditions:</b>	Paved Walkway
<b>Handicapped Access:</b>	Yes
<b>Restrooms:</b>	Yes (and portables)
<b>Lights:</b>	Yes
<b>Water/Vending:</b>	Yes
<b>Playground:</b>	Yes
<b>Telephone:</b>	Yes
<b>Pets:</b>	Yes (leashed)
<b>Parking:</b>	Yes (Free)
<b>Hours:</b>	Mid-March-Mid- November: 8:30 a.m.-11:00 p.m. Off Season: 8:30 a.m.– 6:00 p.m.
<b>Cost:</b>	Free
<b>Picnic Tables:</b>	Yes
<b>Pavilions:</b>	Yes
<b>Walking Path:</b>	Yes
<b>Jogging Path:</b>	Yes
<b>Bicycles:</b>	Yes
<b>Bird Watching:</b>	Yes
<b>Fishing:</b>	No
<b>Kayaking:</b>	No

### Other Features:

Multiple sports fields and a large playground available.

## Battle Creek Cypress Swamp

**Address:** 2880 Grays Rd.  
Prince Frederick, MD 20678

**Phone Number:** 410.535.5327

**Website:** [www.calvertparks.org](http://www.calvertparks.org)

**Directions:** Take Route 4 south, below Prince Frederick. Turn right on Sixes Road (Rt. 506). Look for sign and turn left on Grays Road. Go approx. 1/4 mile. The park is on the right.

<b>Trail Conditions:</b>	Good
<b>Handicapped Access:</b>	No (supervised by park personnel)
<b>Restrooms:</b>	Yes (in Nature Center)
<b>Lights:</b>	No
<b>Water/Vending:</b>	Water Fountain (In Nature Center)
<b>Playground:</b>	No
<b>Telephone:</b>	No
<b>Pets:</b>	No
<b>Parking:</b>	Yes (Free)
<b>Hours:</b>	Memorial Day - Labor Day Mon-Fri: 9 a.m.-4:30 p.m. Sat: 10 a.m.-6 p.m. Sun: 1-6 p.m. Labor Day - Memorial Day Mon-Fri: 9 a.m.-4:30 p.m. Sat: 10 a.m.-4:30 p.m. Sun: 1-4:30 p.m.
<b>Cost:</b>	Free
<b>Picnic Tables:</b>	Yes
<b>Pavilions:</b>	Yes
<b>Walking Path:</b>	Yes
<b>Jogging Path:</b>	No
<b>Bicycles:</b>	No
<b>Bird Watching:</b>	No
<b>Fishing:</b>	No
<b>Kayaking:</b>	No

### Other Features:

This area is the northern most naturally occurring stand of Bald Cypress in America. There are trails and a boardwalk through the woods and swamp area.

The Nature Center has live animals, exhibits and demonstrations!

**Address:**

- North Side Trailhead: 676 Double Oak Rd., Prince Frederick, MD 20678
- PF2Bay Trailhead: 105 Vianney Lane, Prince Frederick, MD 20678
- South Side Trailhead: 2650 Scientists Cliffs Rd, Port Republic, MD 20676

**Phone Number:** 410.414.3400

**Website:** [www.acltweb.org](http://www.acltweb.org)

**Trail Conditions:** Good. Check website for up-to-date conditions

**Handicapped Access:** No

**Restrooms:** Yes (outhouse)

**Lights:** No

**Water/Vending:** No

**Playground:** No

**Telephone:** No

**Pets:** Yes (leashed)

**Parking:** Yes (Free)

**Hours:** Dawn to Dusk (Closed during Deer Hunting Season)

**Cost:** Free

**Picnic Tables:** Yes/Prince Frederick Trails - No/Port Republic Trail

**Pavilions:** Yes/Prince Frederick Trails - No/Port Republic Trail

**Walking Path:** Yes

**Jogging Path:** Yes

**Bicycles:** No

**Bird Watching:** Yes

**Fishing:** No

**Kayaking:** No (Scheduled Canoe trips offered)

**Other Features:**

You can schedule a group visit to tour the gardens, have a guided hike, or canoe around Parker's Creek

## American Chestnut Land Trust

**Address:** 10515 Mackall Road  
St. Leonard, MD 20685

**Phone Number:** 410.586.8501

**Website:** [www.jefpat.org](http://www.jefpat.org)

**Directions:** Take Route 4 south, three miles below Prince Frederick. Turn right on Broomes Island Road (Rt 264). Follow this road for two miles. Turn left on Mackall Road (Rt 265). Follow for six miles, then turn right into park entrance.

<b>Trail Conditions:</b>	Good
<b>Handicapped Access:</b>	Yes (parking & pavilion, one short trail to Indian Village Rec. Site)
<b>Restrooms:</b>	Yes (in Visitor Center)
<b>Lights:</b>	No
<b>Water/Vending:</b>	Yes (Water Fountains, Soda Machines in pavilion)
<b>Playground:</b>	No
<b>Telephone:</b>	No
<b>Pets:</b>	Yes (leashed)
<b>Parking:</b>	Yes (Free)
<b>Hours:</b>	Dawn to Dusk
<b>Cost:</b>	Free
<b>Picnic Tables:</b>	Yes
<b>Pavilions:</b>	Yes
<b>Walking Path:</b>	Yes
<b>Jogging Path:</b>	Yes
<b>Bicycles:</b>	Yes
<b>Bird Watching:</b>	Yes
<b>Fishing:</b>	No
<b>Kayaking:</b>	Yes (by permit)

### Other Features:

This park has over 70 archaeological sites, a visitor center, museum, and interacting exhibits both in the museum and on some trails.

## Flag Pongs Nature Park

**Address:** 1525 Flag Ponds Parkway  
St. Leonard, MD 20657

**Phone Number:** 410.586.1477

**Website:** [www.calvertparks.org](http://www.calvertparks.org)

**Directions:** Take Route 4 south, 10 miles below Prince Frederick. Look for park sign on left. Turn left into Flag Ponds Parkway.

<b>Trail Conditions:</b>	Good
<b>Handicapped Access:</b>	Yes (to building)
<b>Restrooms:</b>	Yes (in Visitor Center)
<b>Lights:</b>	No
<b>Water/Vending:</b>	Yes (in visitor center)
<b>Playground:</b>	No
<b>Telephone:</b>	No
<b>Pets:</b>	Yes (leashed)
<b>Parking:</b>	Fee, refer to website
<b>Hours:</b>	Memorial Day weekend-Labor Day weekend <ul style="list-style-type: none"><li>• Mon-Fri: 9am-6pm</li><li>• Sat-Sun: 9am-8pm</li></ul> Labor Day until Memorial Day weekend <ul style="list-style-type: none"><li>• Fri &amp; Mon: 9am-4pm</li><li>• Sat-Sun: 9am-5pm</li><li>• Tue, Wed, Thu: closed</li></ul>
<b>Cost:</b>	Fee, refer to website
<b>Picnic Tables:</b>	Yes
<b>Pavilions:</b>	No
<b>Walking Path:</b>	Yes
<b>Jogging Path:</b>	Yes
<b>Bicycles:</b>	Yes
<b>Bird Watching:</b>	Yes
<b>Fishing:</b>	Ye
<b>Kayaking:</b>	Yes

### Other Features:

This park has sandy beaches for swimming (no lifeguards on duty), metal detecting, fossil hunting, and beach combing.

# Calvert Cliffs State Park

**Address:** 10540 H.G. Trueman Road  
Lusby, MD 20657

**Phone Number:** 443.975.4360

**Website:** <https://dnr.maryland.gov/publiclands/Pages/southern/calvertcliffs.aspx>

**Directions:** Take Route 4 south, 14 miles south of Prince Frederick. Look for sign on left. Turn left into the park.

<b>Trail Conditions:</b>	Good
<b>Handicapped Access:</b>	Yes
<b>Restrooms:</b>	Yes
<b>Lights:</b>	No
<b>Water/Vending:</b>	No
<b>Playground:</b>	Yes
<b>Telephone:</b>	No
<b>Pets:</b>	Yes (leashed)
<b>Parking:</b>	Yes (refer to website for fees)
<b>Hours:</b>	Dawn to Dusk
<b>Cost:</b>	Refer to website for fees
<b>Picnic Tables:</b>	Yes
<b>Pavilions:</b>	Yes
<b>Walking Path:</b>	Yes
<b>Jogging Path:</b>	Yes
<b>Bicycles:</b>	Yes (on Service road only, not on trails)
<b>Bird Watching:</b>	Yes
<b>Fishing:</b>	Yes
<b>Kayaking:</b>	No

**Other Features:**  
You can view the breathtaking cliffs first hand at this beach. The park contains more than 600 species of fossils, which makes it perfect for fossil hunting and beach combing. This beach is about a 45 minute walk from the parking lot.

## Cove Point Park

**Address:** 750 Cove Point Road  
Lusby, MD 20657

**Phone Number:** 410.326.2833

**Website:** [www.co.cal.md.us/Facilities/Facility/Details/1](http://www.co.cal.md.us/Facilities/Facility/Details/1)

**Directions:** Take Route 4 south of Prince Frederick. Go about 13 miles. Turn left on H.G. Trueman Road. Make right on Route 765. Continue 1/2 mile. Turn left onto Cove Point Road. Go .4 miles and park is on the left.

<b>Trail Conditions:</b>	Paved walking paths
<b>Handicapped Access:</b>	Yes
<b>Restrooms:</b>	Yes
<b>Lights:</b>	Yes
<b>Water/Vending:</b>	Yes
<b>Playground:</b>	Yes
<b>Telephone:</b>	No
<b>Pets:</b>	Yes (leashed)
<b>Parking:</b>	Yes
<b>Hours:</b>	Mid-March—Mid-November: 8:30 a.m.-11:00 p.m.
<b>Cost:</b>	Free
<b>Picnic Tables:</b>	Yes
<b>Pavilions:</b>	Yes
<b>Walking Path:</b>	Yes
<b>Jogging Path:</b>	Yes
<b>Bicycles:</b>	Yes
<b>Bird Watching:</b>	Yes
<b>Fishing:</b>	No
<b>Kayaking:</b>	No

### Other Features:

This park also has an outdoor pool equipped with lap lanes, two diving boards, and a children section. To use the pool there is a fee (refer to website).

Also, this park has multiple types of sporting fields/courts.

# Annmarie Sculpture Garden

*In Association with the Smithsonian Institution*

**Address:** 13470 Dowell Rd.

Dowell, MD 20629

**Phone Number:** 410.326.4640

**Website:** [www.annmariegarden.org](http://www.annmariegarden.org)

**Directions:** Take Route 4 south, turn left on Dowell Road at Solomons Firehouse. The garden is located less than 1/4 mile on the left.

<b>Trail Conditions:</b>	Paved walking paths
<b>Handicapped Access:</b>	Yes
<b>Restrooms:</b>	Yes
<b>Lights:</b>	No
<b>Water/Vending:</b>	Yes (water fountains & vending machine in building)
<b>Playground:</b>	Yes
<b>Telephone:</b>	No
<b>Pets:</b>	Yes (leashed, some events they are prohibited)
<b>Parking:</b>	Yes-Free
<b>Hours:</b>	Daily: 9 a.m.-5 p.m.
<b>Cost:</b>	Fees, visit website for pricing
<b>Picnic Tables:</b>	Yes
<b>Pavilions:</b>	No
<b>Walking Path:</b>	Yes
<b>Jogging Path:</b>	Yes
<b>Bicycles:</b>	Yes
<b>Bird Watching:</b>	Yes
<b>Fishing:</b>	No
<b>Kayaking:</b>	No

## Other Features:

While walking though the garden, you will see lots of artwork, some are permanent and some are on loan from the Smithsonian Institute and the Nation Art Gallery.

## Prince Frederick Town Center

**Address:** Prince Frederick Blvd.  
Prince Frederick Town Center

**Phone Number:** N/A

**Website:** N/A

**Directions:** Prince Frederick Boulevard can be reached by turning at Auto Drive, Stoakley Road, Market Square Drive, Costley Way, Traskers Boulevard, Chapline Place, Brascher's Boulevard or West Dares Beach Road. You can choose your sport and park in any of the various parking lots nearby. The entire length of the BLVD from West Dares Beach Road to Auto Drive is approx. 3.1 Miles

<b>Trail Conditions:</b>	Concrete Sidewalk
<b>Handicapped Access:</b>	Yes
<b>Restrooms:</b>	Yes (at the Public Library)
<b>Lights:</b>	Yes
<b>Water/Vending:</b>	Yes (several locations)
<b>Playground:</b>	No
<b>Telephone:</b>	No
<b>Pets:</b>	Yes (leashed)
<b>Parking:</b>	Yes
<b>Hours:</b>	N/A
<b>Cost:</b>	Free
<b>Picnic Tables:</b>	No
<b>Pavilions:</b>	No
<b>Walking Path:</b>	Yes
<b>Jogging Path:</b>	Yes
<b>Bicycles:</b>	Yes
<b>Bird Watching:</b>	No
<b>Fishing:</b>	No
<b>Kayaking:</b>	No

### Other Features:

This Boulevard is also home to several shops and restaurants. As well as the Edward T. Hall Aquatic Center and Results Health and Fitness Club.