

Hikes from our Bannockburn Neighborhood

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There are several interesting hikes from our Bannockburn neighborhood. Each hike starts by walking south on Wilson Lane towards MacArthur Blvd. After you pass Broxburn Dr. and the last house on your right on Wilson Lane, note a woody area to your right. This is county parkland that lacks trails but is good for hilly cross-country hiking and dog walking. When you reach the intersection of Wilson Lane and MacArthur Blvd., observe a stone marker near the left side of the Cabin John Bridge with two inscriptions: "National Historical Civil Engineering Landmark-Cabin John Aqueduct" and "Cabin John Bridge". On the other side of the bridge are signs describing the construction of the Cabin John Bridge and of the Cabin John Bridge Hotel.

From the intersection of Wilson Lane and MacArthur Blvd. you have several choices for hikes:

1. Hike on the MacArthur Road Bicycle Path:

Walk along the bicycle path east to Glen Echo, where you can visit the Clara Barton House or Glen Echo Park, or walk west over the Cabin John Bridge towards Cabin John and the Bethesda Coop.

2. Hike along the C & O Canal:

From the small parking lot near the bridge, walk downhill along a path that has wooden steps and railings. The path follows Cabin John Creek and passes under the Clara Barton Parkway before reaching the C & O Canal. Turn right at the canal and walk along a path that leads to the wooden bridge that crosses over the canal. You can then turn right and walk west on the C & O canal towpath towards Lock 8 or turn left and walk east on the towpath towards Lock 7. About 100 yards east of the bridge, a trail goes off to the right near the entrance of Cabin John Creek into the Potomac River. This trail then turns to the right (west) and goes along the river and reconnects to the towpath before it reaches Lock 8. This trail affords very good views of the river. The lock-house at Lock 8, which is being restored and converted into a learning center, is often open on weekends. Another trail from Lock 8 connects to 79th St., which passes under the Clara Barton Parkway and intersects MacArthur Blvd. opposite the Bethesda Coop and the shopping center.

3. Hike on the Cabin John Stream Valley Trail

The Cabin John Stream Valley Trail starts in the Cabin John Regional Park, which is on the other side of the Cabin John Bridge, and extends 8.8 miles in the Cabin John Creek stream valley. This trail is maintained in cooperation with the Appalachian Trail Conference and is marked by single blue blazes. Parts of the trail give beautiful views of the creek and of the valley floor. Detailed trail maps can be viewed at http://www.mc-mncppc.org/trails/trails_maps/cabin_john_svu.shtml

Some of the trail is steep and rocky. The first section of the trail starts near the children's play equipment in the Cabin John Regional Park. The trail goes down a series of steps to the creek and continues 1.2 miles to Seven Locks Road. The trail then goes along Seven Locks Road and River Road. The second section of the trail extends from River Road to Bradley Blvd. Subsequent sections go from Democracy Blvd. to Tuckerman Lane and to Goya Road, which is close to Montrose Road. The maps show several parking areas as that you can use if you want to hike the trail in separate sections.