

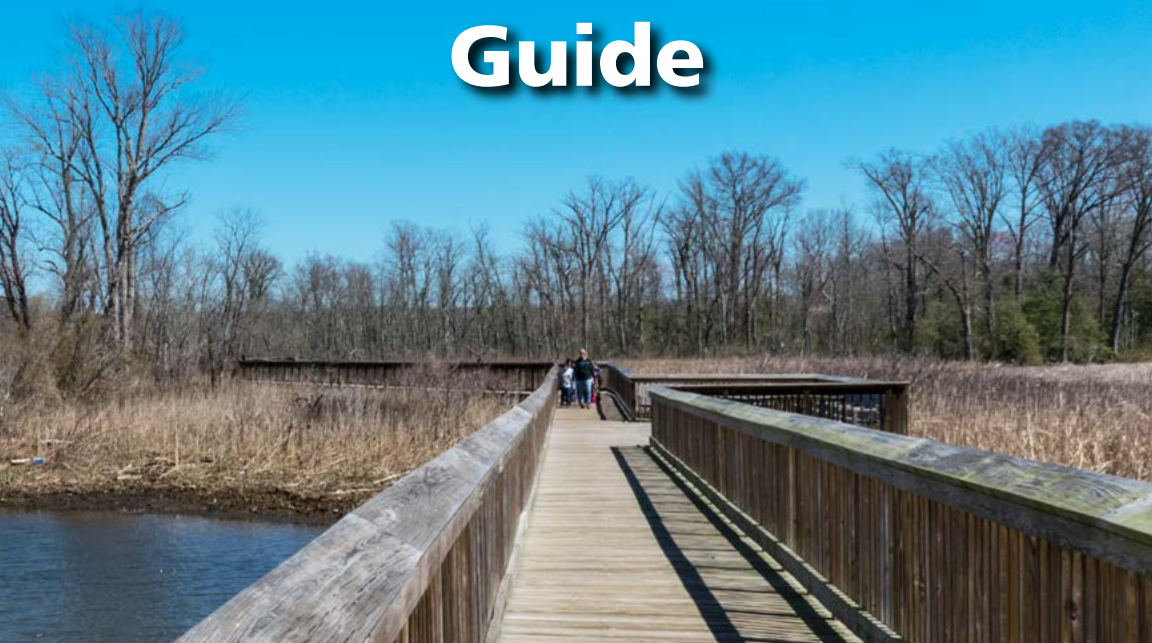
Potomac Heritage Trail

Family

ADVENTURE



Guide



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Potomac Heritage Trail

Family Adventure Guide

Produced by the
National Park Service
Potomac Heritage National Scenic Trail Office
and Harpers Ferry Center

U.S. Department of the Interior
Washington, DC

Laurel Highlands

Great Allegheny
Passage and
Eastern Continental
Divide Loop

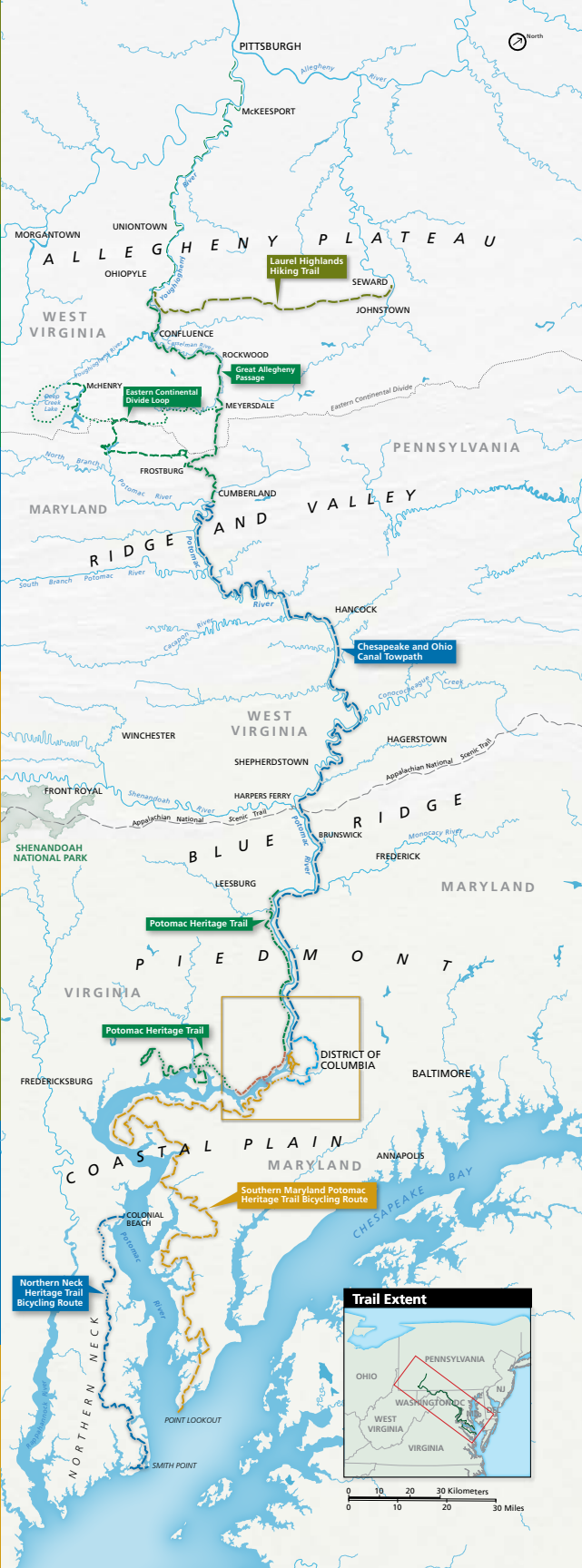
Chesapeake and Ohio
Canal Towpath

Washington, DC

Northern Virginia

Northern Neck
of Virginia

Southern Maryland



Hike, Bike, Paddle, and Explore the Potomac Heritage Trail

Few trails link land, water, and history as well as the Potomac Heritage National Scenic Trail. When he founded the Patowmack Canal Company in 1784, George Washington envisioned a corridor of commerce linking the Chesapeake Bay to the Ohio River. His dream was partially realized when the Chesapeake and Ohio Canal reached Cumberland. The Baltimore and Ohio Railroad soon replaced the canal and completed the connection to Ohio at Wheeling.

At over 900 miles, the Potomac Heritage National Scenic Trail network links people and places from the tidal Potomac to the Allegheny Plateau. From plateaus and plains to ridges and valleys, family fun meets fascinating learning opportunities along the Potomac. Choose a region to explore on foot, bicycle, horse, or by boat and connect with history and nature along the way.

Page	Explore by Region
5	Laurel Highlands
9	Great Allegheny Passage and Eastern Continental Divide Loop
13	Chesapeake and Ohio Canal Towpath
17	Washington, DC
21	Northern Virginia
25	Northern Neck of Virginia
29	Southern Maryland
32	More Information



Laurel Highlands Trail
NPS



Trailside shelter
NPS



Laurel Ridge State Park
NPS

Laurel Highlands



Discoveries abound on the Laurel Highlands Hiking Trail.

PA DEPT. OF CONSERVATION AND RECREATION

Laurel Highlands Highlights

- **Hit the trail.** Day hike through a Pennsylvania woodland paradise. Although the Laurel Highlands Hiking Trail is 70 miles long, you can spend just a few hours on the route to enjoy fantastic forests, stream valleys, and high mountain ridges. Follow the blazes along the way. Yellow marks the main trail and blue marks connector routes.
- **Sleep under the stars.** For a longer trek, strap on a backpack. Identify rocks and plants along the way, or just find peace and quiet. Campsites offer chances to rest, stargaze, and enjoy the sounds of nature. Eight Adirondack-style shelters and tent areas—available by reservation—include water, fire rings, and wood for campfires. Many areas are located within a mile or two of a trailhead, providing an easy introduction to backpacking.
- **Get wild about winter.** Skiers and snowshoers can find year-round fun at the Laurel Ridge Crosscountry Ski Center off Route 653. A groomed trail system invites people of all abilities and ages to explore the ridge in winter.

Go Trailblazing

Laurel Highlands Hiking Trail is well-marked and open year-round. Follow the 2" x 5" yellow blazes that appear every 100 feet. Connector trails that lead to and from trailheads and shelter areas are marked with blue blazes. Each mile is marked with a concrete pillar.



NPS



NPS



NPS



Hiking the Headwaters

Rain and snow that falls on Laurel Ridge feeds springs and wetlands that drain into the Potomac River watershed. Visitors can stay healthy and help protect water quality downstream by following some simple tips on any outing.

Bring your own water on short outings. For longer adventures, plan ahead to use water from sources like pumps at shelters, parking area spigots, springs, and streams. Be prepared to boil or filter untreated water. Only a few sites offer treated drinking water.

Wash hands and dishes with soap and clean water away from streams. Where toilets are unavailable, bury human waste eight inches deep and at least 200 feet away from natural waters. Go online for more information at www.nps.gov/public_health.

Whose Leaf is That?

Highland forests offer summer shade and a rainbow of fall colors. Search for different leaf shapes along the trail. Can you connect them to these native trees?



White Oak

Look for round lobes on curvy leaves that change from green to brown in fall. Usually, the trunk is gray, not white. Big and wide, white oak trees can grow over 100 feet tall and live for hundreds of years in eastern forests. Wildlife eat the small acorns.

Sweet Gum

Watch your step around these trees! Hard, spiky fruits can hurt your feet. Pointed, star-shaped leaves make sweet gum trees easy to identify.



Sugar Maple

Five-lobed leaves bigger than your hand turn yellow, orange, and red in fall. Stands of sugar maple trees make up cool, shady forests and provide the best source for sweet maple syrup.

Red Oak

Pointier than white oak leaves, these leaves turn bright red or brown in fall. Older trees seem to have shiny red stripes down their rough bark. Red oak acorns also provide food for wildlife.





Youghiogheny River
NPS



New Germany State Park
TIMOTHY JACOBSEN - GARRETT COUNTY CHAMBER OF COMMERCE



Big Savage Tunnel
NPS



Frostburg, MD
NPS



GAP / ECD Loop



Cyclists enjoy the spectacular view from the Salisbury Viaduct near Meyersdale.

NPS

Great Allegheny Passage and Eastern Continental Divide Loop Highlights

- **Go with the grade.** Trace the tracks of time from rails to trails along 150 scenic miles between Pittsburgh, Pennsylvania, and Cumberland, Maryland. Originally the route of the Western Maryland Railway, this nearly level corridor offers endless encounters for hikers, bicyclists, and history buffs. Visitors can ride today's Maryland Scenic Railway from Cumberland to Frostburg with bicycles aboard and coast downhill on two wheels!
- **Bike the Divide.** Bicycle over the Eastern Continental Divide from the Frostburg Train Station to spend the night in Meyersdale and return the next day. Enjoy the winding, gradual climb and the view of the Wills Creek Valley. Pass through the 3,100-foot Big Savage Tunnel (closed in winter) and remember to bring a light! For a longer trip, continue over the Salisbury Viaduct to Ohiopyle for rafting, fishing, and hiking. A gentle grade and several state parks makes this trail a winter treat for crosscountry skiers.

Discover Rails to Trails

Young George Washington dreamed of increasing commerce and industry by connecting the Ohio River to Chesapeake Bay. Washington's vision was realized in the late 1820s with the Chesapeake and Ohio Canal and the Baltimore and Ohio Railroad. Today this route serves tourists and travelers as they experience the rich history and natural beauty of destinations along the Allegheny Passage.



Western Maryland Scenic Railroad

© J.P. MUELLER



Former rail lines now provide trails.

© P. DELOACHE

Conservation Cloud

The "Leave No Trace Seven Principles"

1. Plan ahead and prepare.
2. Travel and camp on durable surfaces.
3. Dispose of waste properly.
4. Leave what you find.
5. Minimize campfire impacts.
6. Respect wildlife.
7. Be considerate of other visitors.



Bike, Hike, Walk, and Ski

There is something for everyone along the Great Allegheny Passage, whether you stay on the main route or head for adventure on one of many connector trails.



GARRETT COUNTY CHAMBER OF COMMERCE

Eastern Continental Divide

Cross the Allegheny Divide between the Atlantic and Mississippi watersheds as you travel on foot or cycle along this 150-mile route. Experience a continuous network of communities, trails, and waterways.



NPS

Mason-Dixon Line

Stand on the famous American boundary between North and South. In the 1760s Charles Mason and Jeremiah Dixon surveyed the official boundary, ending a dispute between two colonial landowners.



NPS

High Rock

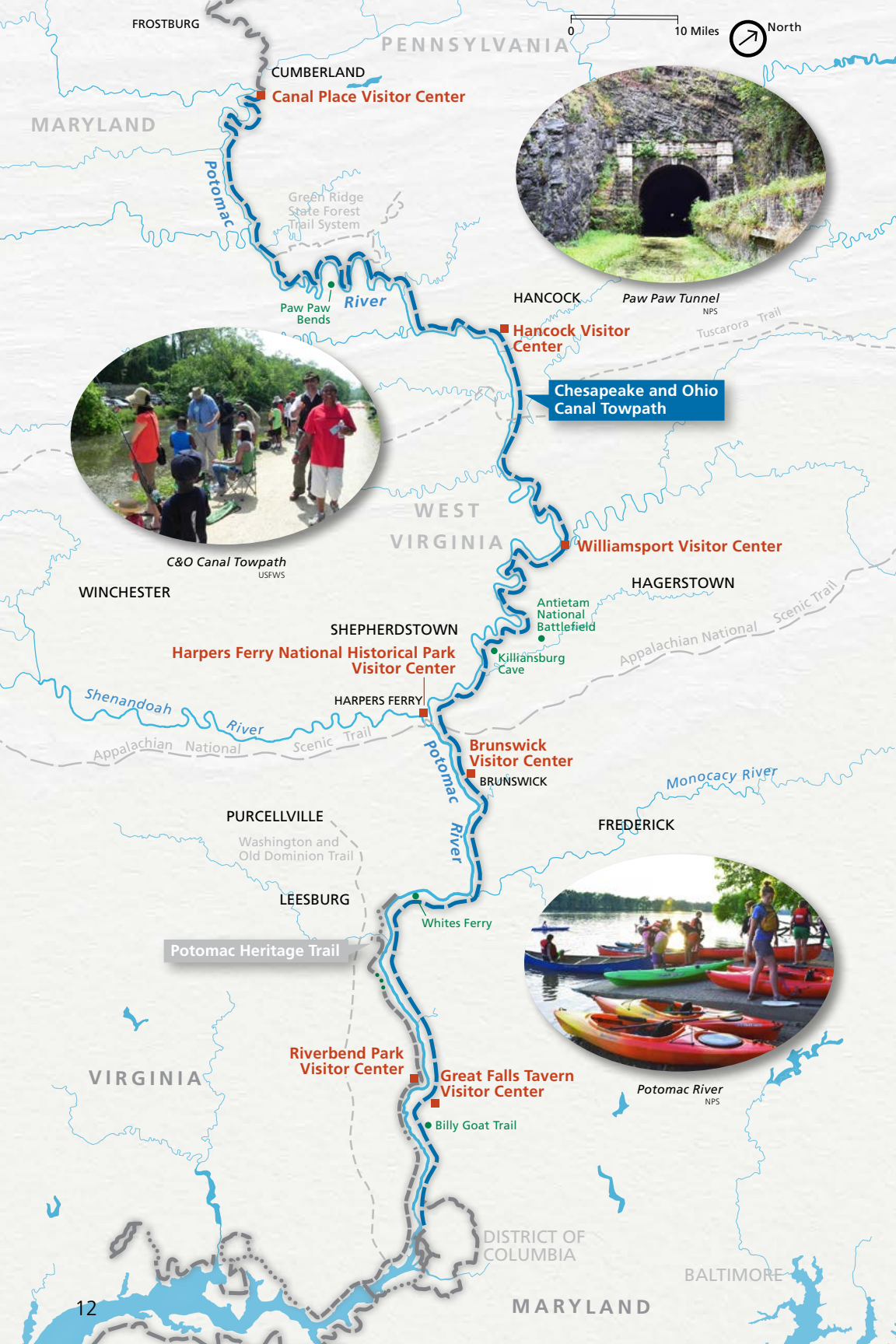
Trek on the Big Savage Mountain Trail to scale a summit, visit the remains of a fire tower, and enjoy sweeping vistas. An easy two-mile roundtrip hike starts at the High Rock Fire Road parking area.



NPS

Meadow Mountain Overlook

Enjoy one of the most spectacular views in the region when you hike, snowshoe, or ski on the Meadow Mountain Trail. Climb to the site of a former lookout tower and view the Monroe Run watershed and ridges to the east.



Paw Paw Tunnel
NPS



C&O Canal Towpath
USFWS



Potomac River
NPS

C&O Canal Towpath



Visitors board the *Charles F. Mercer* on the Chesapeake and Ohio Canal.

© BONNACHOVEN/WIKIMEDIA

C&O Canal Towpath Highlights

- **Ride a canal boat at Great Falls.** The 1870s are not so far away in Chesapeake and Ohio Canal National Historical Park. Experience a memorable boat ride, meet the famous mules, and encounter canal history on the *Charles F. Mercer* at Great Falls Tavern. Imagine how people lived and worked along the canal during its heyday. Go fishing on the canal or add a paddle on the Potomac to complete your adventure.
- **Stay overnight at a canal lock house.** The C & O Canal Trust has restored six lock houses with period furnishings and each is easily reached from the towpath. Step back in time and reserve a lock house at www.canaltrust.org.
- **Explore the Paw Paw Tunnel.** In 1836 engineers estimated the 3,118-foot tunnel would take two years and \$33,500 to complete. When the tunnel opened 14 years later, it had cost more than \$600,000, but it brought the canal to Cumberland and economic success. Take a headlamp or flashlight on a walk south from the trailhead at MD Route 51 near Towpath Milepost 156.

Pick a Path

The C&O Canal operated for nearly 100 years along the Potomac River. Today it provides a pathway for enjoying historical, natural, and recreational discoveries.



Ask a Ranger

Park rangers guide thousands of students and families each year as they explore the C&O Canal and the Potomac River. Junior Rangers learn about nature, geology, and history by completing special activities.



Climb the Billy Goat Trail

Take a hike on Section C of the Billy Goat Trail from the towpath at Carderock. Your reward will be memorable views of the Potomac River. Steep rocks make Sections A and B a more strenuous adventure.



Encounter a Cave

Killiansburg Cave sits at mile marker 75.7 where the canal passes beneath limestone bluffs. Hike 2.5 miles each way to the 35-foot deep cave where civilians took refuge during the Battle of Antietam in 1862.



Meet the Mules

Mules were used to pull the canal boats in the 1800s. Families even lived on narrow boats towed by mules cared for by children. Mules live and work at Great Falls. You can meet the mules at Great Falls Tavern Visitor Center.

Learn About Locks

A lock is like a gate in the water. Seventy-five numbered locks were built along the Chesapeake and Ohio Canal to control the height of the water. Every lock on the canal has a number from 1 to 75. Working locks raise and lower the water to let boats through and control traffic on the canal.



19th-century commerce on the canal

NPS



Locks 18 and 19 at Great Falls today

© P. DELOACHE

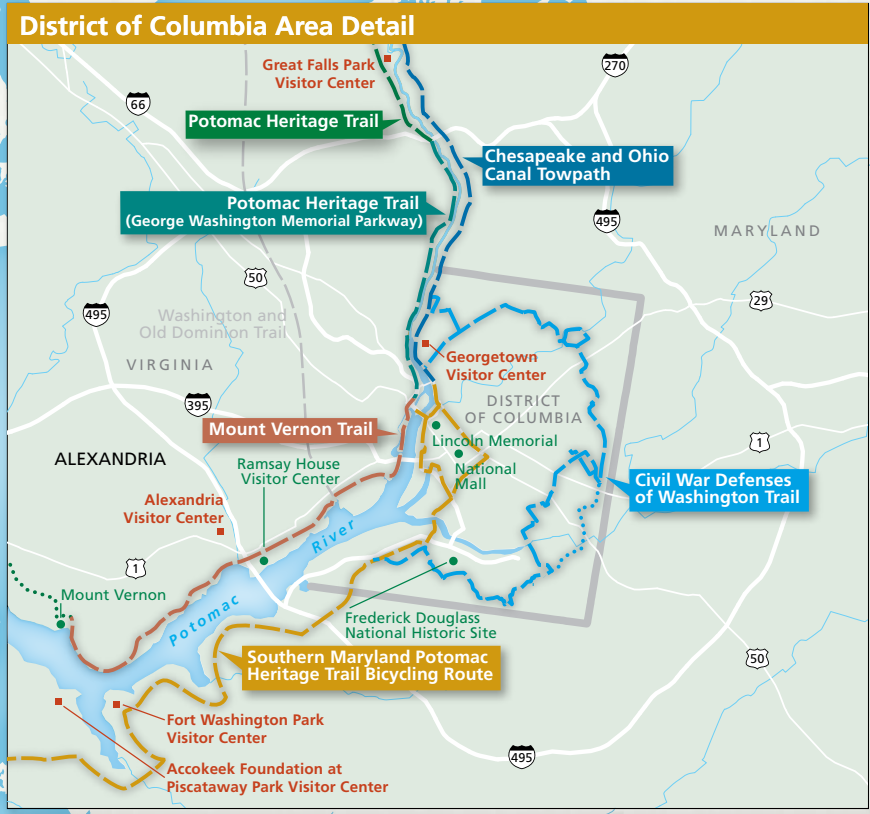


Paddling Safety Tips

You can paddle several sections of the C&O Canal in a canoe and kayak, as well as much of the Potomac River.

- Take an on-water course. Certified instructors teach canoeing, kayaking, stand-up paddle boarding, rafting, safety, and rescue.
- Always wear a life vest (personal flotation device or PFD).
- Cold water is extremely dangerous! Learn to protect yourself.
- Discover how to share the waterways with other boaters.
- Know your limits, conduct a safety check, and file a float plan. Make sure someone *not* on the trip knows where you are going and when you plan to return.

Adapted from American Canoe Association "Safety Tips." www.americancanoe.org.



Washington, DC



Locks on the Chesapeake and Ohio Canal still guide water through Georgetown.

USFWS

Metropolitan Washington, DC, Highlights

- **Visit Rock Creek Park Nature Center.** Enjoy exhibits on plants and animals, and visit the only planetarium in the National Park Service. Encounter live turtles, fish, snakes, an active beehive, a bird observation deck, and a “water-wise” garden. Cross the street with care for a short hike on Milkhouse Ford loop and pass by the earthen remains of Civil War-era Fort DeRussy.
- **Head over to Georgetown.** Sense the capital’s past as you stroll among 1700s-era structures built as the nation began to grow. After the Civil War many newly freed African Americans migrated to Georgetown, adding to its cultural mix. Find Milepost 0 of the C&O Canal Towpath, a short walk south from the Thompson Boathouse parking area to the mouth of Rock Creek.
- **Listen for the voices of freedom.** Stop at Cedar Hill for a great vista of the Washington, DC, landscape and learn about the life of African American abolitionist Frederick Douglass. Douglass escaped slavery as a young man and became a brilliant leader whose home is now a national historic site.

Imagine a Circle of Forts

Washington, DC, was built in a natural bowl shaped by the Potomac River. In 1861 the military built roads, rifle pits, and forts along the ring of high hills around the capital. Many of these “Civil War Defenses of Washington” were made from mounds of dirt called “earthworks.” Most of the forts were abandoned by 1866, but some locations still offer good views of the city.



Workers rebuild Fort Stevens in the 1930s.

NPS



Trees grow on earthworks today.

NPS

Conservation Cloud

Help Save the Earthworks

You can play an important role in the future of the circle of forts. Earthworks can be damaged by walking, riding, or climbing, so visit historic fort sites with care.

- For your safety and to preserve fort structures, do not climb on earthworks. Some may be unstable.
- Plants and trees keep the historic earthworks from crumbling away, so leave them undisturbed. Stay on trails and keep dogs leashed.
- Leave any objects where you find them. Leave rocks, animals, and wildflowers in place.

Visit a Civil War Fort Site!

Modern roads and tranquil trails now lead to most of the Civil War Defenses of Washington locations. Once heavily armed and operated by Union troops, the old earthen fortifications are now occupied by natural woodlands and parks. Take some short trips to discover the circle of fort sites around the city. Be ready to encounter reminders of the past and surprises from the present.



Parrott rifle

NPS

Discover History

Heavy guns positioned at forts around Washington, DC, once protected the city from Confederate troops. More than 800 mounted cannons alone helped defend the nation's capital. You can still see Civil War-era artillery on display at some fort locations like Fort Stevens and Fort Foote.



Blackpoll warbler

USFWS

Watch Wildlife

Once prepared for battle, the heights around Washington, DC, now nurture natural environments. Streams flow with water purified by forest soils. Plants and animals thrive close to the city. Listen carefully for migratory bird songs that mask the sounds of civilization.



Mountain laurel

NPS

Explore Nature

During the Civil War, the Union Army cut down trees to open views of routes into the city. Trees and shrubs later reclaimed the earthen fortifications. Now woodlands protect remnants of the forts and provide shelter for plants and animals. Take a hike to see how forts have returned to forests.



Potomac River Corridor
USFWS

Potomac Heritage Trail

Riverbend Park
Visitor Center

Great Falls Tavern
Visitor Center

Potomac Heritage Trail

Prince William
Forest Park
Visitor Center

FREDERICKSBURG

Stafford
Visitor Center

Northern Neck
Heritage Trail
Bicycling Route



George Washington's Gristmill
© WIKI COMMONS



Southern Maryland Potomac
Heritage Trail Bicycling Route

Prince William Forest Park
NPS

Northern Virginia



Occoquan Bay National Wildlife Refuge provides a quiet escape from the city.

USFWS

Northern Virginia Highlights

- **Explore more.** Hike the Potomac River corridor from the Piedmont to the tidal sections below Great Falls. Many park trails lead to the river, including White's Ford, Red Rock Wilderness Overlook, Ball's Bluff, Riverbend Park, Great Falls, Pohick Bay, Veteran's, Occoquan and Mason Neck wildlife refuges, Mason Neck and Leesylvania state parks, and Metz Wetlands Preserve.
- **Take a tour.** Visit George Washington's Gristmill in the Woodlawn Historic District—a bus ride is included with admission to Mount Vernon Estate—then enjoy a short walk to view a mansion built for Washington's niece, a Frank Lloyd Wright house, and a Quaker Meetinghouse.
- **Walk in the woods.** Short trails in Prince William Forest Park, including Piedmont Forest Trail and Laurel Loop Trail, offer easygoing fun for small children. Older kids can enjoy the challenge of a day hike on the Farms to Forest Trail. Letterboxing courses provide another exciting activity. Follow the clues to learn more about the history of the park.

Meet a House with History

Walk through the doors of notable homes where American inspiration lives on through outstanding examples of historic preservation.



Arlington House

President George Washington’s adopted grandson, George Custis, started building this mansion in 1802. It was later passed on to his daughter, Mary, who married military leader Robert E. Lee in 1831.



Pope-Leighey House

This suburban home is actually a work of art designed by American architect Frank Lloyd Wright. Completed in 1941, its design brings nature indoors using Tidewater red cypress, brick, and glass.



Quaker Meetinghouse

Established before the Civil War, the Woodlawn Quaker Meetinghouse remains an active place of worship. Its “Quaker Plain Style” architecture reflects the Religious Society of Friends’ values of simplicity and lack of adornment.



Woodlawn Manor House

George Washington gave Woodlawn as a wedding gift to Eleanore “Nelly” Custis Lewis, his wife’s granddaughter, and her husband. Nelly, one of America’s foremost needleworkers, spoke many languages. An annual exhibit honors her legacy.

Branch Out!

Seek some shade on warmer days along the Potomac in northern Virginia. Gaze up at the green forest crown and try to name the trees you see.



© CALPOLY.EDU

Blackgum

Smooth, waxy, dark green leaves on this wide-spreading tree offer relief from the hot summer sun. Small blue berries provide food for a variety of wildlife from birds to mammals.

River Birch

This fast-growing tree likes to keep its feet wet by growing along swamps, streams, and river banks. Silvery bark and branches up to 50 feet wide make it easy to spot.



© D. RAMSEY



© RICHMOND.EDU

American Hornbeam

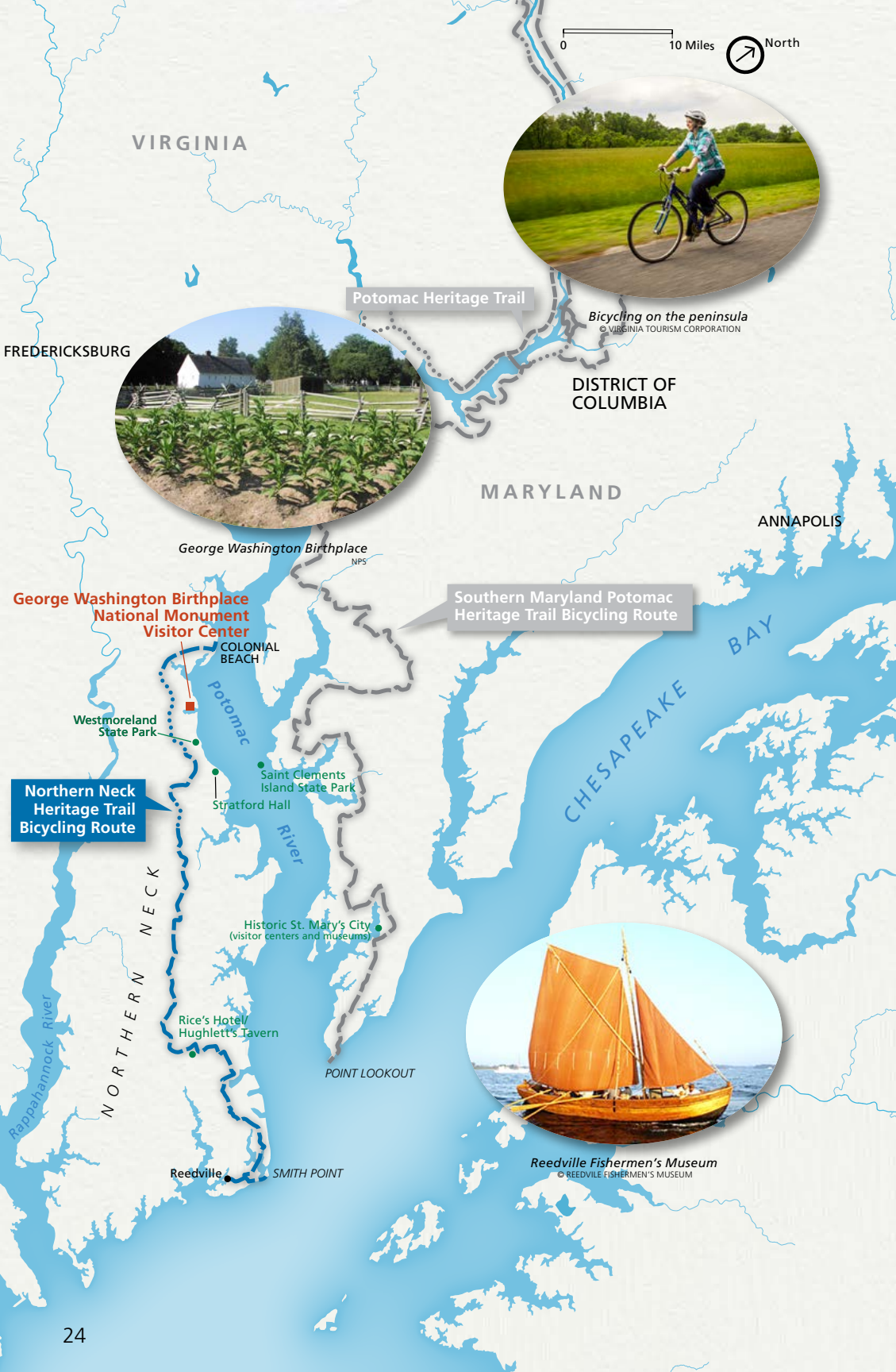
Look for worm-like butterfly larvae growing on the graceful, drooping branches of this tree. The name "hornbeam" refers to its very hard, tough wood, but it is also called an "ironwood."

PawPaw

Growing lower than most forest trees, the shrubby pawpaw lives along ditches and ravines. The name "pawpaw" comes from the woody plant's plump, oval shaped fruits that look like tropical papayas.



© DEPAUW UNVSTY.



Northern Neck of Virginia



Cliffs rise above Fossil Beach on the Potomac River at Westmoreland State Park.

USFWS

Northern Neck Highlights

- **Visit George Washington Birthplace National Monument.** Learn how a lifelong connection to the land inspired the nation's first president. Find out how colonial-era crops like tobacco grew and see livestock related to animals the Washingtons raised in the 1700s.
- **Go biking.** Journey through centuries of history and miles of memorable landscapes on the Northern Neck Heritage Trail Bicycling Route. The 125-mile network takes bicyclists by farms, fisheries, forests, museums, and more. From Colonial Beach in the north to the Chesapeake Bay in the south, the Northern Neck peninsula shows cyclists an amazing slice of American life.
- **Explore from ship to shore.** Visit the Reedville Fishermen's Museum to get a taste of hundreds of years of maritime history. Stories about the region's watermen and local maritime heritage come to life with special activities and educational programs. An on-site fleet of boats includes the John Smith barge, a replica of the Chesapeake explorer's 1608 "discovery barge."

Go with the Flow!

Paddle the Potomac to discover the way water flows to the Chesapeake Bay.



© VIRGINIA TOURISM CORPORATION

Conservation Cloud

Share Your Watershed Moments

A watershed is an area of land, like the Northern Neck of Virginia, that drains into a body of water. Everyone lives in a watershed. Watersheds of streams or creeks may be quite small. Others, like the Chesapeake Bay watershed (64,000 square miles), are very large.

- Spread the word in your neighborhood. Don't dump chemicals that could pollute water. Connect with others to pick up litter wherever you find it.
- Join in on citizen science. Visit www.inaturalist.org online to record your plant and animal sightings with the Chesapeake Bay Watershed Biodiversity project.

Who's Wild About Water?

While exploring the Northern Neck, you may encounter wildlife in or near the water. Give wild animals some space and observe their behaviors from a distance.



© ELMER MONTEGOMERY

American Eel

A smooth, snake-like fish between two and five feet long, this eel lives in fresh water throughout the Chesapeake Bay watershed. Male eels swim to the salty waters of the Atlantic Ocean to spawn.



© MEGAN WALLEN

Bottlenose Dolphin

Sleek and gray with a beak-like snout and a blowhole on top of its head, this dolphin can grow to 12 feet long and weigh 300 to 400 pounds. Dolphins use sound to communicate and navigate.



USFWS

Diamondback Terrapin Turtle

The terrapin is an aquatic reptile with webbed feet, strong claws, and diamond-shaped rings covering its shell. This turtle lives in and around the Chesapeake Bay's tidal waters, rivers, and marshes.




USFWS

North American River Otter

This large, brown, furry mammal lives on both land and water throughout the Bay watershed. Great swimmers, otters stay underwater several minutes to catch fish and other prey. Their playful actions include rolling and tumbling on the shore.

VIRGINIA

0 10 Miles  North



Thomas Stone National Historic Site
© SO MD TRI-COUNTY COUNCIL



Piscataway Park
(view of Mt. Vernon)
NPS

FREDERICKSBURG

Stafford Visitor Center
George Washington's Ferry Farm

Smallwood State Park
Douglas Point Special Recreation Management Area
National Colonial Farm

Thomas Stone National Historic Site

Caledon State Park

George Washington Birthplace National Monument Visitor Center

COLONIAL BEACH

Westmoreland State Park

Northern Neck Heritage Trail Bicycling Route

Saint Clements Island State Park
Stratford Hall

Historic St. Mary's City (visitor centers and museums)

Rice's Hotel/Hughlett's Tavern

Point Lookout State Park

POINT LOOKOUT

Reedville

SMITH POINT

MARYLAND

ANNAPOLIS

Southern Maryland Potomac Heritage Trail Bicycling Route



Historic St. Mary's City
© VISITMARYLAND.ORG



Point Lookout State Park
© VISITMARYLAND.ORG

CHESAPEAKE BAY

NORTHERN NECK

Rappahannock River

Potomac River

Southern Maryland



Celebrating the Maritime Heritage Festival at Historic St. Mary's City.

© 50 MD TRI-COUNTY COUNCIL

Southern Maryland Highlights

- **Play at Piscataway.** Piscataway Park preserves the viewshed from Mount Vernon and provides habitat for bald eagles, beavers, deer, foxes, ospreys, and other wildlife. Discover wetlands, meadows, and woodlands when you fish from a pier, stroll on a boardwalk, or hike on a nature trail. Visit National Colonial Farm for a glimpse of 18th-century rare breeds of animals and crops.
- **Experience Historic St. Mary's City.** Spend at least half a day uncovering all that Maryland's first capital has to offer. Learn how English colonists arrived in 1634 and go aboard the *Maryland Dove* to discover life on a ship before electricity and modern navigation. Visit the Woodland Indian Hamlet to learn how the native Yaocomaco helped the first English settlers survive.
- **Go to Point Lookout State Park.** Camp, fish, boat, hike, and watch wildlife where an 1830s lighthouse overlooks Chesapeake Bay and the Potomac. Fort Lincoln and a Civil War museum take visitors back in time with stories of African American freedom seekers, wounded soldiers, and prisoners of war.

Practice Oystering



LIBRARY OF CONGRESS

Watermen use hand tongs to harvest oysters. These tools have large metal baskets mounted on long wooden handles.

Try making your own small hand tong. You will need:

- A few small objects like pebbles or marbles
- Two forks (plastic or metal)
- Tape

Pick up the forks and place them tines pointed down. Tape the tops of the forks together so that the tines make a basket. Try to pick up the objects. Now you are ready to go oystering!

Conservation Cloud

Help Keep Oysters Healthy

Oysters are only as healthy as the water they live in. Help keep Chesapeake Bay healthy. Follow the lead of scientists and citizens that are working hard to help oysters.

- Try not to use chemicals on your lawn. When it rains, chemicals can wash into the Bay and hurt oysters.
- Recycle oyster shells. Old oyster shells make new homes for baby oysters.
- Encourage friends and family to be good stewards of the Chesapeake Bay by recycling and not polluting.
- Try oyster gardening! "Maryland Grows Oysters" and the Chesapeake Bay Foundation offer oyster gardening programs for homes on the water.

Name the Boats

While exploring the Potomac Heritage Trail you may see different types of boats at historic sites and on the water. Rent a canoe so you can get on the water!



© ROBERT HURRY

Skipjack

Skipjacks were designed for dredging large numbers of oysters on the Bay's floor. Of the estimated 2,000 built from the late 1800s through the 1950s, fewer than 30 sail the Chesapeake Bay today.



© ROBERT HURRY

Deadrise

Easy to recognize, the deadrise remains one of the most popular crabbing and oystering boats. Watermen also use this traditional work boat to catch fish and eels year-round.



© ROBERT HURRY

Buyboat

Captains of these boats would buy a waterman's harvest while still out on the water, then take the harvest to a nearby processing center. Buyboats have a rear wheelhouse and a long deck for cargo.



USMC

Canoe

Canoes have been used to travel the Potomac River and its tributaries for thousands of years. These boats help get you close to nature on the water's edge.

Find Out More

The Potomac Heritage National Scenic Trail network includes over 900 miles of existing and planned trails administered by federal, state, local, and nonprofit organizations. Trail segments are managed by many agencies and organizations. For information about a specific section of the trail, contact the segment manager. Visit www.nps.gov/pohe for details.

Accessibility

Partners that manage the network of experiences along the Potomac Heritage National Scenic Trail are encouraged to make facilities, services, and programs accessible to all.

Safety

Your safety is your responsibility. Watch children near streams banks, cliffs, and busy roads. Be aware of poisonous snakes and spiders. Learn to identify and avoid poison ivy and poison oak. Observe regulations and wear a life jacket (personal flotation device or PFD) when near and on the water.

Get Involved

Between the mouth of the Potomac River and the Allegheny Highlands, many volunteers, agencies, organizations, and businesses maintain the Potomac Heritage Trail network. Work ranges from conservation efforts to improving recreational opportunities. Visit www.nps.gov/pohe/getinvolved/partners.

Contact

Potomac Heritage National Scenic Trail Office
National Park Service
PO Box B
Harpers Ferry, WV 25425
www.nps.gov/pohe

Front cover: Mockley Point, Piscataway Park NPS / MONICA LARCOM

Back cover: (top) Kayakers on the Potomac River © VIRGINIA TOURISM CORPORATION,

(center left) Fossil Beach, Westmoreland State Park USFWS, *(center right)* Paw Paw Tunnel NPS,

(bottom) Chesapeake and Ohio Canal National Historical Park NPS

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Potomac Heritage National Scenic Trail

Pennsylvania

Maryland

Virginia

Washington, DC

