



INDIAN HEAD RAIL TRAIL



Just 18 miles south of our Nation's Capital in
CHARLES COUNTY, MARYLAND



Charles County **PARKS & RECREATION**
1001 Radio Station Road, LaPlata, Maryland 20646



TRAIL HEAD MILEAGE CHART

	Mattingly Ave	Indian Head Ave	Blair Road	Woodland Drive	Arthur Ross	Route 225	Route 224	Bumpy Oak Road	Pomfret Road	Bensville Road	Middletown Road	Theodore Green
Mattingly Ave	0	0.23	0.66	1.05	1.21	2.65	3.23	5.54	7.00	9.09	11.04	13.00
Indian Head Ave	0.23	0	0.43	0.82	0.98	2.42	3.00	5.31	6.77	8.86	10.81	12.77
Blair Road	0.66	0.43	0	0.39	0.55	1.99	2.57	4.88	6.34	8.43	10.38	12.34
Woodland Drive	1.05	0.82	0.39	0	0.16	1.60	2.18	4.49	5.95	8.04	9.99	11.95
Arthur Ross	1.21	0.98	0.55	0.16	0	1.44	2.02	4.33	5.79	7.88	9.83	11.79
Route 225	2.65	2.42	1.99	1.60	1.44	0	0.58	2.89	4.35	6.44	8.39	10.35
Route 224	3.23	3.00	2.57	2.18	2.02	0.58	0	2.31	3.77	5.86	7.81	9.77
Bumpy Oak Road	5.54	5.31	4.88	4.49	4.33	2.89	2.31	0	1.46	3.55	5.50	7.46
Pomfret Road	7.00	6.77	6.34	5.95	5.79	4.35	3.77	1.46	0	2.09	4.04	6.00
Bensville Road	9.09	8.86	8.43	8.04	7.88	6.44	5.86	3.55	2.09	0	1.95	3.91
Middletown Road	11.04	10.81	10.38	9.99	9.83	8.39	7.81	5.50	4.04	1.95	0	1.96
Theodore Green Blvd	13.00	12.77	12.34	11.95	11.79	10.35	9.77	7.46	6.00	3.91	1.96	0

Distance from parking at Village Green to Mattingly Avenue is .47 miles. Mile 13 ends in the trail parking lot on Theodore Green Boulevard. Trail mileage may slightly vary depending on type of measuring device used.

THE INDIAN HEAD RAIL TRAIL — ENJOYING CHARLES COUNTY NATURALLY



CHARLES COUNTY'S TRAIL THRU NATURE

The **Indian Head Rail Trail (IHRT)** is located just 18 miles south of our Nation's Capital in southern Maryland. The trail has a gentle grade that is perfect for trail users of all skill levels. **From the town of Indian Head**, the trail quickly transitions into a very unique natural outdoor experience with surroundings of mature forests, natural wetlands and farmland. The trail continues for **13 miles ending** on Theodore Green Boulevard in **White Plains**.

Along the IHRT there are interpretive signs that highlight various natural habitat areas and wildlife species, giving visitors the opportunity to view beaver dams, bald eagles, wild turkey, deer, and herons. This multi-use trail provides walkers, runners and cyclists a serene place to enjoy recreation away from the congestion of traffic.

TRAIL AMENITIES

- A paved 13 mile long, ten foot wide path
- Wildlife Viewing Areas
- Restroom facilities
- Pavilions and Benches
- Interpretive Signs
- Mile Markers
- Drinking Fountains at Trail Heads

NOTE: The only motorized vehicles permitted on the trail are those needed by individuals who require assistance with mobility.

TRAIL ETIQUETTE

- Keep to the right of the trail except when passing.
- Move off the trail when stopped.
- Cyclists should give an audible "on your left" warning when passing.
- Ride/walk single file during busy periods.
- Dogs must be kept on a 6 foot non-retractable leash.
- Familiarize yourself with all trail rules.
- Respect wildlife by keeping a distance and limiting your stay.
- Obey all traffic signs, stop at all road crossings and yield to oncoming traffic.
- Be aware of your surroundings, know your location on the trail and carry a cell phone.
- Respect the rights and privacy of adjacent property owners.



Photo by George Jett

DIRECTIONS TO TRAIL ACCESS POINTS

INDIAN HEAD

(Trail Head) - Follow 210 south to Indian Head. Parking is located at the Village Green Town Park. The trail starts at Mattingly Ave about ½ mile from **Parking** area, follow signs.

ROUTE 224 - Follow 301 to LaPlata and turn onto route 225 west. Travel approximately 9.3 miles and turn right onto route 224. **Parking** is about ½ mile on the left.

Follow 210 to Bryans Road and turn onto route 224 south. Travel approximately 3.8 miles and parking will be on your right. **Parking** for about 20 cars.

MIDDLETOWN ROAD - From 301 turn onto route 227 (Marshalls Corner Road). Travel 1.7 miles and turn right onto Middletown Road. Trail parking is approximately ¼ mile on right. **Parking** for about 16 cars.

THEODORE GREEN BOULEVARD (Trail Head)

Follow 301 to White Plains, located just south of Waldorf. Turn onto Theodore Green Blvd and trail parking will be located about 3/10 of a mile on the right. **Parking** for 75+ cars.

