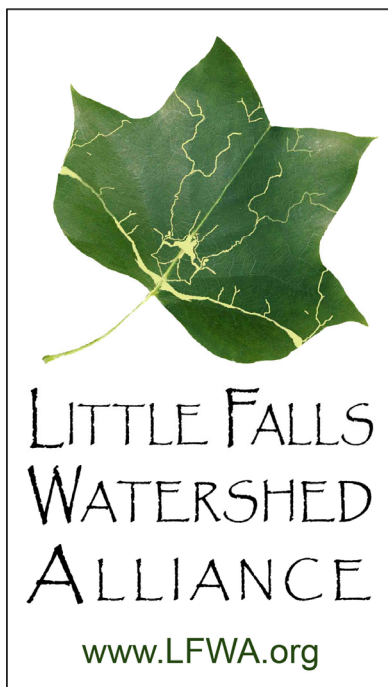


First Day Hike: Through the Woods

Follow this map to go off the paved trail and return to the Capital Crescent Trail through the woods between Stop 8 (Ridge Drive in Brookmont) and Stop 4 (Capital Crescent Trail). You will be following a “social” trail that is steep at times, so hiking boots are recommended.

While you can take the path either way, we recommend taking it on your way home as it’s a little tricky to find the entrance off the Capital Crescent Trail.

The attached instructions give details on taking the path from Ridge Road to the Capital Crescent Trail.



LFWA First Day Hike: The Unpaved Return Route

The LFWA First Day Hike is designed to be a single route along a paved trail that you follow down to the Potomac River and back up to Massachusetts Avenue. If you'd like a more adventurous return trek back to the Capital Crescent Trail (CCT), follow these instructions from Ridge Road between stop 8 and stop 7.

Please note, this route traverses the woods along dirt paths and some places are rocky and steep so proper footwear and careful footing are a must. You'll be rewarded for your care with stunning views from a narrow bridge, a glimpse of a hidden waterfall, and be transported back in time through an old train tunnel on the CCT.

- (1) Once you've climbed back up to Ridge Road from the canal, turn right.



- (2) Just after the bus stop turn right into the woods at the evergreen tree.



- (3) The dirt path runs parallel to Clara Barton Parkway and the Potomac River and will lead you to the Little Falls Stream. The path is steep here and has many loose rocks. Be sure of your footing as you descend to the concrete bridge.
- (4) Cross the concrete bridge with care and admire the view upstream.



- (5) Follow the path up and to the left. Walk with caution, this area is quite steep. Turn left once you get to the top of the four stone steps.



- (6) You are now walking away from the parkway and river. You will soon see the stream and Brookmont homes, on your left. On your right, you will see the fence surrounding the Corps of Engineers Aqueduct. Keep the fence to your right and stream to your left as you follow the dirt path.



- (7) You'll soon come upon another fence built around a steep ravine with an output pipe below. Just follow the path around the fence. (Early last year, a LFWA volunteer observed an unusual discharge in the Potomac at the mouth of the Little Falls Stream and contacted the Potomac Riverkeeper. Since then, citizen scientists in Brookmont have gathered data through daily observation to [help the Riverkeeper ensure accountability](#) for wastewater releases into the stream.)



- (8) When you come to a fork in the path (look to your left, across the stream in Brookmont, and you'll see a brown artist's studio close to the water's edge) take the right path toward slightly higher ground.



- (9) The path is less defined here, but keep walking until you get to what looks like a toppled over wooden table. Then turn right and follow the sound of rushing water to the waterfall and fishing pond, where the stream comes out from under MacArthur Boulevard.



- (10) Now the path is easier to see. Turn right to follow the path and climb up two rather steep hills, the first one longer than the second. When you reach the top, you'll see the aqueduct to your right.



- (11) Follow the path across a meadow and then up and over a small rise until you reach the Capital Crescent Trail (CCT).



- (12) Turn left onto the CCT and walk through the old railroad tunnel. Follow the CCT until you reach the junction at Stop 4 and then hop back onto to the Little Falls Stream Trail.



Thank you for joining our hike! To learn more about our stewardship click [here](#) or visit www.LFWA.org