

Healthy Parks, Healthy People Winter Schedule



Chase away those winter blues and cabin fever! Come take a walk or hike, socialize with others and enjoy the outdoors.

Martinak Morning Walk

Year round morning walks meet at the Martinak State Park Office at 10:30 AM. The walks on Tuesdays and Thursdays are guided and on a paved trail. Walks are approximately 1 mile in length or about 2,000 steps with plenty of benches available for resting and enjoying nature. After a mile or 1.5 miles, walkers may choose to walk longer through the camp loops and trails or return to the start. Meet at the gravel parking area on the left past the park office.

Flashlight Walk

Chase away the stress of the holidays! Join us for a relaxing night walk at Martinak State Park on Wednesday, December 17th, at 5:00 PM. We will walk approximately 1.5 miles on a paved trail and camp loop. The meeting location is at the ball field. Don't forget to bring a flashlight!

Decorated Bike Ride

Let's have some holiday fun! Deck out your bicycle with lights and join us for a festive, 7-mile ride through town. The ride is for those over 18 and helmets are required and of course plenty of lights! Meet at Martinak State Park Office at 6:00 PM on Saturday, December 20.

Wednesday Winter Hike Schedule

Wednesday hiking begins in February and continues till May. Come join the camaraderie on Wednesdays at 10:30 AM. All hikes are three to five miles on a variety of terrains and locations. Dress for the weather and bring water and a snack to stay hydrated and fueled.

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| February 4 | Pickering Creek | Boundary Walk | Meet at the Visitor Center Parking Area |
| February 11 | Adkins Arboretum | Loop it Walk | Meet at Visitor Center Parking Area |
| February 18 | Tuckahoe State Park | Lake Trail | Meet at Tuckahoe Lake Parking Area |
| February 25 | Terrapin Nature Park | Cross Island Trail | Meet at Exit 37 Parking Area |
| March 4 | Idylwild WMA | Marshy Hope Creek | Meet at Houston Branch Parking Area |
| March 11 | Tuckahoe State Park | Anna's Trail | Meet at Park Office |
| March 26 | Redden State Forest | Headquarters Loop | Meet at Redden Forest Fire Station |
| March 31 | Chapel Branch | Beaver Pond Trail | Meet at Woodland Rd Seaford, DE |
| April 1 | Tuckahoe State Park | Sandtown Trail | Meet at Cemetery Road Parking Area |
| April 8 | Sassafras NRMA | Meadows and Forest | Meet at Turners Creek Parking Area |
| April 15 | Wye Island NRMA | Holly Tree Trail | Meet at Wye Island Rd Parking Area |
| April 22 | Tuckahoe State Park | Pee Wee's Trail | Meet at Crouse Mill Rd Parking Area |
| April 29 | Lynch Preserve | Robins Creek Trail | Meet at the end of Tall Tree LN, Preston |

Inclement Weather Policy

If school in Caroline County is delayed or canceled the walks or hikes will be canceled. To receive more information about any of these hikes or walks or to be added to the Healthy Parks, Healthy People email karen.gianninoto@maryland.gov.

