



2024 Cycling Seniors Club FALL Schedule

Cycling is a full body and mind exercise! Join the Park Rangers and the **Cycling Seniors** Cycle Club this spring! We have rides for both new and more experienced riders. Please bring your own bicycle and helmet. **Use of M-NCPPC bike will be available upon request.** A waiver of liability will need to be signed. **This program is FREE for Prince George's County Residents only, 60 years of age and better!** Club rides will generally take place on Wednesdays of each month – April through October, (possibly November) weather permitting.

To Register: www.pgparksdirect.com

Search by activity code: 17549 the easiest way to find the club rides or key word "cycling"

Wednesday, September 25 (Active Aging Week)

Bladensburg Waterfront to the Navy Yard, 9am to 12pm

Parks Direct Activity Code: 17549-578

Arrive 8:30 am

**Meet/Ride Begins: Bladensburg Waterfront Park 4601 Annapolis Road
Bladensburg 20710**

Ride the Anacostia River Trail (ART) to Navy Yard. We will start our ride at Bladensburg Waterfront and ride on the ART for 9 miles, over the new Frederick Douglass Memorial Bridge to the Navy Yard. Next, we will stop for coffee and a bite of breakfast (at your own expense), then loop back to Bladensburg Waterfront (approximately 20 miles round trip). This paved trail is appropriate for intermediate and advanced cyclists.

Wednesday, October 16

Indian Head Rail Trail

8 – 11:30 am

PARKS DIRECT ACTIVITY CODE: 17549-578A

Arrive 8 am; ride push off at 8:30 am

**Meet/Ride Begins: Theodore Green Blvd Parking
10390 Theodore Green Blvd, White Plains, MD 20695**

The Indian Head Rail Trail is Charles County's most exciting recreational trail. A generous gift through the Department of Interior's Federal Lands to Parks Program, Charles County has completed converting this abandoned railroad corridor into a 13-mile bike trail. Connecting the Town of Indian Head to Route 301 in White Plains, the IHRT traverses approximately halfway across our County. **For those who are willing and able, we can ride the entire 26 miles round trip but plenty of opportunities for a shorter ride for those who may want to not ride the full 26. As many miles you wish to do, works!**

Without a doubt, the IHRT is a unique opportunity to enjoy some of Southern Maryland's most undeveloped natural areas. Originally built in 1918 as a supply route for the Navy's Indian Head Powder Factory, this

elevated rail bed passes through the Mattawoman Creek stream valley. Cyclists, hikers and nature enthusiasts will experience the surroundings of mature forests, natural wetlands, and occasional farmland. Wildlife abounds! Visiting the IHRT is almost like stepping back in time.

See trail map [INDIAN HEAD RAIL TRAIL \(charlescountymd.gov\)](http://charlescountymd.gov/INDIAN HEAD RAIL TRAIL)

See mileage chart and cut off points [637081210588500000 \(charlescountymd.gov\)](http://charlescountymd.gov/637081210588500000)