

POINT OF ROCKS



Directions to the run:

From Leesburg, take 15 north, cross over bridge into Maryland, take 1st Right, to Point of Rocks Train Station parking lot on right.

Description of run:

Run along the beautiful C&O Canal trail starting at the Point of Rocks train station (milepost 48.2). This run is a down-and-back to the Catoclin Aqueduct Bridge. The C & O Canal National Park trail runs 184.5 miles from Georgetown, D.C. to Cumberland, MD. Therefore, the run can easily be shortened, extended, or run in either direction.

Hill Rating: 1 (mostly flat)

Surface: T (trails)

Route: 7.0 miles

Starting at the Point of Rocks Train Station, follow the service road along the railroad tracks west to the entrance to the C & O Canal National Park.

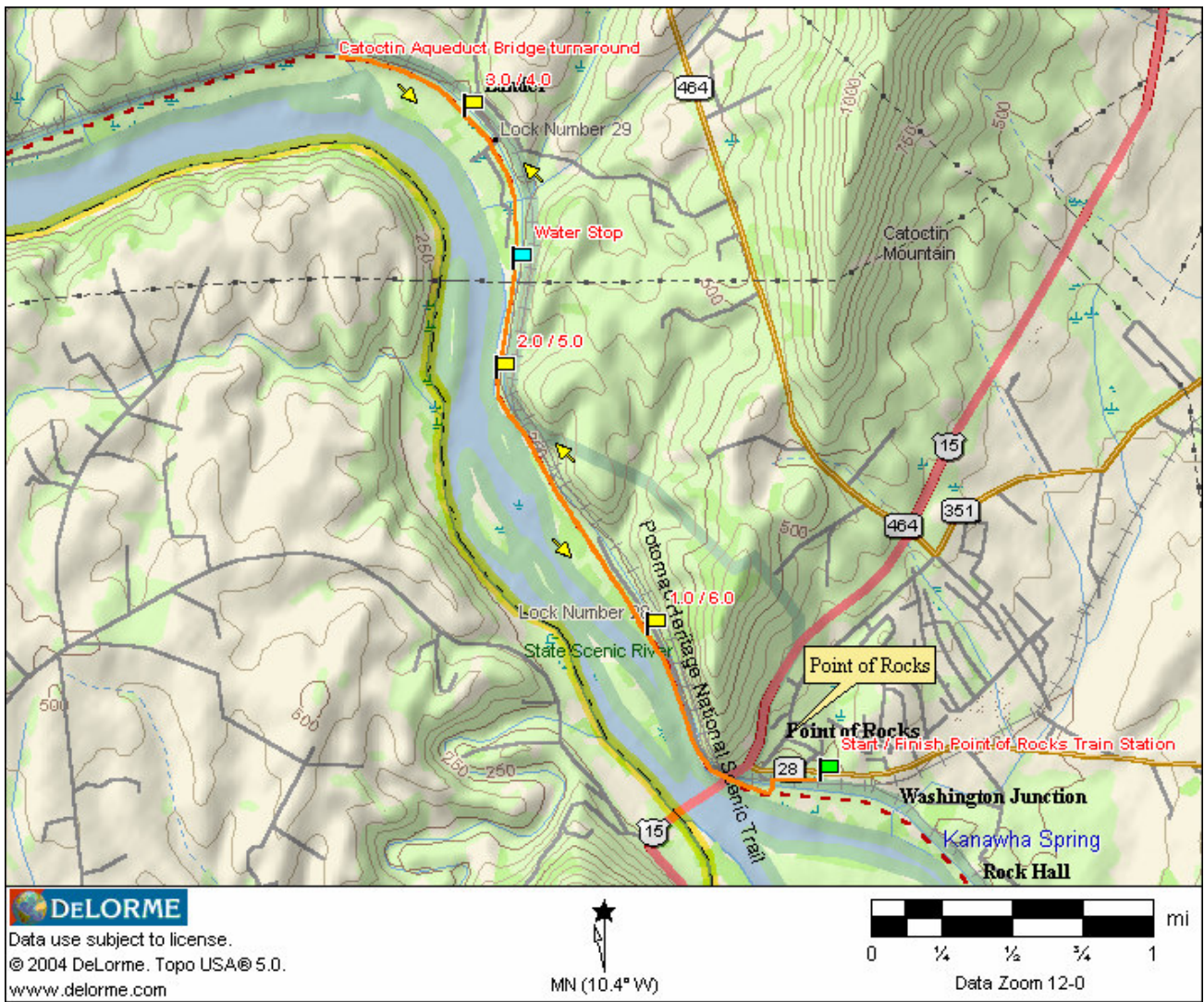
Cross the railroad tracks and the bridge over the canal and follow the park road towards the Point of Rocks/Route 15 bridge to enter the C & O Canal trail.

Follow the trail to the Catoclin Aqueduct wooden bridge, turn around and return to the train station.

Water can be accessed via a pump at the Bald Eagle Campsite.

(see map on next page)

Map of run:



Elevation:

