

National Trails Day Volunteer Communications

During these times, something as simple as our favorite trail can be a solace. Luckily, there are a variety of trails to choose from within our beloved C&O Canal, not to mention the 184.5 mile long towpath offering a wide array of scenery and history. While some of the famous trails along the canal include Billy Goat A, B, and C, many other trails exist within the park and can provide a nice change of pace from the challenging Billy Goat trails. As we celebrate National Trails Day this year under challenging circumstances, let's look at a few great options along the C&O Canal.

In the area surrounding Great Falls, the Gold Mine Trails, Ford Mine Trail, and River Trail take you through wooded portions of the park. These lesser known locations offer a new perspective, allowing visitors to experience outstanding overlooks and learn about unique histories of the park. For example, did you know the Gold Mine Loop takes you to an old gold mine? While little to no gold was found, remnants of the mine remain and can be viewed by visitors at a distance. As we enter the hot summer months these wooded trails will not only showcase an abundance of life, but will offer some protection from the harsh summer sun.

Heading closer to the terminus of the park, the Tunnel Hill Trail is a hidden beauty. This strenuous trail climbs over Paw Paw Tunnel, offering breathtaking river views and plenty of geological and historical lessons. This trail connects to the Green Ridge State Forest, creating even more room to explore and discover new hidden gems. Visitors can opt to take the trail both ways, or explore the Paw Paw Tunnel during one way of travel. Just remember to bring a flashlight!

There are many local, state, and federal trails to choose from. There are even state and local [ice cream trails](#)! No matter your interests, there is likely a new trail to get out and explore while practicing social distancing. Which trails do you hold dear?

