


## Campus Recreation Outdoor Adventures Recommended Hikes

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From Grace, Coordinator – Outdoor Adventure Center:

### [Cromwell Valley Park](#)

- **Trail Info:** Multiple trails that link together provide unlimited options for terrain and mileage
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- **Tips for Visiting:** Patapsco Valley State Park can be a popular weekend destination for hikers so plan to get an early start and wear a mask while passing other hikers.

From Andrew, Assistant Director – Outdoor Adventures & Student Development:

### [Gunpowder Falls State Park Highland Trail Loop](#)

- **Trail Info:** Moderately challenging with some short, but steep hills – 3.1 mile loop
- **Description:** Less visited than other sections of the Gunpowder Falls State Park – Hereford Area, this hike provides great seclusion and views of one of my favorite river gorges in Maryland.
- **Tips for Visiting:** Some sections of the trail are quite rocky and run close to the river, so exercise caution in wet weather. This area is also popular with fly fishermen so parking can be limited on warm weekends.

### [Lake Roland Park](#)

- **Trail Info:** A multitude of hikes are available at Lake Roland from paved trail loops, hikes around the lake, and other more forested hikes. All are relatively low challenge and flat.
- **Description:** Hands down the best hiking in Baltimore with countless access points and available trails.
- **Tips for Visiting:** Most trails are near the lake so hikes can be quite muddy in wet weather. As the most popular hiking location in Baltimore City, it can be very busy on the weekends. Try a mid-week hike or get out early on weekends.