



8.5 Mile Loop – this loop is a combination of all of the three major loops in the park and completes an 8.5 mile loop. This trail is accessed from the parking lot at the visitor center and from the Headquarters parking lot. This trail can also be accessed from the Wolf Rock parking lot, Thurmont Vista parking lot, or the Hog Rock parking lot. This loop comes full circle from anyone of these access points.

While hiking this loop visitors will experience Cunningham Falls, Hog Rock, Blue Ridge Summit, Thurmont Vista, Wolf Rock and Chimney Rock. This loop combines moderate and strenuous trails for a great day of hiking.

Bring your camera, something to eat and stop at anyone of these exciting and beautiful vistas to capture a moment, or several, that will leave a lasting impression on your mind, body and soul for long time to come.

From Gravel Parking Lot across from the Visitor Center	Est. Time
1.2 M to Md. 77 crossover to State Park (up and downhill)	45 minutes
0.4 M to Cunningham Falls and back to Federal Park (easy)	15 minutes
1.0 M to Hog Rock Vista (steep inclines)	35 minutes
0.4 M to Hog Rock Parking Lot (easy)	10 minutes
0.3 M to Blue Ridge Summit Vista (easy)	10 minutes
0.7 M to Thurmont Vista Parking Lot (moderate downhill)	25 minutes
0.5 M to Thurmont Vista (strenuous uphill)	25 minutes
0.7 M to Wolf Rock (moderate downhill)	25 minutes
0.5 M to Chimney Rock (moderate downhill)	20 minutes
1.1 M to HQ and trails intersection (moderate downhill)	40 minutes
1.1 M to VC and trails intersection (strenuous uphill)	45 minutes
<u>0.4 M</u> to VC (end of loop)	<u>20 minutes</u>
8.5 M	5.25 Hours

Please note that this trail is located within the boundaries of **Cunningham Falls State Park and State Park **regulations** and guidelines apply.