

PGC Day 14

Adventure

Sabrina's Great Adventures Bucket List

Name of Attraction	Location	Within 15-20 miles from home	Within the US	Outside of US
Great Fall National Park	McLean, VA	X		
Muir Woods National Monument	Mill Valley, CA		X	
Monteverde Cloud Forest Reserve	Montverde, Costa Rica			X
Fairland Recreational Park	Fairland, MD	X		
Brookside Gardens	Wheaton, MD	X		
Rock Creek Park	Washington, DC	X		
Meadowside Nature Center	Rockville, MD	X		

Sabrina Denton
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 Greener Challenge
 Group Name: Ladies of the Earth
 School: Montgomery College
 Email: sjames39@montgomerycollege.edu

The Denton's First Nature Walk at Great Falls National Park

Itinerary For: Sabrina Denton & Family

Destination:	Great Falls National Park McLean, VA
Date:	Spring 2018
Time:	TBD
Attendees:	Sabrina & Family

Travel Instruction:

Travel Time by car:	30-40 minutes each way
Travel Time by foot:	1-1 ½ hours each way.
Trail Length:	1.25 miles
Lunch Break:	45 minutes

The family will travel by car to the historic Patowmack Canal Trail located in McLean, VA. The family will park in the upper parking lot and follow the trail towards the visitor center. The trail passes three overlooks and continues through a picnic area before entering into the woods again. The length of this trail is 1.25 miles.

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Source Credit: <https://www.nps.gov/grfa/index.htm>

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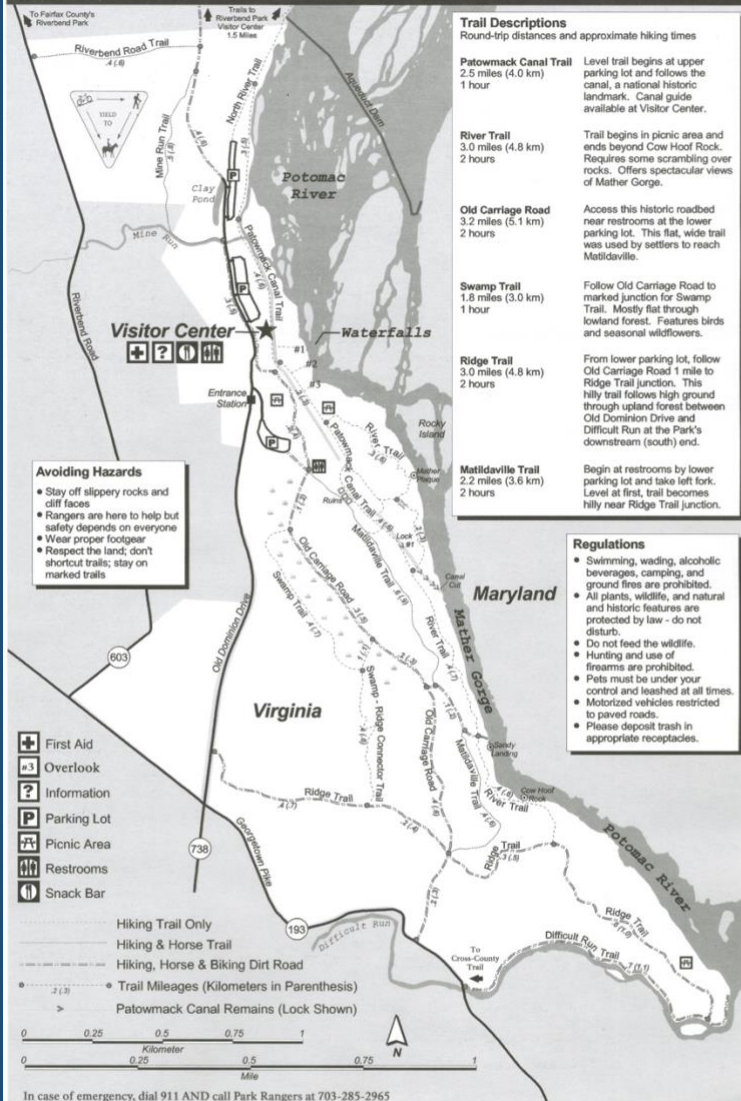
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Great Falls Park

(A Unit of the George Washington Memorial Parkway)
9200 Old Dominion Dr.
McLean, Virginia 22101
(703) 285-2965

National Park Service
U.S. Department of the Interior



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What to Bring:

Each person should bring a small waterproof backpack to include the following:

- Reusable stainless-steel bottle
- Reusable food storage container and utensils (w/pre-packed lunch and snacks)
- Reusable bag to collect any unexpected waste
- Organic Sun lotion
- Eco Friendly First Aid Kit to include as many reusable products as possible.
- Map of the trail (electronic if possible)
- Wear comfortable clothing (dress for the weather) and shoes
- Be sure to leave the park and the trails just as you found them.

Examples of What to Bring:





Source Credit: charlieontravel.com

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