

About Mountain Trekkers Walking Club

Join Montgomery County Parks and Recreation for fun, exercise, and an opportunity to enjoy the great outdoors. Learn about the area both in legend and folklore. All walks are easy to moderate in difficulty and two to four miles in length. New club participants must participate in a Level I walk for assessment and to establish level of participation.

Registration

Register at our office, by mail, by phone, or online. Our contact and website information is available at the bottom of the page.

Confirmation

Upon registration, participants receive confirmation of dates and times. We will contact participants by phone if a program is cancelled.

Trail Rating System

Assessing the right walk for you can enhance your experience out on the trail.

Level 1 - Leisurely Stroll

Trail consists of flat or gradual terrain and is typically a paved or groomed surface.

Level 2 - Moderate Exercise

Participants explore off the beaten path by stepping over trail obstacles, such as root and rock outcroppings. Climb and descend moderate, uneven terrain. Walking shoes with a cleaved sole are required.

Level 3 - Heart-pumping Exercise

Participant should be in good physical condition and capable of maneuvering rough, uneven terrain. Along with elevation gains, loose surface materials should be expected. High-top hiking boots or shoes with good ankle support and a cleaved sole are required.

Questions?

Reach out to us any time during business hours using our contact information below, or by emailing mcpr@montgomerycountyva.gov