



Age-Friendly Montgomery

A Community for a Lifetime

"I'm inviting you to enjoy our County's resources and programs."

County Executive Ike Leggett

Walking, Hiking and Biking Opportunities

It's Spring – a great time to learn more about new places to walk, hike or bike in Montgomery County.

Visit www.montgomerycountymd.gov/senior and click on Recreation to learn about all the walking, hiking and biking options listed below, or call 311.

Montgomery Parks: There are Parks located across the County and you can find information online about each one. Many have places to stroll and also offer activities.

Walking Trails at Montgomery Parks: Several Montgomery Parks offer trails. You can find a list of these parks online, as well as a County map that includes all of the Park trail maps.

Walking Trails at National Parks: The Chesapeake & Ohio (C&O) Canal National Historical Park and The Glen Echo Park both offer a nice variety of walking routes and hikes.

Bicycling: Montgomery County offers a map of bike trails in the County.

Adult Sports Opportunities

With many types and levels of sports games around the County, you might find something you enjoy!

Visit www.montgomerycountymd.gov/senior and click on Recreation to learn about the options listed below, or call 311.

Basketball, Volleyball, Badminton, Table Tennis, Pickleball or Ultimate Frisbee are available at County Recreation Centers. Call 240-777-4925 to learn what's scheduled at "Open-Gym" times at a Recreation Center near you. With a \$30 annual "gym pass" you can attend as often as you like.

Rent gym time at local schools through Community Use of Public Facilities and arrange with friends to split the cost.

League Play: Registration is by team for basketball, softball, soccer and ultimate frisbee. For more information, call 240-777-6870.

Maryland Senior Olympics: People age 50 and older can sign up to compete in any of 22 sports. Most competitions are held in Montgomery County. You can register online at www.mdseniorolympics.org or call 240-777-4925.

Contact Us Today

- **Aging & Disability Resource Line 240-777-3000**
- **3-1-1 or 240-777-0311 for County programs and services; 9-1-1 for emergency**
- **www.montgomerycountymd.gov/senior**
- **"Seniors Today" airs on Sundays, Tuesdays and Thursdays at 6:00 p.m. on Comcast/RCN 6, Verizon 30**