



Friends of Mason Neck State Park Accessibility Project

High Point Road Multi-use Trail

Trail Type – point to point

Trail length – 3 miles

Trail width – varies, but a minimum of 6 feet except where posts reduce width to slightly more than 2 feet.

Trail surface – paved (asphalt); there are three wooden bridges that cross creek beds and low-lying terrain.

Trail blaze – none

The High Point Multi-use Trail is part of the Potomac Heritage National Scenic Trail.



Trees provide cover from the sun regardless of the time of day, making this an enjoyable trail in any season.

The trail can be accessed from multiple points within Mason Neck State Park. One option is to park at the Visitor Center, where there is a handicapped parking space in the paved parking lot. From the Visitor Center to the trailhead is about .2 miles.



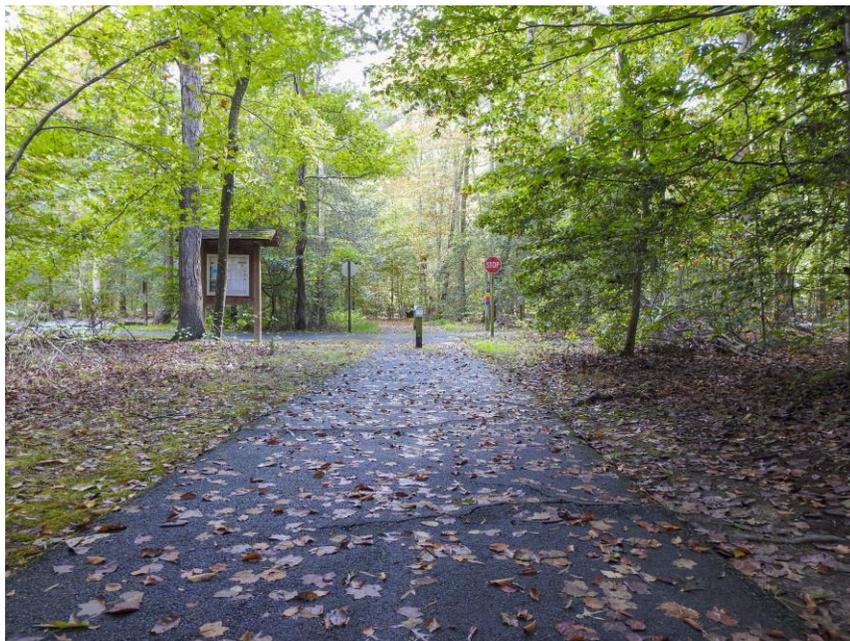
There are also accessible parking spaces in the gravel parking lot near the picnic pavilion and playground. These parking spaces are closer to the start of the trail.



The High Point Road Multi-use Trail can also be accessed from the Wilson Spring Trail parking lot. There is one accessible parking space in this paved lot. A short, paved path leads from the parking lot to the trail.

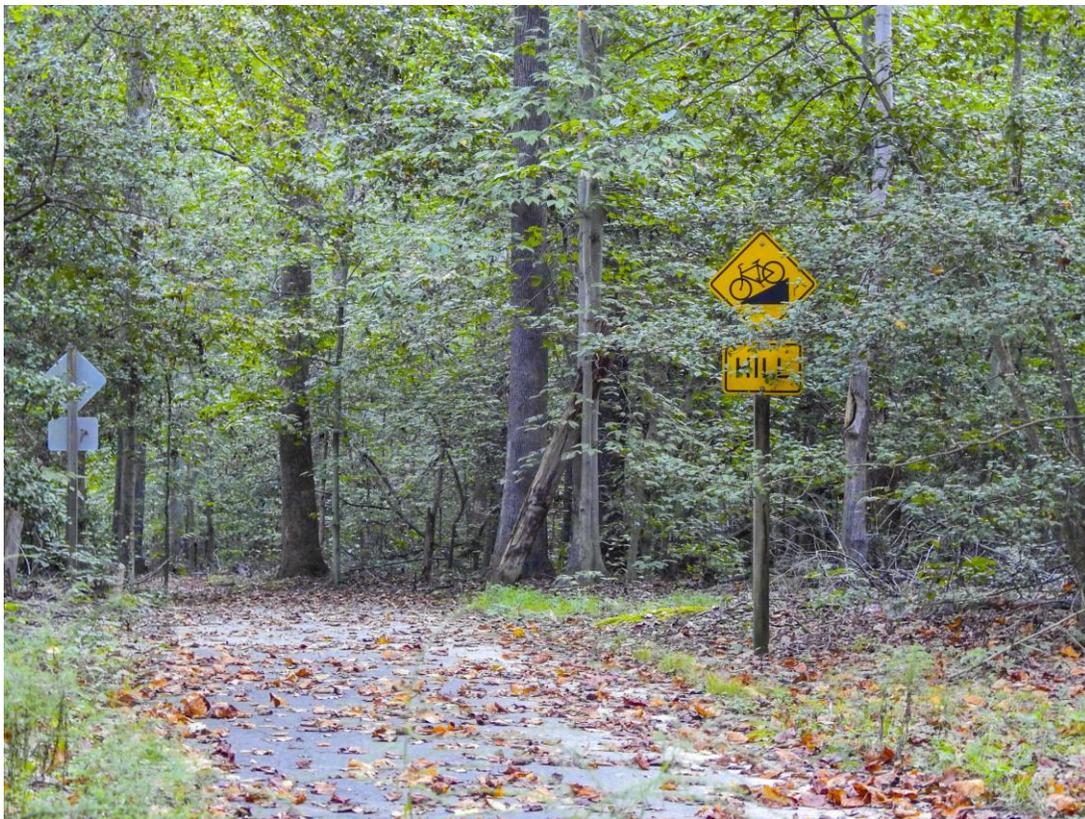


Although most of the High Point Road Multi-use Trail is paved and level, users should be aware of surface imperfections caused by tree roots and other debris.

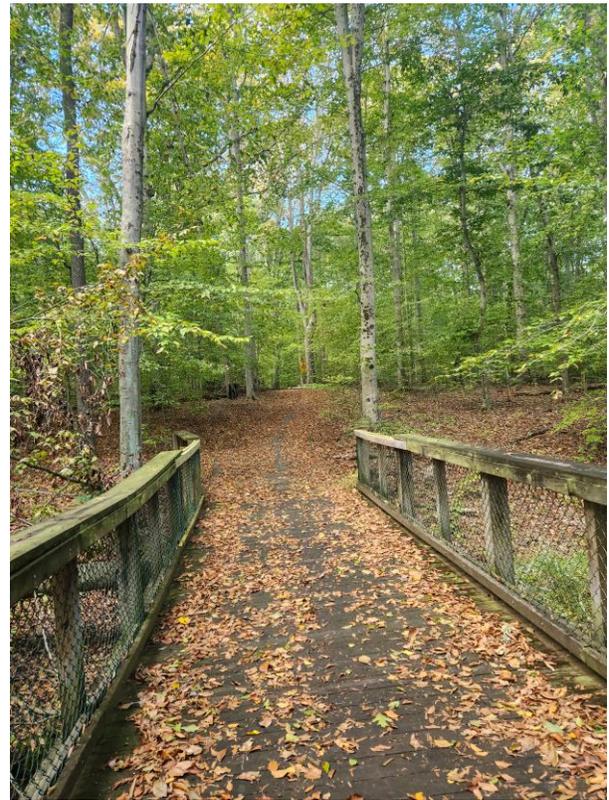




Some sections of the trail contain hills that may prove challenging. The steepest hills, which exceed ADA requirements, are encountered between 1.75 – 2.0 miles from the trail’s starting point in the state park.



The photos below show a wheelchair user descending a hill and the uphill slope on the opposite side of the bridge. This is approximately .5 miles beyond the Woodmarsh Trail parking lot.



Each quarter mile of the trail is marked by a sign.



Where the trail is not paved, wooden bridges span the gaps in asphalt. Trail users will notice slight differences in height when transitioning from one surface to the other that may prove challenging to wheelchair users.



Damaged boards may also present hazards.



At various points along the trail, wooden posts reduce clearance to slightly more than two feet on either side of the post.



In addition to the starting points within the state park, trail access can also be gained at the National Wildlife Refuge's Woodmarsh Trail parking lot, an unpaved parking lot prior to the entrance to Mason Neck State Park.



There are no spaces designated for handicapped parking in this lot.



Hikers who do not need accessible features may enjoy walking the Woodmarsh Trail to its overlook at the Great Marsh. During winter months, tundra swans can be seen gathering in the marsh.



Additional information about the Potomac Heritage National Scenic Trail and the Elizabeth Hartwell Mason Neck National Wildlife Refuge may be found in the following links:

<https://www.nps.gov/pohe/index.htm>

<https://www.fws.gov/refuge/elizabeth-hartwell-mason-neck/visit-us/trails>