

## Sugarloaf Mountain, MD

Length	Difficulty	Streams	Views	Solitude	Camping
6.8 mls	★	★	★	★	N/A
<b>Hiking Time:</b> 3.5 hours plus a half hour for lunch <b>Elev. Gain:</b> 1,265 ft <b>Parking:</b> Enter Sugarloaf Mountain through the main gates. Park at the East View parking area, which is 3/4 of the way up Sugarloaf Mountain. You can also park at the West View parking area to take the easier Green Trail, instead of the Orange Trail. Note: The park opens at 8:00a.m.					

Sugarloaf Mountain is the prominence visible in the piedmont as it rises out of the plains southeast of Frederick MD. The mountain and trails are maintained by Stronghold, Inc. a non-profit setup by Louise and Gordon Strong in 1946 to preserve the mountain so it could be enjoyed by everyone. The mountain has many wonderful hiking trails that can be combined to create many different loops. The hike we have here is a 6.8 mile variation of the blue Northern Peak Trail loop.

From the East View parking area, start the hike up the orange blazed trail as it steeply ascends the mountain for 0.3 miles and ends at the red blazed trail (if you don't want to make the hike up the steep orange blazed trail, park at the West View parking area and take the green trail to the summit, where it turns in to the red trail).

At the red trail intersection at the end of the orange trail turn left for 100 yards to the summit of Sugarloaf Mountain, and views to the south. Return down the red trail, passing the orange trail you ascended, for 0.3 miles where it ends at the intersection of the blue Northern Peak Trail and McCormack Overlook.

From this point turn right and follow the blue trail. The blue trail will meet the white blazed trail in 0.1 mile where it turns left and becomes the blue/white trail. In 0.1 miles the white trail turns left, and the blue right. Turn right continuing to follow the blue blazed trail. The Stronghold, Inc. trail map is also marked with location signage. The marker on the blue trail will be 'B2', use these to help navigate the loop.

The next intersection will be with the yellow and purple trails. Remain on the blue trail towards White Rocks. 1.2 miles from this intersection arrive at White Rocks. There are 2 overlooks here.

Continue on the blue blazed loop as it descends the mountain and turns left on a mountain road in another 0.8 miles, then makes a quick right, and turns off the road to the left back into the forest. The blue trail will now climb for 0.9 miles to the junction of the white loop trail. Turn right on the blue/white trail for 0.4 mile at which point the white trail splits off to the right. Remain straight uphill for another 150 yards to the West View parking area.

From this point hike down the road for 150 yards and at the hairpin turn remain straight on the one-way section. Follow the road the remaining 0.3 miles to the hike start point and East View parking area.