

The Tree House Tour de Cookie SHORT ROUTE (12 miles)

Welcome Tour de Cookie SHORT ROUTE riders! Your course is mostly on the Carl Henn Millennium Trail, a shared-use path that encircles Rockville. You'll enjoy **seven cookie stands** along the way (see list & map below).

There is no formal cue sheet for your ride; directional signs will point the way. Use **caution at road crossings**, be considerate of other trail users, and enjoy your ride!

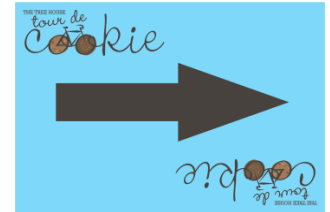
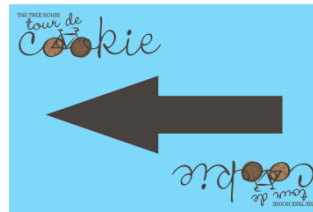
SHORT ROUTE Cookie Stands

- CS: S1 hosted by Maryvale Girl Scouts
- CS: S2 hosted by HHS/CWS
- CS: S3 hosted by Shady Grove Medical Center, Forensic Medical Unit, and the Bean Bag
- CS: S4 hosted by the Tower Companies and Stanford Grill
- CS: S5 hosted by Mom's Club N. Potomac Muddy Branch
- CS: S6 hosted by Potomac Rotary Club
- CS: SML-FINAL hosted by The Tree House

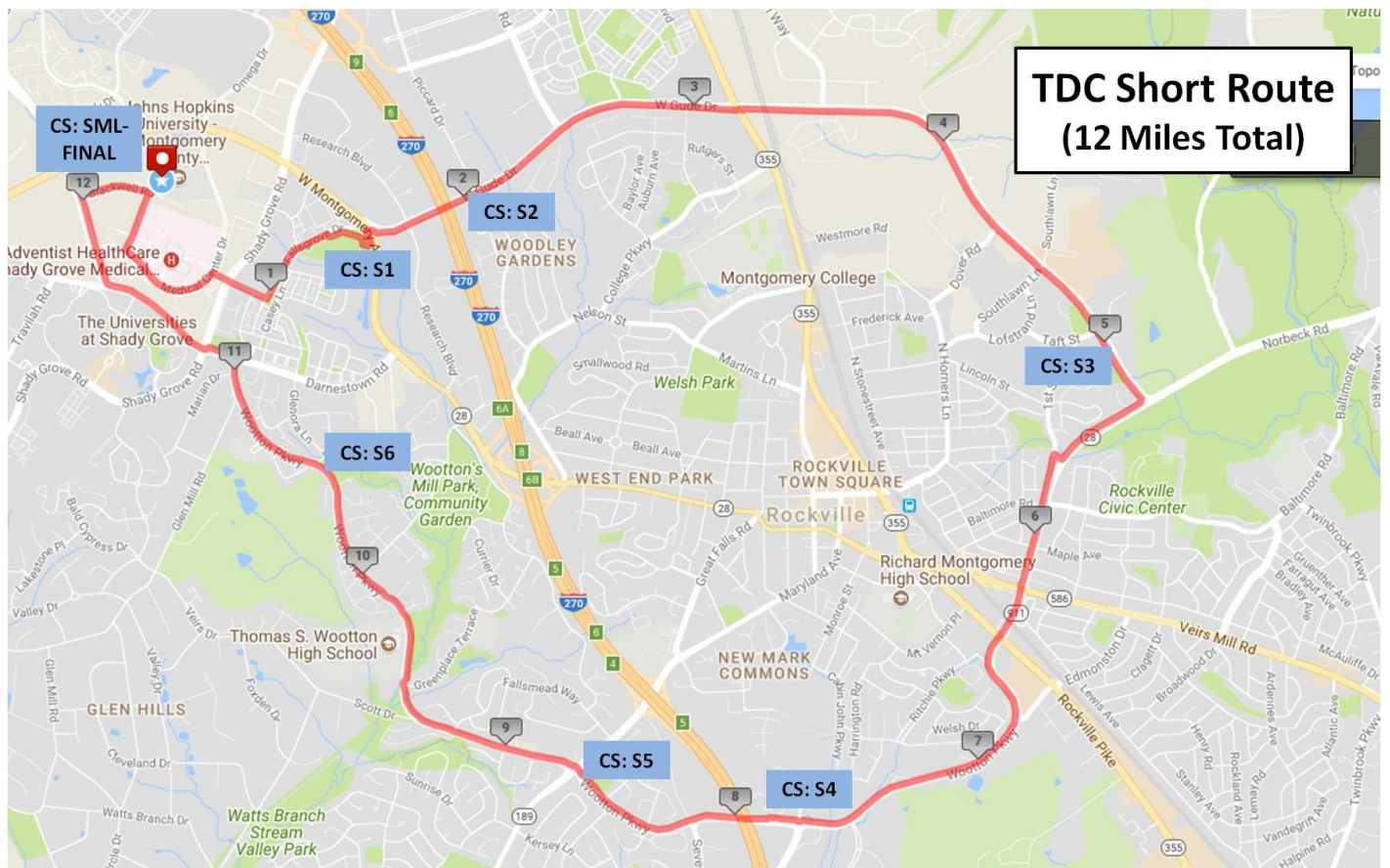


Finding your way along the SHORT ROUTE is easy: Look for Carl Henn Millennium Trail signs (shown above) and/or follow the Tour de Cookie directional arrow signs (shown below).

Emergency on the trail? Dial 911. To request SAG (support and gear) assistance, call **240-408-2747**.



Map below is for general reference; not intended for navigation.



The Tree House Tour de Cookie EXTENDED SHORT ROUTE (18 miles)

Welcome Tour de Cookie EXTENDED SHORT ROUTE riders! Your 18 (aka 19)-mile course includes the Carl Henn Millennium Trail, shared-use paths, residential streets, and the scenic Rock Creek Trail. You'll enjoy **nine cookie stands** along the way (see list & map below).

Use the cue sheet at right to navigate your route. Directional signs will also be posted at key intersections, but **stay alert: signs sometimes get removed**. Please use caution at road crossings, obey all traffic laws, and enjoy your ride!

EXTENDED SHORT ROUTE Cookie Stands

- CS: S1 hosted by Maryvale Girl Scouts
- CS: S2 hosted by HHS/CWS
- CS: ES3A hosted by Morgan Stanley
- CS: ES3B hosted by Booz Allen Hamilton
- CS: ES3C hosted by 270 Corridor Civitan Club
- CS: S4 hosted by the Tower Companies and Stanford Grill
- CS: S5 hosted by Mom's Club N. Potomac Muddy Branch
- CS: S6 hosted by Potomac Rotary Club
- CS: FINAL hosted by The Tree House

Map below is for general reference; not intended for navigation.

Tour de Cookie – EXT SHORT ROUTE (18 miles)			
Miles	Direction	Road	Leg
0.0	Left	Broschart Rd	0.3
0.3	Left	Medical Center Dr	0.4
0.7	Right	Medical Center Way	0.1
0.8	Straight	Becomes Fallsgrove Blvd	0.2
1.0	Left	Fallsgrove Dr (use path)	0.3
1.3	Right	Thomas Farm CC driveway	0.2
1.5	Cookie stand! (Thomas Farm Comm. Center)		0.0
1.5	Left	Enter Carl Henn Millennium Trail	0.1
1.6	Right	Cross W. Montgomery Av to remain on CH Millennium Trail	0.4
2.0	Cookie stand! (Corner of Piccard Dr)		0.4
2.4	Left	Gaither Rd (use path)	0.6
3.0	Right	King Farm Blvd	0.6
3.6	Right	Somerville Dr	0.1
3.7	Cookie stand! (Kidstop parking lot)		0.0
3.7	Right	Somerville Dr (use sidewalk)	0.1
3.8	Left	Redland Rd (use left sidewalk/path)	0.7
4.5	Right	Needwood Rd (use path)	1.6
6.1	Right	Beach Dr	1.0
7.1	Right	Needwood Lake Cir	0.3
7.4	Right	Hiker-Biker Trail parking lot	0.1
7.5	Restrooms/cookie stand! (Rock Creek Trailhead)		0.0
7.5	Right	Enter Rock Creek Trail	2.0
9.5	Right	Baltimore Rd (use path)	0.4
9.9	Cookie stand! (Twinbrook Baptist Church)		0.0
9.9	Straight	Continue on Baltimore Rd path	1.1
11.0	Left	Enter CH Millennium Trail	0.0
11.0	Follow signs and enjoy 4 more cookie stands!		6.6
17.6	FINISH LINE! Enjoy the Expo!		---

Dial 911 in case of emergency. SAG hotline: 240-408-2747.

