

Long Pond BP

Description: 4.5 mile backpack in, 4.5 out on Long Pond Trail, Green Ridge State Forest, MD, w/ a 2 mile splash hike through the Long Pond section of Fifteen Mile Creek. This is actually a segment of a longer shuttle hike described in GRSF-C&O Canal/Long Pond and includes the most scenic areas in the forest. The length of the trip can be extended about 1.25 miles by starting at the Forest Headquarters off of M. V. Smith Rd but you miss a very scenic 0.5 mile portion of Deep Run in so doing and add a couple of more hills. The one closest to the Ranger's Station can be quite grueling even without a full pack.

Directions from I-68 west of Sidling Hill, MD:

1. Coming from Sidling Hill, take exit #62, Fifteen Mile Creek Rd.
2. Turn left at the end of the ramp.
3. Pass a sign marking the entrance to Green Ridge State Forest. The road will become gravel.
4. In 1.4 miles from I-68 cross White Sulfur Run on a single lane bridge and climb to the top of Green Ridge.
5. At 2.0 miles from the interstate come to the intersection with Green Ridge Rd. Stay to the left to remain on Fifteen Mile Creek Rd.
6. In 2.5 miles from the interstate cross Deep Run on another narrow bridge. The trail head and parking is immediately on your left.

Trail Notes: From the Long Pond trailhead follow Deep Run downstream walking through Hemlock trees and passing scenic rock outcrops as you go. (Shortly after the start you will come to 2 yellow posts with mileage markers on them. Disregard them since there has been major reroutes of the trail system since their installation. One gives the total distance of Long Pond Trail as 7.0 miles. It is now 8.5 miles. BIG DIFFERENCE!) In the next 0.4 miles you will cross the stream about 6 times, crossing it for the last time at a signpost at the intersection with Pine Lick Trail and the confluence with Fifteen Mile Creek. Turn right and make the stream crossing.

Long Pond trail will hug the side of the hill for a while but an easy open woods bushwhack across the bench or flood plain will lead you to some nice creek-side views.

After the bench, the trail will climb slightly and soon bring you down to a smaller stream. Your route will take you across the stream and steeply up the side of the ridge. Before doing so follow the stream down to Fifteen Mile Creek to visit a great campsite with fire ring and stone furniture and an awesome view of the creek (0.2 miles from the last trail intersection). I think this section requires some splash hiking!!!

After this visit rejoin the hike and climb almost to the top of the ridge. The descent is significantly more gradual and offers some great views of the mountains to the west and north.

In about 0.8 miles from the last campsite, come to what I call "The Oldsmobile Campsite". To find out why I've given it that name review Don's

photos. Here again is an area worthy of a “wading adventure” or just a plain old aquatic frolic.

After resuming the hike you will again climb steeply up the ridge passing “Slippery Rock Waterfall”. An inadvertent step onto a large flat rock in front of it might tell you how the name was derived. Please walk around it! If you’re hot, walk under the cold water for a quick refresher.

Immediately after this geological wonder an old animal trail goes straight and ends in a dead end on a very steep slope. DON’T FOLLOW THAT TRAIL! After the falls immediately make a sharp right turn and follow the white blazes to a higher elevation. Walk through some outstanding Hemlocks and White Pines until, at 0.6 miles from the “Oldsmobile Campsite” arrive at Dug Hill Road.

Turn Left onto Dug Hill and follow it for approximately 1.0 miles, passing a couple of primitive car camping sites on the left as you go.

Turn left onto a gated fire road. There are some “false” fire roads along the way but stick with the blazes. Near the end you will cross a wildlife clearing. The trail is almost directly across but a little to the right.

Descend steeply on another old forest road. Pass a shelter on a hill to the right. In 1.4 miles after leaving Dug Hill Rd arrive at the campsite to the left marked by a fire ring. If you find yourself climbing steeply up a hill you’ve gone too far. Turn around and look for the fire ring close to the bank across from a neat rock outcrop. If the site is taken or you want even more privacy follow the creek to just before it makes a hard left and cross it. Follow an old logging road a short distance to a beautiful stand of large Hemlocks right on the shore of Long Pond.

Retrace your steps to get back to your vehicle.