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Dorchester County Health Department
3 Cedar Street, Cambridge, MD 21613
(410) 228-3223
Welcome to Dorchester County, known as the Heart of the Chesapeake Country. Rich in Chesapeake Bay history, folklore, and tradition, we invite you to explore the many things this community has to offer. Fishing villages, working boats, marshlands, farm fields...much still exists of the authentic Eastern Shore landscape and traditional way of life along the Chesapeake. Start your exploration at Sailwinds Visitor Center, which is located at the foot of the Choptank River Bridge. The Visitor Center staff is available to assist with all of your planning needs.

Dorchester County wants its residents and visitors to utilize our beautiful county to be physically active. This guide is filled with recreational opportunities to embrace a healthy lifestyle. For more information on physical activity, check out www.cdc.gov/physicalactivity.
Physical activity is the movement of the body that uses energy and generally enhances health. People of all ages, shapes, sizes and abilities can benefit from being physically active.

**Benefits of physical activity**
- Increases your chances of living longer
- Decreases chances of becoming depressed
- Helps you move around more easily
- Improves how well you sleep at night
- Strengthens your muscles and bones
- Helps you stay at or get to a healthy weight
- Lowers your blood pressure and cholesterol
- Decreases risk of heart disease, diabetes, stroke, and cancer

**Physical Activity Guidelines**
The more physical activity you do, the greater the health benefits. How much you need depends on your age and current fitness level. If you have any health concerns, talk to your doctor about the types and amounts of activity that are right for you. If you haven't been active in a while, start slowly and build up. Do at least 10 minutes of activity at a time because shorter intervals will not have the same health benefits.

**Adults (18-64 years old)**
- At least 2 hours and 30 minutes a week of moderate-intensity aerobic physical activity.
- Strengthening activities, like push-ups, sit-ups, and weight-lifting, at least 2 days a week.

**Children and Adolescents (6-17 years old)**
- At least 60 minutes a day of mostly moderate- or vigorous-intensity aerobic physical activity.
- Strengthening activities at least 3 days a week.

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**Calories Used per hour in Common Physical Activities**

<table>
<thead>
<tr>
<th>Physical Activity</th>
<th>Approximate Calories/30 Minutes for a 154 lb Person</th>
<th>Approximate Calories/Hour for a 154 lb Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hiking</td>
<td>185</td>
<td>370</td>
</tr>
<tr>
<td>Dancing</td>
<td>165</td>
<td>330</td>
</tr>
<tr>
<td>Golf (walking &amp; carrying clubs)</td>
<td>165</td>
<td>330</td>
</tr>
<tr>
<td>Bicycling (&lt;10 mph)</td>
<td>145</td>
<td>290</td>
</tr>
<tr>
<td>Walking (3.5 mph)</td>
<td>140</td>
<td>280</td>
</tr>
<tr>
<td>Weight lifting (light workout)</td>
<td>110</td>
<td>220</td>
</tr>
<tr>
<td>Stretching</td>
<td>90</td>
<td>180</td>
</tr>
<tr>
<td>Running (jogging (5 mph)</td>
<td>295</td>
<td>590</td>
</tr>
<tr>
<td>Bicycling (&gt;10 mph)</td>
<td>295</td>
<td>590</td>
</tr>
<tr>
<td>Swimming (slow freestyle laps)</td>
<td>255</td>
<td>510</td>
</tr>
<tr>
<td>Aerobics</td>
<td>240</td>
<td>480</td>
</tr>
<tr>
<td>Walking (4.5 mph)</td>
<td>230</td>
<td>460</td>
</tr>
<tr>
<td>Weight lifting (vigorous)</td>
<td>220</td>
<td>440</td>
</tr>
<tr>
<td>Basketball (vigorous)</td>
<td>220</td>
<td>440</td>
</tr>
</tbody>
</table>
To make physical activity a regular part of the day, choose activities that you enjoy and can fit into an easy routine, such as taking a brisk 10-minute walk during your lunch break. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than nothing.

**Tips for increasing physical activity**

- Start/join a neighborhood or office walking group
- Keep comfortable clothes and shoes in the car to be ready at any time
- Recruit a partner for support and encouragement
- Walk, skate, or cycle more instead of driving
- Do stretches or exercises while watching TV
- Plant and care for a vegetable or flower garden
- Walk up and down the sports field sidelines while the kids practice
- Play with the kids – tumble in the leaves, take a bike ride, build a snowman, splash in a puddle, or dance to favorite music
- Park farther away from work or the grocery store
- Take part in an exercise program or class in martial arts, dance, or yoga
- Pull the cart or carry clubs when playing golf
- Take advantage of the public parks and walking trails
- Most importantly, have fun while being active!
<table>
<thead>
<tr>
<th>Water Access Site Name</th>
<th>Access Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asquith Island/Cannon Road</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Bestpitch Ferry Boat Ramp</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Chicone Creek</td>
<td>Soft Launch</td>
</tr>
<tr>
<td>Crocheron</td>
<td>Boat Ramp/Soft Launch</td>
</tr>
<tr>
<td>Elliott's Island - Ramp/McCready's</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Franklin Street</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Golden Hill</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Great Marsh Park /Hambrooks</td>
<td>Boat Ramp, Soft Launch</td>
</tr>
<tr>
<td>Hoopersville</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Island Creek</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Island Pond</td>
<td>Soft Launch</td>
</tr>
<tr>
<td>Key Wallace</td>
<td>Soft Launch</td>
</tr>
<tr>
<td>Kirwins Wharf</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Langrells Creek</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Liners Road</td>
<td>Soft Launch</td>
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<tr>
<td>Little Blackwater</td>
<td>Soft Launch</td>
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<tr>
<td>Madison</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>MD Route 335 at Blackwater</td>
<td>Soft Launch</td>
</tr>
<tr>
<td>New Bridge</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Ragged Point</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Sailwinds Visitor Center</td>
<td>Soft Launch</td>
</tr>
<tr>
<td>Secretary</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Shorter's Wharf</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Smithville Bridge</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Taylor's Island</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Toddville</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Transquaking River Access</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Trenton Street</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Tylers Cove</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Vienna</td>
<td>Boat Ramp</td>
</tr>
</tbody>
</table>

**Water Trails**

- Little Blackwater Trail
- Blackwater River Trail
- Blackwater Refuge Trail
- Transquaking River Loop Trail
- Island Creek Trail
- Nanticoke River Trail
## Boating/Paddling

### Blackwater Paddle & Pedal
2524 Key Wallace Dr.
Cambridge, MD 21613
410.901.9255
- Bike, Canoe & Kayak Rentals. Rentals of jet ski, catamaran, paddle boat & powerboat at the Hyatt location.

### Cambridge Yacht Club
1 Mill St.
Cambridge, MD 21613
410.228.2141

### Overboard Paddle & Fitness
5525 Cedar Grove Rd.
East New Market, MD 21631
410.463.4350
- Paddleboarding Classes

For more detailed information, pick up the Dorchester County Water Trails Guide at:
- Office of Tourism
  2 Rose Hill Place
  Cambridge, MD 21613
  410-228-1000

## Bowling

### Choptank Bowling Center
1200 Goodwill Ave.
Cambridge, MD 21613
410.901.1212

## Campgrounds

### Madison Bay Campground
4814 Canning House Rd.
Madison, MD 21648
410.228.1108

### Taylors Island Family Campground
4362 Bay Shore Rd.
Taylors Island, MD 21669
410.397.3275

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### Water Access Site Name | Access Type
---|---
Franklin Street | Boat Ramp
Great Marsh Park | Boat Ramp/Soft Launch
Sailwinds Visitor Center | Soft Launch
Trenton Street | Boat Ramp
Cycling

Blackwater National Wildlife Refuge
2145 Key Wallace Dr.
Cambridge, MD 21613
410.228.2677

Blackwater Paddle & Pedal
2524 Key Wallace Dr.
Cambridge, MD 21613
410.901.9255
- Bike, Canoe & Kayak Rentals

Cambridge Multi-Sport
Cambridge, MD 21613
Local Triathlon Club
410.901.0778

LeCompte WMA
4220 Steele Neck Rd.
Vienna, MD 21869

On the River Cycle & Sport
2833 Ocean Gateway East
Cambridge, MD 21613
410.221.9981

For more detailed information, pick up the Dorchester County Cycling Guide at:
- Office of Tourism
  2 Rose Hill Place
  Cambridge, MD 21613
  410-228-1000

Dance

Eastern Shore Dance Academy
3093 Beverly Ln., Suite E & F
Cambridge, MD 21613
410.221.0037
esdanceacademy@yahoo.com

YMCA of the Chesapeake
201 Talbot Ave.
Cambridge, MD 21613
410.221.0505
Flying
B & B Sport Aviation
Cambridge-Dorchester Airport
5223 Bucktown Rd.
Cambridge, MD 21613
410.221.8009

Cambridge-Dorchester Regional Airport
5263 Bucktown Rd.
Cambridge, MD 21613
410.228.4571

Golf
River Marsh Golf Course at the Hyatt
100 Heron Blvd.
Cambridge, MD 21613
410.901.6397

Choptank River Golf & Event Center
5650 Country Club Rd.
Cambridge, MD 21613
410.228.4653

Gyms
Cambridge Fitness Center
807 Woods Rd.
Cambridge, MD 21613
443.477.3601

Five Fold CrossFit
404 Washington St.
Cambridge, MD 21613
410.989.2025

Powerhouse Gym
702 Cambridge Plaza
Cambridge, MD 21613
410.901.9991

YMCA of the Chesapeake
201 Talbot Ave.
Cambridge, MD 21613
410.221.0505

Horseback Riding
Windy Way Horses
6836 E New Market Ellwood Rd.
Hurlock, MD 21643
443.205.3429
• Riding lessons, trail rides & more

4-H
University of Maryland Extension - Dorchester County
501 Court Ln.
Room 208
Cambridge, MD 21613
410.228.8800
Parks

CAMBRIDGE PARKS

Bill Burton Fishing Pier
State Park
Frederick C. Malkus Bridge
Cambridge, MD 21613

Christ Rock Park
Rt. 16
Cambridge, MD 21613

Cornish Park
Phillips St.
Cambridge, MD 21613

Egypt Rd. Park
Egypt Rd.
Cambridge, MD 21613
A 96 acre site (fishing & nature trail)

Great Marsh Park
1 Somerset Ave.
Cambridge, MD 21613

J. Edward Walter Park
Linden Ave.
Cambridge, MD 21613

School Street Athletic Complex
School St.
Cambridge, MD 21613

Long Wharf Park
High and Water St.
Cambridge, MD 21613

McCarter Park & Playground
LeCompte St.
Cambridge, MD 21613
2 acre site with a playground & multipurpose field

Meadow Ave Park
Meadow Ave.
Cambridge, MD 21613

Sailwinds Park
Rose Hill Place
Cambridge, MD 21613

NORTH DORCHESTER PARKS

East New Market Park
Creamery Rd.
East New Market, MD 21631

Friendship Park
Railroad Rd.
East New Market, MD 21631

Galestown Community Center/Playground
Schoolhouse Rd.
Galestown, MD 21659

Heights Ave. Park
Heights Ave.
Hurlock, MD 21643

Hurlock Athletic Complex
Poplar St.
Hurlock, MD 21643

Murphy-Sellers Memorial Park
214 Market St.
Vienna, MD 21869

North Main St. Park
700 Hundred Block
Hurlock, MD 21643

Prospect Park
Ruby Circle
Hurlock, MD 21643

Secretary Park
Linden Ave.
Secretary, MD 21664

Veterans Memorial Park
North Main St.
Hurlock, MD 21643

Veterans Park
Main St.
Secretary, MD 21664

Vienna Nature Walk/Waterfront Park
114 Water St.
Vienna, MD 21869

SOUTH DORCHESTER PARKS

Church Creek Park
Rt. 16
Church Creek, MD 21622

Harriet Tubman Underground Railroad State Park
2145 Key Wallace Dr.
Cambridge, MD 21613
410.226.2677
Sailing
The Eastern Shore Sailing Association (ESSA)
PO Box 374
Salisbury, MD 21803
Cambridge Yacht Club
1 Mill St.
Cambridge, MD 21613
410.228.2141

Swimming
Dorchester County Pool
107 Virginia Ave.
Cambridge MD, 21613
410.221.8535
YMCA of the Chesapeake
201 Talbot Ave.
Cambridge, MD 21613
410.221.0505

Sports
Cambridge
Little League Park
Baseball Field, Race St.
Cambridge, MD 21613
• Youth Baseball

Dorchester County Recreation and Parks
446 Willis St.
Cambridge, MD
410.228.5578
• Youth Football/Cheerleading

YMCA of the Chesapeake
201 Talbot Ave.
Cambridge, MD 21613
410.221.0505

East New Market
Field-Tri-City
Creamery Rd.
East New Market, MD 21631
• Youth Baseball

Pop Warner Football
Dorchester County Recreation and Parks
446 Willis St.
Cambridge, MD
410.228.5578
• Youth Football/Cheerleading

YMCA of the Chesapeake
201 Talbot Ave.
Cambridge, MD 21613
410.221.0505

Dorchester County Pool
107 Virginia Ave.
Cambridge MD, 21613
410.221.8535
YMCA of the Chesapeake
201 Talbot Ave.
Cambridge, MD 21613
410.221.0505
**Tennis/Pickleball/Racquet**

- **Bay Country Racquet Club**
  515 Leonard’s Ln.
  Cambridge, MD 21613
  410.228.9311
  • (Membership)

- **Hurlock Park**
  200 Charles St.
  Hurlock, MD 21643
  • (Courts)

- **Park on Creamery Rd.**
  5921 Creamery Rd.
  East New Market, MD 21631
  • (Courts)

- **Busick Tennis Complex**
  Glasgow St.
  Cambridge, MD 21613
  • (Courts)

- **River Marsh Golf Course at the Hyatt**
  100 Heron Blvd
  Cambridge, MD 21613
  410.901.1234
  • (Membership)

- **YMCA of the Chesapeake**
  201 Talbot Ave.
  Cambridge, MD 21613
  410.221.0505
  • (Membership)

- **Bill Burton Fishing Pier State Park**
  Frederick C. Malkus Bridge
  Cambridge, MD 21613

- **Blackwater National Wildlife Refuge**
  2145 Key Wallace Dr.
  Cambridge, MD 21613
  410.228.2677

- **Friendship Park**
  Railroad Rd.
  East New Market, MD 21631

- **Great Marsh Park**
  At the end of Somerset Ave.
  Cambridge, MD 21613

- **Handsell**
  4837 Indiantown Rd.
  Vienna, MD 21869
  410.228.7458

**Walking Trails**

- **Harriet Tubman Underground Railroad State Park**
  2145 Key Wallace Dr.
  Cambridge, MD 21613
  410.228.2677

- **Old Trinity Church**
  1716 Taylors Island Rd.
  Church Creek, MD 21622
  410.228.2940
  • Walking Path on beautiful historical waterfront grounds.

- **Sailwinds Park East**
  2 Rose Hill Place
  Cambridge, MD 21613

- **Vienna Waterfront Park**
  Water St.
  Vienna, MD 21869
Wildlife/Birding

Blackwater National Wildlife Refuge
2145 Key Wallace Dr.
Cambridge, MD 21613
410.228.2677

Blue Heron Rookery at the Hyatt
100 Heron Blvd.
Cambridge, MD 21613
410.901.1234
• The Hyatt’s own wildlife refuge free admission to guest

The Fishing Bay WMA Water Trail
DNR Eastern Shore Office
4220 Steele Neck Rd.
Vienna, MD 21869
410.376.3236
• Designed for kayak and canoe users with an interest in birding and wildlife photography.

Frank M. Ewing/Robinson Neck Preserve
Robinson Neck Rd.
Taylors Island, MD 21669

LeCompte Wildlife Management Area
4220 Steele Neck Rd.
Vienna, MD 21869

Vienna Nature Walk
Water St.
Vienna, MD 21869

Yoga

Anahata Yoga
212 Dorchester Ave.
Cambridge, MD 21613
443.521.7137
• Yoga studio-Alternative and Holistic Health Service-Dance Studio

Over Board Paddle & Fitness LLC
Sunset Yoga at Sailwinds Park
2 Rose Hill Dr.
Cambridge, MD 21613
410.463.4350
• Seasonal

YMCA of the Chesapeake
201 Talbot Ave.
Cambridge, MD 21613
410.221.0505