



1. **(East)** The walk starts on the east side of Twin Branches Road at Glade Drive. The trail at this point is actually a service road to reach a water retention basin. Walk up the hill for a short distance.
(West) The walk ends at Twin Branches Road and Glade Drive. The Cross County trail continues at the southwest corner of the intersection.
2. **(East)** After reaching the top of the hill the trail goes down a steep slope to reach the stream below. Continue along the trail as it enters the woods while following the stream.
(West) After climbing the hill the trail descends down a gentle slope.
3. **(East)** The trail turns left here to cross a pedestrian bridge over the stream. The service road fords the stream and rejoins on the other side.
(West) After crossing the stream on a bridge turn right to follow the continuation of the trail. The service road fords the stream and rejoins on the other side. After some distance the trail will leave the woods and climb a steep hill.
4. **(East)** The trail turns to the left and enters a clearing. Walk up the hill to follow the trail across a dam that is part of the water retention basin. The service road ends here.
(West) After crossing the dam turn to the left to follow the trail as it joins the service road from the water retention basin. The trail enters the woods and follows the stream on the left.
5. **(East)** After crossing the dam a trail intersects. The Cross County Trail turns right here and goes down the hill to continue following the stream. This part of the trail can be very muddy. If you prefer you can go straight up the hill instead and rejoin the Cross County Trail further down stream at point 7 (see map).
(West) The Cross County Trail turns left and crosses the dam. The alternate hill route merges here and goes straight across the dam.
6. **(East)** The trail enters the woods and turns left to continue following the stream. Generally the left side of the trail has the least mud.
West) The trail turns right and climbs the hill to the top of the dam.
7. **(East)** The alternate hilly route merges from the left here. Continue straight along the current trail. The mud is not much of a problem from this point on.
(West) The Cross County trail continues to follow the stream at this point but is muddy in places. If you wish to avoid the mud turn right to follow either trail up the hill. The trails rejoin at point 5 on the map.

8. **(East)** The trail crosses a bridge over a side stream. After crossing the bridge turn left to follow the trail along the side stream.
(West) At the trail junction turn right to cross the bridge over a side stream. After crossing the stream the trail turns to the left and continues along a level surface.
9. **(East)** Trails intersect from the left and the right. Continue straight on the present trail as it follows the stream on the left.
(West) Trails intersect from the left and the right. Continue straight on the present trail as it follows the stream on the right.
10. **(East)** The trail joins the paved Washington and Old Dominion bicycle trail. Continue straight at this point for a few feet to reach the W&OD horse trail. The walk ends here. The Cross County Trail turns right to follow the horse trail east at this point. Continuing straight on the asphalt trail will take you to Post Oak Trail.
(West) The walk starts at the W&OD horse trail at an asphalt trail crossing. This point may be reached by following the asphalt trail from its intersection with Post Oak Trail south of Buckthorn Lane or following the W&OD trail from its intersection with Buckthorn Lane. There is a CCT marker at the location. Take the asphalt trail to the paved W&OD bicycle trail that parallels the horse trail. Notice the Twin Branches Trail sign on the left. Continue straight across the bicycle trail to follow a dirt trail down the hill into the woods.