

Maplewood— Alta Vista

A COMMUNITY BUILT
ON *Connection.*



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Welcome

to Maplewood–Alta Vista.

Hello, my name is Melinda Estridge and for more than 30 years, I've had the privilege of specializing in the Maplewood Alta Vista neighborhood of Bethesda, and it's a community that has truly meant a great deal to me — both professionally and personally. Over the decades, I've watched families grow here, neighbors become lifelong friends, and homes lovingly passed from one generation to the next. There's a warmth and character to Maplewood Alta Vista that is increasingly rare, and it's one of the many reasons I continue to be so passionate about this neighborhood today.

Nestled in the suburbs just outside of Washington, D.C., Maplewood Alta Vista offers a wonderful blend of convenience, charm, and community spirit. The neighborhood is known for its tree-lined streets, welcoming atmosphere, and variety of homes — from classic 1950s and 1960s ramblers, split-levels, and colonials to newer homes built in the 1990s and beyond. The area also offers townhomes and condominiums, providing housing opportunities for many different lifestyles and stages of life.

One of the true centers of the neighborhood is the large community park and playground, complete with tennis courts, open green spaces, and play equipment where generations of children have played, practiced sports, and gathered with friends. It's the kind of place where neighbors still stop to talk, families spend time outdoors, and community connections are formed naturally.

Maplewood Alta Vista is also exceptionally well located, with easy access to the NIH and Walter Reed campuses, nearby Metro service, and major commuter routes including I-495 and I-270. Residents enjoy the convenience of being close to everything while still feeling tucked away in a peaceful residential setting.



Over the years, my commitment to this neighborhood has extended far beyond real estate. One of the traditions I'm most proud of is our annual "Dumpster, Donate & Shred Day," a community service event created to help neighbors declutter, recycle responsibly, donate useful items, and safely dispose of sensitive documents. It's just one small way of giving back to a neighborhood that has given so much to me throughout my career.

Just as importantly, I'm excited to continue supporting and strengthening this community alongside my business partner, John Coplen. A longtime Washington Metro area resident with a background in architecture, luxury home design, and real estate, John brings a thoughtful, community-minded approach to everything he does. His expertise in design, renovation, and property preparation, combined with a genuine passion for helping people find the right home, makes him an incredible resource for both buyers and sellers. Together, we look forward to continuing to serve Maplewood Alta Vista not only through real estate, but through meaningful community involvement and neighborhood traditions that help make this area such a special place to call home.



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Parks & Outdoor Living



Maplewood-Alta Vista Local Park

Right in the neighborhood, this park offers a simple, peaceful green space that's perfect for everyday walks or time outside.



Bethesda Trolley Trail

4 to 5.9-mile paved urban rail-trail in southern Montgomery County, Maryland, connecting North Bethesda/Rockville to downtown Bethesda.



Cabin John Regional Park

A larger park with trails, playgrounds, and plenty of space to explore. Great for weekends and family outings.



Rock Creek Trail

One of the best outdoor escapes in the area. Ideal for running, biking, or just getting out into nature without leaving the city.



Glen Echo Park

A unique blend of art, history, and outdoor space. From classes to events, it's one of the more distinctive spots nearby.



Norwood Local Park

A quieter, tucked-away green space that feels more like a neighborhood secret than a destination.



Entertainment & Culture



Strathmore Music Center

A premier venue that brings nationally recognized performances and concerts to the area, making it a cornerstone of the local arts scene.



Rock Creek Mansion

A premier private event venue specializing in weddings, bar/bat mitzvahs, and corporate events for up to 200 guests.



YMCA Bethesda Chevy Chase

A community hub offering fitness facilities, outdoor heated pool and indoor pool, and comprehensive youth programs and camps.



Round House Theatre

Known for its high-quality productions and strong community presence, this theater is a staple of Bethesda's cultural identity.



Pike & Rose

Beyond shopping and dining, this is where people go for nightlife, energy, and a more social evening atmosphere.





Utilities, Schools & Transportation

Utilities

Pepco (Electric)	877.737.2662
Washington Gas	703.750.1000
WSSC Water	301.206.4001
Montgomery County Services	311

Schools

Wyngate Elementary School	240.740.0480
North Bethesda Middle School	240.740.2100
Walter Johnson High School	240.740.6900
Rochambeau - The French International School	301.530.8260
Bethesda Country Day School	301.701.3581

Public Transportation

Medical Center Metro Station

WMATA Red Line access to downtown Bethesda, Washington, DC, and beyond

Bethesda Metro Station

Central hub for dining, shopping, and commuting

Major commuter routes nearby:

Rockville Pike (MD-355)
I-495 (Capital Beltway)

Medical Centers & Healthcare



Walter Reed National Military Medical Center

8901 Rockville Pike, Bethesda

A nationally recognized medical facility providing advanced care and specialized services for military personnel, veterans, and their families



NIH Clinical Center

10 Center Drive, Bethesda

The nation's largest hospital dedicated to clinical research, located within the National Institutes of Health campus







Shopping & Everyday Essentials



Village Green Apothecary

A renowned integrative pharmacy and compounding center specializing in personalized health through traditional prescriptions and natural medicine



Westfield Montgomery Mall

Fun, fast, and always busy for a reason. The bagel sandwiches are creative and actually live up to the hype.



Trader Joe's

A neighborhood favorite for everyday essentials. Always busy, always worth the stop.



Pike & Rose

A newer, more modern destination with a mix of shopping, dining, and nightlife. It's energetic and constantly evolving.



Balducci's Food Lover's Market

A more gourmet option offering specialty items, prepared foods, and a slightly more elevated grocery experience.



Bethesda Row

The heart of Bethesda living. Walkable, lively, and filled with shops, restaurants, and everyday conveniences—it's where everything comes together.



Whole Foods Market

High-quality groceries, prepared foods, and a reliable option for quick, healthy meals.



Harris Teeter

Convenient and easy for everyday shopping, with multiple locations nearby.





Coffee & Morning Favorites



Tatte Bakery & Cafe

A go-to for elevated mornings. Beautiful space, excellent coffee, and some of the best pastries in the area.



La Colombe Coffee Roasters

Minimalist and refined, this is where you go when the coffee itself matters. It's consistent, elevated, and a wonderful alternative to other crowded cafés.



Sunday Morning Bakehouse

Small-batch pastries, thoughtful ingredients, and a cozy atmosphere make this one of the most authentic neighborhood spots around.



Quartermaine Coffee Roasters

A long-standing local favorite with a loyal following. It's less about the aesthetic and more about the coffee—simple, reliable, and done right.



Call Your Mother Deli

Fun, fast, and always busy for a reason. The bagel sandwiches are creative and actually live up to the hype.



Baked & Wired

Known for its indulgent baked goods and strong coffee, this spot brings a slightly more urban, bakery-forward feel to the Bethesda coffee scene.



Blue Bottle Coffee

Clean, modern, and design-forward, Blue Bottle offers a more curated coffee experience with a focus on precision and quality.





Lunch & Everyday Eats



Sweetgreen

Practically part of the daily routine here. Fresh, seasonal, and consistently well-executed, it's one of the easiest and most reliable lunch options in the area.



Flower Child

Bright, welcoming, and surprisingly indulgent for a health-focused concept. It's a great place to meet friends or enjoy something that feels both light and flavorful.



DIG

Seasonal comfort food with a modern, health-conscious approach. Warm bowls and simple ingredients make it a dependable everyday option.



Chopt Creative Salad Co.

Quick, customizable, and always consistent. A strong go-to for a fast, no-fuss lunch.



CAVA

Fast-casual Mediterranean that delivers on both flavor and convenience. It's quick, customizable, and ideal for a satisfying meal on the go.



True Food Kitchen

A step above typical lunch spots, offering a more refined menu in a relaxed, sit-down setting. Perfect when you want something clean without sacrificing the dining experience.



RASA

A more unique option, offering elevated Indian-inspired bowls that bring bold flavors to the fast-casual scene.







Dinner & Date Night



Woodmont Grill

A true Bethesda institution. Known for its polished atmosphere, attentive service, and consistently excellent food, it's a reliable choice for everything from casual dinners to more formal evenings.



Mon Ami Gabi

A lively French bistro with a strong neighborhood following. The patio is especially popular, and the overall energy makes it a great choice for both casual nights and celebrations.



Black's Bar & Kitchen

A long-standing favorite specializing in fresh seafood and classic American dishes. It's warm, welcoming, and deeply rooted in the local dining scene.



Olazzo

A neighborhood Italian favorite with a welcoming, relaxed feel. It's dependable, approachable, and always satisfying.



Duck Duck Goose

Stylish and refined, this modern French restaurant offers a slightly more elevated dining experience, perfect for date nights or special occasions.



Barcelona Wine Bar

Always energetic and ideal for sharing plates. It's a great place to gather with friends and settle in for a long, relaxed evening.



Jaleo

A staple for Spanish tapas and a vibrant dining experience. It's lively, flavorful, and perfect for groups.



Persimmon

Intimate and upscale, this is one of the more refined dining options in the area, known for its thoughtful menu and quieter atmosphere.



Sweets & Treats



Jeni's Splendid Ice Creams

Known for bold, creative flavors and a smooth, high-quality finish. It's one of the best dessert stops in the area.



Levain Bakery

Famous for oversized, gooey cookies that are rich, indulgent, and absolutely worth the hype.



Dolcezza Gelato

A lighter, more artisanal option with seasonal flavors and a refined presentation.



Georgetown Cupcake

A longtime favorite known for its classic cupcakes and consistent quality.



Baked Bear

A fun, customizable dessert spot where ice cream sandwiches are made to order.





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