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## YRE Description

There are three trails;

- The National Zoo/National Cathedral trail is 10k
- The National Zoo Only trail is 5k
- The Adams Morgan trail is 10k

The National Zoo/National Cathedral 10k trail tours the National Zoo, some of the finest neighborhoods in Washington, DC, and the grounds of the National Cathedral. The trail is mostly on paved surfaces.

The National Zoo Only 5k trail tours the National Zoo, some of the finest neighborhoods in Washington, DC, and the grounds of the National Cathedral. The trail is mostly on paved surfaces.

The Adams Morgan 10k trail includes the U St. areas of DC. Highlights of this walk are great building architecture, an abundance of musical history, many ethnic restaurants, Ben's Chili Bowl and the Greater U Street, African American Heritage Trail Markers.

These trails can be combined to complete a 15k or 20k walk.

## Registering for the Walk

- Participant Fee: The Seneca Valley Sugarloafers Volksmarch club charges a \$4 per person participation fee for all participants aged 13 and older. This fee helps cover event costs.

- Ensuring Your IVV Credit: To ensure you receive IVV event and distance credit for your walk, please do NOT check the “No Credit” box during registration if you are 13 years or older. This step is important for tracking your progress in Volkssporting!

## Accessing Walk Information (OSB PDF Download)

For your convenience, you can download a comprehensive PDF file containing detailed walk information, maps and instructions for your chosen route.

- There is a small, upfront \$2 download fee for this PDF.
- Reimbursement for the PDF: We'll credit this \$2 download fee back to you when you complete your walk using the OSB “Finish Table” and pay the \$4 participant fee. Think of it as a prepayment that gets returned when you finish!

## After You Have Completed the Walk

After completing your walk, please return to the OSB and log your finish at the “Finish Table” within 60 days of the event registration. Be sure to include the walk date, distance, and any AVA Special Programs that apply to this event (see the AVA Special Programs section in this document).

If walking for IVV credit, your event and distance credits will be recorded automatically.

## Directions to Trail Start

**Address:** Woodley Park-Zoo/Adams Morgan Metro Station Entrance, 2700 Connecticut Ave NW, Washington, DC 20008

**GPS Coordinates:** 38.9246336,-77.0518565

**Plus code:** WWFX+R2 Washington, District of Columbia

*Plus codes are based on latitude and longitude. By using a simpler code system, they are intended to be shorter and easier to use than traditional global coordinates.*

### **Metrorail Directions:**

Metrorail Line to use: Red Line

Destination Station: Woodley Park-Zoo/Adams Morgan

Take the escalator from the station to the surface.

### **Driving Directions:**

Drive if you must, but we prefer that you use the Metrorail to the walk start!

#### **From Washington Beltway (I-495)**

Take Exit 33, MD-185 South (Connecticut Ave.) for 2.7 miles

National Zoo/Adams Morgan Y0552

Enter/Exit traffic circle on Connecticut Ave. NW for 1.2 miles

Metro station entrance will be on the right.

Free Parking is limited to residential streets on the weekends ONLY!

Paid Parking is available at the OMNI Shoreham Hotel on Calvert St. NW.

# Adams Morgan Trail 10k

AVA rating 2A

There are restrooms at the McDonalds and the Starbucks (across Connecticut Ave). There are other restrooms along this trail.

We have noted many Historical Markers along this walk for your enjoyment. The trail does NOT go to every marker you can see.

This walk is a treasure trove of décor, murals, colors, trim, and the unusual. There are surprises everywhere! Look up, down, right, and left on the trail.

## ***In case of Emergency: Dial 911.***

*For event assistance contact **Darla Fera** at **(301) 649-2601***

From the Metro station exit,

1. **Turn Right** on Connecticut Ave.
2. **Cross Calvert St NW and Turn Left.**

*You are crossing the Duke Ellington Memorial Bridge over Rock Creek Park. It was built in 1935 in the neoclassical style.*

- a. Cross Biltmore St.

*Look across the street for the Presidents Mural.*

- b. Cross Cliffbourne Pl.
- c. Becomes Adams Mill Rd.

*At the curve, look across the street to see the Modern Art Mural.*

- d. Cross Columbia Rd.
- e. Becomes 18th St.

*At #2461 18th St. "Madam's Organ" painting on the side of the building is a famous logo! "State of Play" filmed this painting.*

*At #2446 18th St., Historical Marker "The Artistic Life". (1k)*

- f. Cross Belmont Rd.
- g. Cross Kalorama Rd.

*At 2228 18th St., Historical Marker "Urban Renewal Era".*

- h. Cross Wyoming Ave.

*At 18th St. & California St., Historical Marker "Building a Better Neighborhood"*

3. **Turn Right** on California St.
4. **Turn Right** on 19th St.
5. **Turn Left** on Wyoming Ave.
6. **Turn Left** on Columbia Rd. **(2k)**

7. **Turn Left** on T St., the Washington Hilton Hotel on left.

*The attempted assassination of President Reagan by John Hinckley, Jr. occurred here. Note the small covered drive-through made of stones. It was built after Reagan's shooting and is used by presidents now. The limousine pulls into the structure, and the president can enter the building protected.*

8. **Turn Left** on Florida Ave.

9. **Turn Left** on 19th St.

*At Vernon St., Historical Marker "The Changing Faces of Adams Morgan"*

10. **Turn Right** on the left side of Vernon St.

- a. Cross 18th St., becomes U St.
- b. Cross Florida Ave.

11. At 17th St., **Cross** to the right side of U St., continuing in the same direction. (3k)

- a. Cross New Hampshire Ave.
- b. Cross 16th St.

*At #1530 U St., stop and look left to see St. Augustine Catholic Church spires in the distance...a nice view!*

12. **Turn Right** on 15th St.

*At 15th St. and T St., Historical Marker - "Strong Families and Eminent Citizens"*

13. **Turn Left** on T St.

14. **Turn Right** on 14th St.

15. **Cross S St and Turn Right.**

- a. Cross 15th St.

*On left, behind The House of the Temple is a sculpture of George Washington, a Freemason.*

**16. Turn Left** on 16th St.

*At #1733 16th St. is The House of the Temple which serves as the headquarters of the Scottish Rite of Freemasonry. It contains a museum devoted to Albert Pike, who rewrote a number of the Scottish Rite rituals and headed its Supreme Council from 1859 until his death in 1891, and whose remains are buried in the House of the Temple. The building was started in 1911, and it was dedicated four years later on October 18, 1915. It was modeled after the tomb of Mausolus at Halicarnassus, one of the Seven Wonders of the Ancient World.*

**17. Turn Left** on R St.

- a. Cross 15th St.
- b. Cross 14th St.

*At R St. and 14th St., there is a clock on the Mission Bldg.*

- c. Cross 13th St.

**18. Turn Left** on Vermont Ave.

**19. Cross S St and Turn Left.**

**20. Cross 12th St and Turn Right.**

*At #1816 12th St. is the Twelfth St YMCA, a National Historic Landmark. This was the 1st African American YMCA in the US. President Theodore Roosevelt laid the cornerstone in 1908.*

*Historical Marker - "A Home Away from Home"*

**21. Turn Right** on T St. (**5k**)

- a. Cross 11th street.

**22. Turn Left** at the traffic light on Vermont Ave.

*The house on the left at #1910 Vermont Ave. is the Evans-Tibbs House. It was the residence of Lillian Evans-Tibbs from 1904 to 1967. Performing under the stage name Madame Lillian Evanti, she was one of the first internationally acclaimed African American opera singers.*

*Across street at 1925 Vermont Ave. is the African American Civil War Memorial Museum. The African American Civil War Memorial is on your left.*

**23. Turn Left** on U St.

**24. At 11th St., Cross to the right side** of U St. and continue in the same direction.

*At #2001 11th St., Historical Marker - "We Had Everything We Needed Turn Right Here"*

*At 1100 U St., there is a clock on the Industrial Bank building sign.*

- a. Cross 12th St.

*At #1203 U St., Historical Marker - "The True Reformer Building"*

*Just after #1209 U St. look to the right in the alley for a mural. On left is Ben with his wife Virginia, who established Ben's Chili Bowl restaurant.*

*At #1213 U St. is Ben's Chili Bowl Restaurant, a DC landmark. "State of Play" filmed Ben's Chili Bowl Restaurant. True Washingtonians have a chili half smoke and/or an order of chili cheese fries here!*

*At #1215 U St., the Historic Lincoln Theater was built in 1922. It was once a center of African American culture in the nation's capital.*

- b. Cross 13th St.
- c. Cross 14th St. (6k)

*At #2000 14 St, Historical Marker - "Riots to Renaissance"*

- d. Cross 15th St.

*At #1501 U St, Historical Marker - "A Shared Neighborhood"*

**25. Turn Right** on New Hampshire Ave., just before 16th St.

*At 15th St and New Hampshire Ave., Historical Marker - "Meridian Hill Park"*

**26. Turn Left** on 15th St. (no sign)

- a. Cross W St.

 **Decision Point: Accessibility Detour**

**Detour Route**

- 27. Continue up 15th St NW to Euclid St.
- 28. Turn Left on Euclid St.
- 29. Skip to instruction #34.

30. Go up steps and turn **Turn Left** to go alongside the road and into Meridian Hill Park.

- 31. In the park, after a long bench on the right, turn **Turn Right** at steps. Go up 4 short sets of steps and continue **Straight** to the upper end of the park.
  - a. Pass the James Buchanan Memorial (on right).
  - b. Continue straight up the steps past the fountain to the second level of the park.
  - c. Continue straight on the right side of the water feature.
  - d. Pass the Jean d'Arc statue.

Adams Morgan - 10k

- e. Continue on the right side of the lawn area.
- f. Pass the *restrooms* (on right).

- 32. **Turn Left** to exit the park.
- 33. **Turn Right** on 16th St. (7k)
- 34. At Euclid St., **Cross to the opposite side** of 16th St. and continue in the same direction.

At #2622 – Embassy of the Republic of Lithuania.  
At #2630 – Embassy of Cuba  
At #2640 – Embassy of the Republic of Poland  
At #2800 – Scottish Rite Temple (tours available) – Scottish Rite is a fraternity whose purpose is to take good men and make them better. The moral teachings are organized into degrees, numbered 1 – 33.  
At #2827 16th St. – Consulate of Mexico  
At 16th St and Harvard St., Historical Marker – “Ambassadors of Faith”  
At corner of 16th St. & Harvard St., there are three Historic Churches; (1) on your left was the Unification Church (now it’s the Washington Family Church, National Cathedral), (2) across 16th St. – red brick – is the All Souls Church (clock tower), and (3) further down across 16th St. – round rotund building – is National Baptist Memorial Church.

- 35. **Bear Turn Left** on Harvard St. next to the Washington Family Church
- 36. **Cross** Columbia Rd **and Turn Left. (8k)**
  - a. Cross Quarry Rd.
  - b. Cross Ontario Rd.

At #1767 Columbia Rd., Historical Marker – “Serving the Neighborhood”

- 37. **Turn Right** on Adams Mill Rd.

At #1813 Adams Mill Rd., Historical Marker – “Tragedy at 18th and Columbia”  
At #1817 Adams Mill Rd. is a Latino modern art mural “A People Without Murals is a Demuralized People”.  
Just before Lanier Pl., Historical Marker – “Suburban Development”

- a. Cross Lanier Pl., Adams Mill Rd becomes Calvert St.

At #1967 Calvert St., on the side of the building is a mural showing U.S. Presidents and the restaurant owner, Mama Ayesha.

- b. Cross Duke Ellington bridge over Rock Creek.

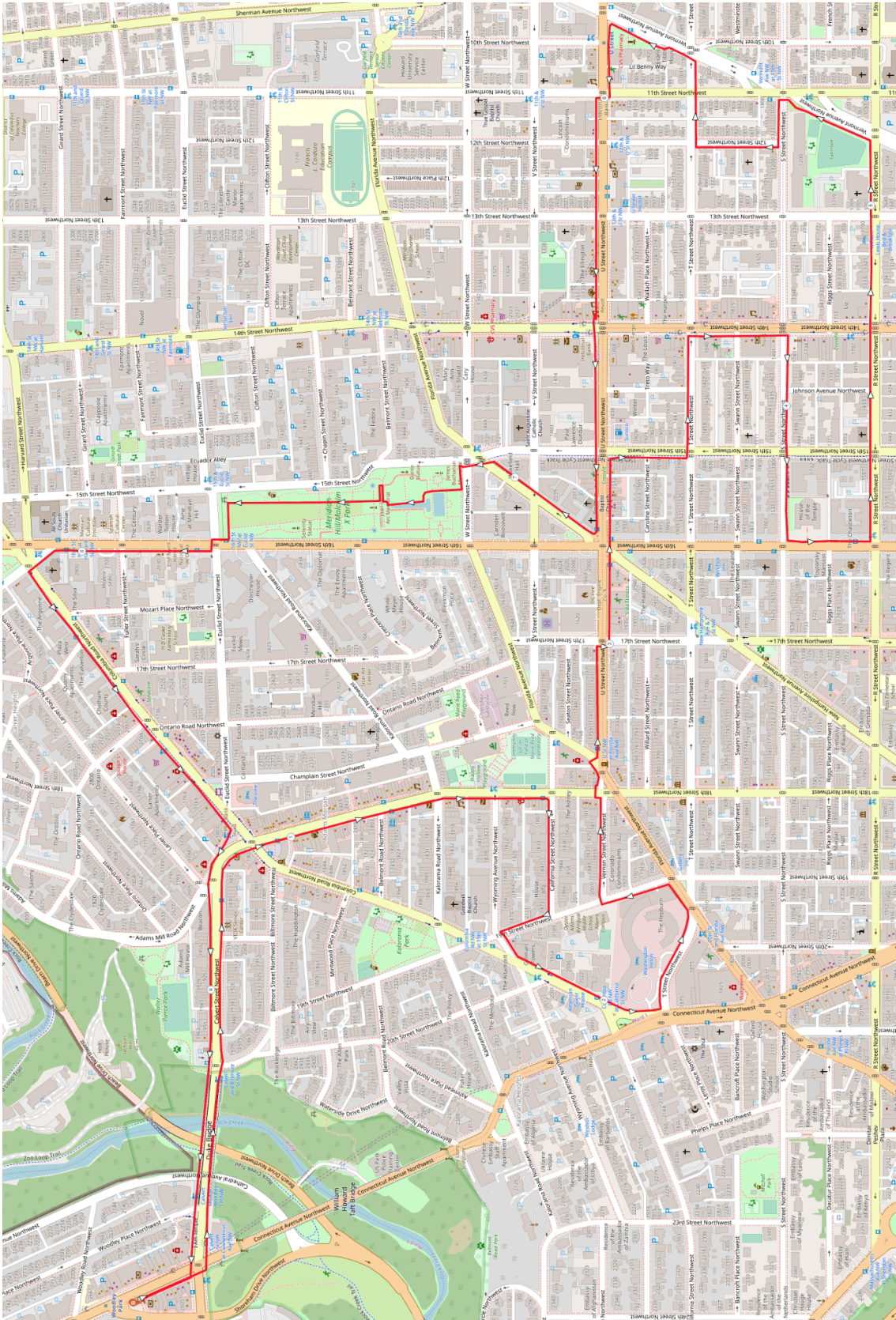
At #2309 Calvert St. (Afghan Grill), look ahead – across Conn Ave. and above Chipotle Mexican Grill to see the Marilyn Monroe mural.

- 38. **Cross** Connecticut Ave **and Turn Right** to return to our start/finish point.

*Thank you for walking our Sugarloafer year-round today!  
We hope you enjoyed this trail.*

**These walk directions and maps may only be used with a signed American Volkssport Association athletic waiver. All other uses are prohibited.**

# Adams Morgan - 10k



Map created by plotaroute.com, map data by OpenStreetMap Contributors

Revision Date: 5 December 2025

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# National Zoo/National Cathedral Trail

10k, 5k AVA rating 2A

We developed this event to enrich your visit to the nation's capital. The main focus of this event is the National Zoo. You will also visit the National Cathedral and some of the finest Washington neighborhoods: Massachusetts Heights, Washington Heights, & Woodley Park. Commentary is provided in italicized blocks for those who wish a narrated walk.

Water & restrooms are available at McDonalds, the Zoo, and the Cathedral when open. **NO PETS** allowed in the Zoo or on Cathedral grounds.

## ***In case of Emergency: Dial 911.***

*For event assistance contact **Darla Fera** at **(301) 649-2601***

From the Metro station exit,

1. **Turn Left** on Connecticut Ave.

- a. Cross 24th St.
- b. Cross Woodley Rd.
- c. Cross Garfield St.
- d. Cross Cathedral Ave.

2. **Turn Right** into the main Zoo entrance.

The Visitor Center will be on the left.  
(Restrooms, information & zoo maps available.)

3. **Turn Right** on the Asia Trail, directly across from the Visitor Center.

*The Four "Waterfowl Ponds" on this Asia Trail were built by the WPA.*

4. **Turn Left** to follow the trail downhill in a winding fashion.

*Look for zoo volunteers giving talks & demos about the animals & their habitats.*

- a. Pass the Sloth Bear exhibit
- b. Pass the Clouded Leopards exhibit
- c. Pass the Fishing Cats exhibit (1k).
- d. Pass the Clawed Otter exhibit
- e. Pass the Red Panda exhibit
- f. Pass the Asian Elephant exhibit.

*Note: water fountain and emergency call box on the left.*

5. **Turn Left** at first side trail on the left.

- a. Pass through the lower level outdoor panda viewing area and view the red pandas.

- b. Pass through the exhibit house.

6. **Turn Left** on the Asia Trail.

7. **Turn Right** at T-intersection on the Olmsted Walk (with hexagonal pavers) downhill passing the Elephant House on the right.

- a. Pass the Small Mammal House.

*The Small Mammal House was a WPA project. Inside are 2 metal artworks of the "Pied Piper", one at the entrance, and one at the exit.*

- b. Pass the Great Ape House.

- c. Pass the Gibbon Exhibit.

- d. Pass the Reptile House.

*You are crossing under an overhead exercise course for orangutans. Which occasionally and to the delight of the public, swing from tower to tower on their way from the Great Ape House to the Think Tank. There they participate in computer testing to see how smart they are.*

- e. Pass the Think Tank.

- f. Pass Lemur Island.

- g. Pass the Conservation Carousel.

8. **Turn Left** on the "Lion-Tiger Hill" trail, just past the Carousel.

- a. Continue completely around the "Lion-Tiger Hill".

National Zoo/National Cathedral - 10k, 5k

- 9. **Turn Left** to exit "Lion-Tiger Hill".
- 10. **Turn Left** on Olmsted walk.
  - a. Pass the Prairie Dog exhibit.
  - b. Pass the Mane Grill and picnic pavilion.
- 11. **Turn Right** at the sign to the Kid's Farm/Restrooms as you approach the end of Olmsted Walk.
  - a. Pass through the Kid's Farm, passing cows, goats, llamas, and donkeys.
- 12. **Bear Right** on the path to the Amazonia Exhibit, a most unusual exhibit about sea life and tropical rainforests.
- 13. **Turn Right** after passing Amazonia on the American Trail, passing sea lions, seals, eagles, wolves, and beavers, until you arrive at the Elephant Outpost (restrooms available).
- 14. **Turn Right** to follow the Elephant Trail to the Olmsted Walk.
- 15. **Turn Left** on Olmsted Walk.
  - a. Pass the Panda Café.
  - b. Pass the Zebra exhibit.
  - c. Pass the Cheetah exhibit.
  - d. Pass the Visitor Center (restrooms)
  - e. Pass the Zoo's gate to exit the zoo.
  - f. Cross Connecticut Ave. with the traffic light.

**Decision Point: 5k / 50k Trail Split**  
**5k Route**

- 1. Turn Left on Connecticut Ave.
  - a. Cross Cathedral Ave
  - b. Cross Garfield St.
  - c. Cross Woodley Rd.
  - d. Cross 24th St. to return to our start/finish point.

**10k route**

- 16. **Turn Right** on Connecticut Ave.
- 17. **Turn Left** on Devonshire Pl.

- 18. **Turn Left** on Cortland Pl.  
*At the corner of 29th St. and Cortland Pl. look for an old call box next to a lamppost. This call box serves to memorialize the accomplishments in this community of an immigrant Turkish architect, Mihran Mesrobian.*

- 19. **Turn Left** on 29th St.
- 20. **Turn Right** on Cathedral Ave.  
*You have been walking in Woodley Park, named for the Woodley Mansion at 3000 Cathedral Ave., once the summer home of four 19th century presidents: Van Buren, Tyler, Buchanan, and Cleveland. The Woodley Mansion is now part of Maret School, an independent co-ed K-12 college prep day school established in 1911.*

- 21. **Turn Right** on Woodley Rd.
  - a. Cross Klinge Rd. (see National Cathedral spires to left in distance)
  - b. Cross 34th St. with the traffic light.
- 22. At 35th St., **Cross to the left side** of Woodley Rd. and continue in the same direction.

*Historic Call Box #10, Washington National Cathedral "Art on Call."*

- 23. **Turn Left** at second road (North Rd.) to enter the National Cathedral grounds.  
*Repairs being done to the National Cathedral are due to the damage from the 5.8 magnitude earthquake on August 23, 2011.*  
*There is a FEE to enter the Cathedral (\$12/adult; \$8/senior or child). Tours may be available.*  
*There is an Organ Demonstration at 12:30 pm on Mon. & Wed.*  
*Restroom (no fee) on the Gift Shop level (B-2) of the underground parking garage. Take the stairs or the elevator outside near the corner of the Cathedral.*

- 24. **Continue** counter-clockwise around the Cathedral past the front entrance.
- 25. **Cross** the road (South Rd) using the crosswalk and continue on the sidewalk on the left side of Church House Lane (no sign).

**Decision Point: Accessibility Detour**  
To avoid the steps in the Bishop's Garden:

- 1. Continue on the sidewalk

National Zoo/National Cathedral - 10k, 5k

2. Turn Left at Pilgrim Rd. going downhill to exit the Cathedral grounds at Garfield St.
3. Turn Left and skip to instruction #40.

26. **Turn Left** to enter the Bishop's Garden through an arched door in the stone wall.

*The Bishop's Garden was planned by Frederick Law Olmsted Jr. It contains two herb gardens, a rose garden, two perennial borders, a Shadow House, and winding stone paths.*

27. **Go down steps** and across the lawn to the Stone Gazebo.

*The stone gazebo (garden house) at the edge of the lawn in front of you was built in 1927 with stones from President Cleveland's summer home on Newark Street. It is called Shadow House, a place for the bishop to sit in the shade.*

28. **Go down steps** on the left side of gazebo on the stone path, and then immediately turn **Turn Left**.

29. **Turn Right** to pass an ancient Carolinian baptismal font on your right, surrounded by boxwood. Walk around the font to the brick walk at the rose garden.

30. **Continue** through the rose garden to a T-intersection with a stone path.

31. **Turn Right** on the stone path and immediately Turn Left to exit the Garden through the gate.

32. **Turn Right** to go down the Pilgrim Steps to Pilgrim Rd.

*The steps were laid in 1930, and the sandstone came from a quarry once owned by George Washington in Aquia, Virginia.*

a. Cross Pilgrim Rd.

*The bronze equestrian statue of George Washington is now in front of you.*

33. **Turn Right** on flagstone path to enter woods.

*Olmsted Woods is one of few old growth forests still standing in Washington.*

34. **Bear Left** at Y-intersection and then **bear Left** again at next Y-intersection in path. Ignore paths on right and left.

a. Continue downhill on serpentine path to Pilgrim Rd. (no sign).

35. **Turn Right** on Pilgrim Rd. to the exit gate at Garfield St. (sign on left).

36. **Turn Left** on Garfield St.

37. At 34th St., **Cross to the right side** of Garfield St. and continue in the same direction.

38. **Turn Right** on Woodland Dr.

a. Cross 32nd St.

39. At 31st St., **Cross to the left side** of Woodland Dr. and continue in the same direction.

a. Cross 30th St.

b. At 29th St. Woodland Dr. will turn right.

40. **Straight** on 29th St.

41. **Cross** Cleveland Ave. **and Turn Right** on Calvert St.

a. Cross 24th St.

42. **Turn Left** on Connecticut Ave. to our start/finish.

*Thank you for walking our Sugarloafer year-round today!  
We hope you enjoyed this trail.*

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# National Zoo - 5k



Map created by plotaroute.com, map data by OpenStreetMap Contributors

# National Zoo/National Cathedral - 10k



Map created by plotaroute.com, map data by OpenStreetMap Contributors

Revision Date: 5 December 2025

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## Internet Resources

Washington Metro: <https://www.wmata.com/>

Woodley Park: [https://en.wikipedia.org/wiki/Woodley\\_Park\\_\(Washington,\\_D.C.\)](https://en.wikipedia.org/wiki/Woodley_Park_(Washington,_D.C.))

Adams Morgan Neighborhood: <https://washington.org/dc-neighborhoods/adams-morgan>

Greater U Street, African American Heritage Trail:

<https://www.culturaltourismdc.org/portal/greater-u-street-african-american-heritage-trail>

DC Scottish Rite: <https://www.dcsr.org/>

DC Call Boxes:

<https://www.vox.com/videos/2017/8/24/16125850/dc-fire-police-call-boxes-emergency-services>

National Zoo: <https://nationalzoo.si.edu/>

National Cathedral: <https://cathedral.org/about-the-cathedral/mission-and-vision>

Geographic region: [https://en.wikipedia.org/wiki/Atlantic\\_Seaboard\\_Fall\\_Line](https://en.wikipedia.org/wiki/Atlantic_Seaboard_Fall_Line)

Club Information: [Seneca Valley Sugarloafers Volksmarch Club](#)

## AVA National Programs

This YRE qualifies for all AVA National Programs:

- Walking the United States (51 Capitals) → Washington D.C.
- Walking the USA (A - Z) → W for Washington
- Centurion Achievement Challenge → 1 event
- IVV Americas

## AVA Special Programs

Trail Legend for table below:

AM → Adams Morgan Trail - 10k

NC → National Zoo/National Cathedral - 10k

NZ → National Zoo Trail - 5k

Program Name	Years	AM	NC	NZ	Information
A-MAZE-ing Labyrinths	2024   2027				
Anniversaries Hurrah	2026   2026	<b>X</b>	<b>X</b>	<b>X</b>	
Appalachian Trail	2018   2029				

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Grain Elevators: Monarchs of the Plains	2025   2028				
Lighthouses II	2023   2026				
Par for the Course	2023   2026				
Rails-to-Trails	2022   2026				
Step to the Beat	2024   2027				
Walking with America's Veterans	2021   2028				
Walking With the Wild Things	2025   2028				
Washington-Rochambeau National Historic Trail	2022   2032				