

The Northern Virginia Volksmarchers Club  
**Burke Centre-Lake Barton Walk**

AVA Sanctioned Event (#119131/Y1703)

**Event Description:** Burke Centre is a 1,700-acre planned community known for its abundance of green spaces. This trail weaves through woodlands and around a small lake as well as through residential neighborhoods. The route is mostly on paved sidewalks with some natural surface segments. This event starts at the Starbucks, 5749 Burke Centre Parkway, Burke. Walkers have a choice between 5KM (3.1 miles) and 10KM (6.2 miles). Both distances are rated 2B. Both distances are not suitable for wheelchairs or strollers (except for large-wheel "off-the-road" strollers.)

**Club Contact:** Sandy Koontz, Email: shkrk@gmail.com; Phone: 703-867-1073

**Club Website:** [www.northernvirginiavolksmarchers.club](http://www.northernvirginiavolksmarchers.club)

**Driving Directions to the trail start:** I-66: Take Exit 55 (Fairfax County Parkway/VA286) south to Fairfax, continue about 5.2 miles to Burke Centre Parkway. Left on Burke Centre Parkway, drive about 0.7 miles to Ox Road/VA123, cross Ox, drive two blocks. Left to Starbucks in shopping center driving past Shell gas station. Capital Beltway I-495: Take Exit 54A (Braddock Road West) to Fairfax, continue west on Braddock about six miles. Pass entrances to George Mason University on right, shopping center on left, left on Ox Road/VA123, head straight about 2.5 miles to Burke Centre Parkway. Left on Burke Centre Parkway, continue two blocks. Left to Starbucks in shopping center driving past Shell gas station.

**Starting Point Location:** Starbucks, 5749 Burke Centre Parkway, Burke Centre Shopping Center, Burke.

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**Registration:** Online registration takes place using the AVA OnLine Start Box on my.ava.org. Follow the instructions provided to create a user account, and sign AVA's

waiver (one time). Payment instructions are also included. Once registered for the walk, you can download the start point and walk directions. The fee for this download is \$2. You will be credited this fee if you complete the walk and pay the \$3 walk participant fee within 60 days. The sponsoring club receives credit for OSB participation when the OSB registrant has entered completion date online, that is, your participation date, distance, and any special programs.

**After you've completed the walk:** Please remember to log back into the OSB's "Finish Table" after finishing this walk. Completion information includes the date the event was walked, the distance walked, and applicable special programs.

Please use either the OnLine Start Box (OSB) or Physical Start Box to register and complete the event. Do NOT mix and match, for example, by registering using the OSB then completing your event using PSB or signing the PSB log sheet. The sponsoring club receives credit for OSB participation when the OSB registrant has entered completion date online, that is, your participation date, distance, and any special programs.

**Restrooms:** Food, beverages, and restrooms are all available at the start point.

**Special Programs:** Walking In the USA, Walking the USA, A-Z.

**IN CASE OF EMERGENCY: DIAL 911**  
**EVENT RELATED ASSISTANCE:**  
**SANDY KOONTZ: 703-867-1073**

THESE WALK DIRECTIONS AND MAPS MAY ONLY BE USED IN CONJUNCTION WITH A SIGNED AMERICAN VOLKSSPORT ASSOCIATION ATHLETIC WAIVER.

ALL OTHER USES ARE PROHIBITED.



# Burke Centre-Lake Barton 10K Directions

1. Exit Starbucks parking lot to sidewalk. Turn right to stop sign then left to use crosswalk; pass Shell station. Proceed to Burke Centre Parkway; left on blacktop path.
2. Proceed to first stoplight, cross Oak Leather Drive; continue straight on path.
3. Note Metro bus sign 18P on right. Turn left on path at the sign.
4. Take path to a T-intersection; turn right; ignoring path on left, proceed to crosswalk (don't cross).
5. Turn left on blacktop road, keeping Lake Barton on right. Pass volleyball and basketball courts on right (1K). Blacktop road becomes a narrow path that bends left, then right.
6. Cross small wooden bridge, at Y, veer right to go through three wooden posts across the path.
7. At next Y, veer right across Lake Barton Dam.
8. At T-intersection at end of dam, turn right. Follow path downhill and through wooden posts onto a gravel path.
9. At Y, veer left (remember this spot) to follow paved path past park bench on right, over wooden bridge, between two park benches, over another wooden bridge, between two more park benches, up to a memorial with Virginia and U.S. flags.
10. Go left up steps, noticing fountain in middle of roundabout.
11. Veer left on roundabout to walk to asphalt path on left side of the concrete wall. Continue on path past condos on right, then past a playground on left, ignoring paths on right and left.
12. Cross a short boardwalk and a wooden bridge to a T intersection. (2k) Turn left. Proceed to a stoplight. Turn right on crosswalk across Roberts Parkway (no sign).
13. Take the asphalt path that makes a soft left onto Premier Court. (Do NOT make a sharp left onto Roberts Parkway.)
14. At end of path, turn right across crosswalk onto a sidewalk. Take soft right to walk past parking lot and parking garage on left. At corner of garage, take left toward VRE station with garage still on left. (*On Saturday mornings, from first week of May through first week of November, stop for fresh produce or a sweet treat at the Burke Centre Farmer's Market.*)
15. Turn right to walk with VRE station on left. Just past the station and blue railings, continue onto an asphalt path (baseball field on right).
16. Cross bridge (3K); continue on path. At Y, veer left. (You are embarking on a 2K out and back on a wide, paved path with woods on both sides, probably the most beautiful walk in Burke Centre.)
17. Ignoring all paths to the left and right, take path through three poles, one of them

orange, in middle of path. Continue past green metal fence on right, past paved path on right, past dirt path on right.

18 At Y by “to Burke VRE” sign (4K), veer left on paved path toward railroad tracks. Turn around at creek with raised stepping stones.

19. Proceed behind “to Burke VRE” sign on left; continue past dirt path on left; paved path on left (5K); green metal fence on left; between poles in middle of path, past “to Burke VRE” sign on right.

20. At spot you began the out and back and with Walnut Woods trail sign on right, continue straight between paths on left and right.

21. Ignoring path on left, pass between two playgrounds. Abreast of second playground, at Y, veer right. Ignoring all paths on left and right, cross a raised boardwalk, a flat boardwalk, a bridge, and a playground on left.

22. Continue to cross a bridge, two boardwalks with rails (6K). Right on next path over bridge (if you get to a playground with swings, you missed your turn – go back.) Ignore path on left and continue uphill. At Y, veer left uphill to a metal building.

23. Continue on sidewalk, metal building on left, until you come to a wooden sign on right that says Burke Swim & Racquet Club. Look diagonally right across the street to find a path to the right of two No Parking or Standing signs.

24. Cross street and take this winding path (stone building on left) uphill to a large stone column, ignoring one path on right.

*(If you desire a restroom or refreshment stop, turn left on path. Turn right on crosswalk to Hopsfrog Grill, Chicken Palace, Hong Kong Express, Smith and Clarkson’s Café, Great Harvest Bread, Raaga Tandoor (Indian), Burke Fortune House (Japanese), Villa Bella Italian Restaurant, Dairy Queen, Dunkin’ Donuts, Wendy’s. Or at crosswalk turn left on path; short way on road, cross right on sidewalk for Jersey Mikes, Starbucks, Café Rio Mexican Grill. Return to stone column.)*

25. At column, turn right on path (Burke Commons Road on left.) On path, cross Roberts Commons Lane, Wye Oak Commons Court, Chase Commons Drive, and Meredith Circle (7K), to sidewalk. Continue straight across Billard Commons Street to Roberts Parkway.

26. Turn right on asphalt path. Cross Premier Court to a stoplight. Left to cross Roberts Parkway. Left on path.

27. Turn right on next path, over a bridge, a short boardwalk, past playground on right, past condos on left, to traffic circle in front of fountain and memorial. Take path to right of concrete wall, cross street, and take steps down into memorial.

28. Exit memorial to follow asphalt path between two park benches, over wooden bridge (8K), between two more park benches, over wooden bridge, past park bench on left.

29. At Y at gravel path, (spot you remembered earlier) veer left to cross boardwalk. Continue on gravel path.

30. At next Y, turn right on gravel path over a wooden bridge which crosses a stream.

31. Turn right on other side of bridge to keep stream then lake on right. (Ignore all paved paths on left).

32. At playground, path bends left. Cross three wooden bridges.

33. At a Y in front of a brown covered information sign, turn right on paved path

to cross two bridges up to a crosswalk. Continue straight on crosswalk to short boardwalk and path on other side.

34. Take path to a left out to Metro bus sign and Burke Centre Parkway.

35. Turn right on path to cross Oak Leather Drive (9K), pass Chick-fil-A and Five Guys on right.

36. Turn right to pass Shell gas station. Left to pass Chipotle, and return to Starbucks.

**In case of emergency-Dial 911.**

**Event-related assistance: Sandy Koontz 703-867-1073.**

These directions and maps may only be used in conjunction with a signed AVA disclaimer of liability. All other uses are prohibited.

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# Burke Centre-Lake Barton 5K Directions

1. Exit Starbucks parking lot to sidewalk. Turn right to stop sign then left to use crosswalk; pass Shell station. Proceed to Burke Centre Parkway; left on blacktop path.
2. Proceed to first stoplight, cross Oak Leather Drive; continue straight on path.
3. Note Metro bus sign 18P on right. Turn left on path at the sign.
4. Take path to a T-intersection; turn right; ignoring path on left, proceed to crosswalk (don't cross).
5. Turn left on blacktop road, keeping Lake Barton on right. Pass volleyball and basketball courts on right (1K). Blacktop road becomes a narrow path that bends left, then right.
6. Cross small wooden bridge, at Y, veer right to go through three wooden posts across the path.
7. At next Y, veer right across Lake Barton Dam.
8. At T-intersection at end of dam, turn right. Follow path downhill and through wooden posts onto a gravel path. (Remember this spot.)
9. After a few feet, turn left to follow paved path past park bench on right, over wooden bridge, between two park benches, over another wooden bridge, between two more park benches, up to a memorial with Virginia and US flags.
10. Go left up steps, noticing fountain in middle of roundabout. (2K)
11. Veer left on roundabout to walk to asphalt path on right side after the concrete wall.
12. Take path towards woods, past a condo on right and past a playground, ignoring paths on right and left.
13. Cross a wooden bridge with handrails to a T intersection. Turn right.
14. At Y just past a bridge go right past another bridge; continue on asphalt around a playground on left and up to a road.
15. At road turn right on a sidewalk in front of townhouse #5850.
16. Continue on sidewalk past townhouse #5886 and turn left for approximately 100 feet to asphalt path on right; up to a parking lot. (3K)
17. Continue straight on asphalt path, ignoring paths on right and left, to a T intersection. Turn right past pool and clubhouse.
18. Take path to Cove Landing Road (not marked). Turn right across parking lot entrance to follow asphalt path past "no outlet" and 15 MPH signs.
19. At T intersection immediately before roundabout with fountain, go left part way around roundabout to take steps down into memorial.

20. Exit memorial to follow asphalt path between two park benches, over wooden bridge, between two more park benches, over wooden bridge, past park bench on left.

21. At gravel path (spot you remembered earlier) turn left to cross over a low boardwalk. Continue on gravel path.

22. At Y, turn right on gravel path over a long wooden bridge which crosses a stream.

23. Turn right on the other side of bridge to keep stream then lake on right. (Ignore all paved paths on left.)

24. At playground, path bends left. Cross three wooden bridges.

25. At a Y in front of a brown covered information sign, turn right on paved path to cross two bridges up to a crosswalk. Continue straight on crosswalk to path on other side.

26. Take path to a left out to Metro bus sign and Burke Centre Parkway. (4K)

27. Turn right on path to cross Oak Leather Drive; pass Chick-fil-A and Five Guys on right.

28. Turn right to pass Shell station, left to pass Chipotle and return to Starbucks.

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