

The Northern Virginia Volksmarchers Club

Dyke Marsh Walk

AVA Sanctioned Event (#116628/Y1820)

Description: Walkers have a choice between 5KM (3.1 miles) and 10/13KM (6.2/7.9 miles). The 5KM trail is rated 1B and takes the walker out to the Mount Vernon hiker/biker trail. It then traverses a natural path down a peninsula. The path ends with a Potomac river overlook, a popular locale for birdwatchers. The 10/13 KM trail is rated 2B and leads through pleasant residential neighborhoods before following the Mount Vernon hiker/biker trail for 4 KM beside Dyke Marsh and the river. The longer trail includes a 3 KM option that consists of the natural path described above.

Club Contact: Helen Garamone, Email: hkgaramone@hotmail.com; Phone: 571-243-2573

Club Website: www.northernvirginiavolksmarchers.club

Driving Directions to the trail start:

Starting Point Location: Bread and Water Company, 1512 Belle View Blvd., (Belle View Shopping Center), Alexandria, VA 22307
38.7933919, -77.0406705

From either Maryland or Virginia on the Capital Beltway (I-95/495): Drive toward Alexandria and take exit 177A (US-1 South; Fort Belvoir.) Merge to the left within about 0.2 miles and turn left on Huntington Ave. Turn left to drive on Huntington for one block to Fort Hunt Road. Turn right to drive south on Fort Hunt Road for about one mile to the second traffic light, which is Belle View Blvd. Turn left to drive east on Belle View Blvd. for about two blocks. Bread and Water Company is at the far end of the shopping center on the left.

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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. **This event also has a Physical Start Box (PSB). Please use either the OnLine Start Box (OSB) or Physical Start Box (PSB) 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.**

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.

Restrooms: Restrooms are available at multiple stores in the Shopping Center. Food and beverages are available at the Bread and Water Company.

Special Programs: Fairfax County.

**IN CASE OF EMERGENCY: DIAL 911
EVENT RELATED ASSISTANCE:
HELEN GARAMONE: 571-243-2573**

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

ALL OTHER USES ARE PROHIBITED.



Dyke Marsh Walk 5 KM Directions

Start Address: Bread and Water, 1512 Belle View Blvd, Belle View Shopping Center

1. Exit Bread and Water and walk down the sidewalk to Belle View Blvd. Turn left to walk on the left side of the street for about three blocks until E. Wakefield intersects Belle View across the street and you cross a driveway leading into a parking lot.
2. Turn left to walk down a broad walkway into a gazebo. Inside the gazebo, turn right to walk across a small wooden footbridge. Turn left to walk along a sidewalk that passes just to the right of a white brick building. Continue straight on this sidewalk past the row of townhouses.
3. Turn right to walk down either of the parallel sidewalks that pass between the facing row of townhouses until you reach the next street—10th Street.
4. Turn left to walk along the left side of 10th Street for two and one-half blocks to Belle Haven Road. (1 KM)
5. Turn right to walk a very short distance on the right side of Belle Haven Road until you reach the George Washington Memorial Parkway. VERY CAREFULLY cross the parkway, using the median to make the crossing in two safe passages.
6. Once you are across the parkway, continue straight across the grass for about 40 meters to the paved road. Turn right to follow the road for a short distance to a small parking area. Turn left onto a sidewalk and continue past the restrooms to the hiker/biker trail.
7. Turn right to walk on the trail to the stop sign and cross the access road leading to the marina.
8. Turn left to walk about 40 meters on the grass along the right side of the road to the sign marking the Dyke Marsh Wildlife Habitat area.
9. Turn right to walk along the trail leading into the wildlife habitat area. Continue on the main path as it bends left onto a peninsula extending into the river. Continue until the path ends. (2.8 KM)
10. When you reach the end of the path, turn around and return to the access road. Turn left to walk on the left side of the access road to the hiker/biker trail. (4.1 KM)
11. Turn left on the trail for about 0.3 KM until you reach the point where Belle View Blvd intersects the George Washington Memorial Parkway on the far side of the parkway.
12. Turn right to cross the grass and then CAREFULLY cross the parkway, using the median to make the crossing in two stages.
13. Continue straight to walk on the right side of Belle View Blvd for 0.7 KM back to the Start/Finish Point.

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

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Dyke Marsh 5K



Dyke Marsh 10 KM/13 KM Directions

Start Address: Bread and Water, 1512 Belle View Blvd

1. Exit Bread and Water and turn right on Belle View Blvd. for one long block. Cross Belle View Blvd. and Fort Hunt Rd. on crosswalks. Turn left on Fort Hunt Rd., passing the Mt. Vernon Recreation Center and Mary Washington Library.

2. Continue straight ahead on a hilly asphalt path for .5 KM.

3. Keep going as asphalt path turns to sidewalk, passing Quander Rd. Continue one block to cross Rollins Rd. and turn left to cross Fort Hunt Rd. using crosswalk.

4. Continue straight on Westgrove Blvd. for two blocks, turning right on Marine Dr. for one block. (2 KM)

5. Turn left on Warrington Place for one block, turning right on Burtonwood Dr. for one long block.

6. Turn left on Villamay Dr. for one block. Turn right on Admiral Dr. for two blocks and turn left on Belle Vista Dr. for one block.

7. Turn right on Park Terrace Dr. for one block. Carefully cross Morningside Lane and continue straight on Ridgecrest Dr. (same street, new name) for three blocks.

8. Turn left on Alexandria Ave. for one short block, crossing West Blvd. Almost immediately, turn right on hiker/biker trail for about 60 meters to small rest area with a drinking fountain, benches, and an informational sign. (4 KM)

9. Return to Alexandria Ave. and turn right to cross bridge. Turn left to walk on

the left side of Northdown Rd. for one block. Continue straight for about 50 meters as road reverts to hiker/biker trail. (Stay on right so bikes can pass on left.)

10. Continue straight on hiker/biker trail for 3.7 KM. The trail will pass over a long boardwalk when you reach Dyke Marsh.

(If you do not want to take the optional 3 KM trail through the Dyke Marsh Habitat area, go to instruction #14.)

11. Turn right at stop sign/road leading to marina. Walk on gravel path on right side of road for about 50 meters to sign for Dyke Marsh Habitat area.

12. Turn right on the trail leading to habitat area. Continue as path bends left to head out to end of peninsula. Reverse course and return to the access road. (Public restrooms are near the marina a short way down to your left).

13. Turn left on access road back to hiker/biker trail and turn right.

14. Cross marina access road and continue on hiker/biker trail until you reach parking areas/public restrooms on left. Turn left on path on right side of restrooms to cross parking area/street and grassy area. You should see a Shell gas station across the George Washington Parkway at Belle Haven Rd.

15. CAREFULLY cross the parkway, using the median to make the crossing in two safe passages.

16. Walk on Belle Haven Rd. a very short distance and turn left on 10th St. for three blocks. (9KM/12KM)

17. Turn right to walk on one of two parallel sidewalks that pass between facing rows of townhouses.

18. Turn left on sidewalk past white brick building.

Thank you for walking the Dyke Marsh Year-Round. I hope you enjoyed it.

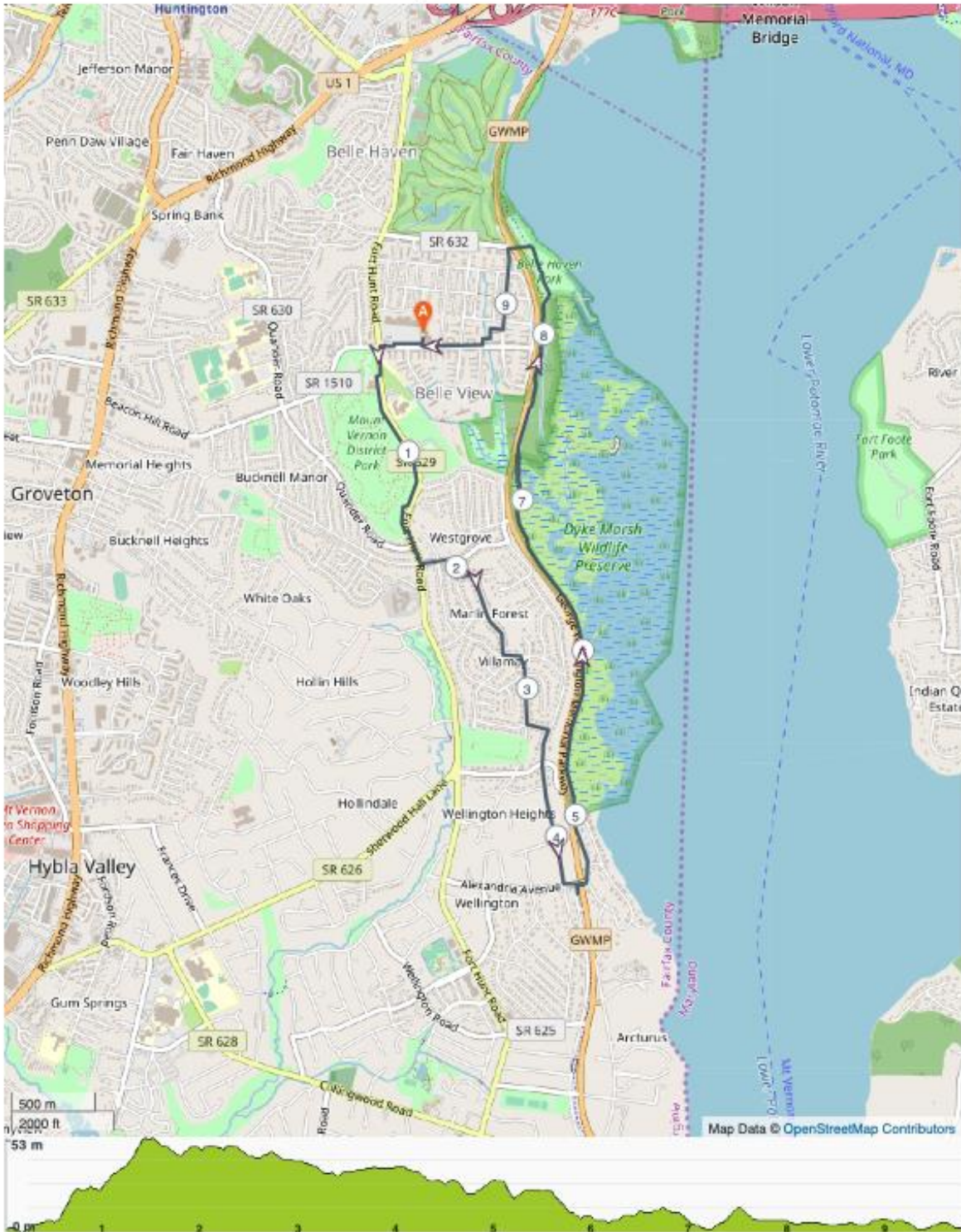
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19. At circular planter, turn right to walk across small wooden bridge to gazebo. Turn left along a broad walkway to Belle View Blvd.

20. Turn right and continue for about three blocks to the Bread and Water.

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Dyke Marsh 10K



Dyke Marsh 13K

