



US FreedomWalk Festival Year Around Bike - Arlington, Virginia

SN: 115761 - 2020 / Y1912

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

Touring on a bike is a great way to enjoy the Greater Washington DC area. A significant portion of this bike event uses the Mount Vernon Trail, which follows the Virginia shoreline of the Potomac River, and offers unobstructed views of the Nation's Capital and its many iconic monuments and buildings. Take your time and enjoy a beautiful day on a long bike ride. You will likely share the trail with many other bike riders, walkers, runners, and our 4-legged friends. On weekends and holidays, these trails are very busy, and on weekdays they serve as commuter routes. Safety is a priority, so please remember to wear a helmet and bring water with you.

The bike route follows the "Arlington Loop" bike trail, which, except near the nominal S/F, is on dedicated "multi use" paved asphalt trails. The elevation change is approximately 350 feet, and includes both up and down hill sections. The scenery along the route includes many Arlington neighborhoods, the I-66 corridor, restaurants of Shirlington, Ronald Reagan Washington National Airport, the George Washington Parkway, and Theodore Roosevelt Island. On a clear day, the sights of the National Capital area are a sight to behold.

In planning for this event, consider the following options:

1. Take Metrorail to the Start/Finish, drive to the S/F, or bike to the S/F.
2. Bring your own bicycle or rent a bicycle using Capital Bikeshare.
3. If using your own bicycle, consider transporting it with you on Metrorail. Become familiar with the rules and guidance at <https://www.wmata.com/service/bikes/guidelines.cfm>
4. Study the trail map for a Start/Finish point more convenient for you.

**Directions to the nominal Start/Finish at Residence Inn:
Arlington Courthouse 1401 N. Adams St., Arlington, Virginia.
(703) 312-2100**

Via Metrorail, which is the best way to get to the Start/Finish, take the Orange or Silver Lines to the "Courthouse" Station. Exit onto Wilson Blvd, go left (west) crossing N. Veitch St., veer left and walk up Clarendon Blvd. for 2 blocks to N. Adams St., turn left to the front entrance of the Marriott Residence Inn. At outlying Metro Parking lots, parking is free on weekends and observed Federal Holidays.

If you're driving from I-95 in VA, exit on I-395 North to VA Rte. 27 South, exit 8A, S. Washington Blvd/Columbia Pike for 3 miles; turn right on N. Clarendon Blvd.; go 0.5 miles; turn right on N. Adams St.; the Residence Inn will be on the left.

One example of an alternative S/F with free parking is N Manchester St & Wilson Blvd at the tennis courts at Bluemont Junction Park (which is 4.4 miles west of the Residence Inn). Driving from the Courthouse Station, take N Courthouse Road south to get on Arlington Blvd (U.S. 50) going west. Follow Arlington Blvd, right on N George Mason Dr and left on Wilson Blvd to N Manchester St. Tennis courts are on your left. Parking and restrooms. You will begin on the W&OD Trail (Washington and Old Dominion) near the 12-mile point on the trail map. From the parking area, bear left on the trail.

If you prefer to rent a bike, consider the Capital Bikeshare program. Pickup and drop-off locations are available throughout the area. Capital Bikeshare (fees may apply, availability not guaranteed) is located by the "Courthouse" Metrorail station exit, across the street from the CVS near the California Tortilla, at 2057 Wilson Blvd., Arlington. Some of the bikes may have a carrying basket while others may not, so a backpack may be helpful. Go to www.capitalbikeshare.com for more information. The closest Capital Bikeshare location with free parking is at Wilson Blvd. and N. Illinois Street (4 miles west of the Residence Inn, but near the W&OD portion of the trail).

This event follows the "Arlington Loop" bike trail, which, except at the start and finish, is on dedicated "bike routes." "Bike routes" are in parentheses because they are shared use, you will be sharing the trails with pedestrians. Stay to the right and give an audible warning before passing on left.

1. Exit the hotel on Adams St and turn right.
2. At corner, turn right on Clarendon Blvd.
3. At 2nd light, turn left on Veitch St to end
 - Carefully cross Wilson Blvd, Key Blvd and Lee Highway
 - Bear left at Y to Bike Trail. (1k/3.4MI)
4. Custis Bike Route, turn right to end
 - At T intersection, turn left toward Rosslyn

- Carefully cross Scott St
- As bike route ends and becomes sidewalk, continue straight. Carefully cross Fort Myer Dr (restroom across Fort Myer Drive and Lee Highway) and Lynn St with lights. Continue straight to enter the Mount Vernon Bike Route. (about 2.5k/ 1.8MI)

5. Straight on Mount Vernon Bike Route following Potomac River to far side of airport

- Carefully cross parking lot entrance
- Bear left on boardwalk
- Straight past entrance (on left) to Columbia Island Marina (food, restrooms)
- Straight toward Alexandria past turn to Washington (on right)
- Carefully cross parking lot entrance at Gravelly Point (portapotty)
- Pass the airport
- Bear left at end of parking lot toward Shirlington and the Four Mile Bike Route (about 10 ¾ k/ 6.6 MI)

6. Bear left on Four Mile Run Bike Route

- Follow Bike trails closest to stream (Four Mile Run)
- After sewage treatment plant, bear left to follow stream
- At road (Giant across street to right), turn left to keep stream on left
- Keep left to go under road and follow stream
- After passing under interstate highway underpass, the trail ends at Shirlington Rd (Weenie Beenie across street to right)
- (There are many restaurants in Shirlington, two blocks to left, then two blocks to right.)

- At Shirlington Rd, turn right, pass the Exxon station (just past Four Mile Run Dr) and turn left to carefully cross Shirlington Rd and continue the W&OD Bike Route (14k/ 8.9mi)

7. W&OD Bike Route to Custis trail

- Carefully cross Walter Reed Dr, George Mason Dr and Columbia Pike
- Restrooms at Barcroft Rec Center (and behind Barcroft parking garage), and periodically on Four Mile Run trail to left.
- Passing under Wilson Blvd (low bridge), and then after about ½ km, turn right on Custis trail (just after blue #22) (18k/12.9 mi)

8. Custis Bike Route

- Go to highway wall
- Go through tunnel under highway, and turn right on Custis Bike Route
- Follow trail along interstate (I-66) on right
- After crossing bridge, turn right at T-intersection to continue following I-66 on right
- After another bridge, followed by a couple switch backs, turn left to go behind strip mall (after strip mall, (I-66 will be on left)
- At T intersection, turn right on Lee Highway (26k/ 16.3 MI)

9. At light, Veitch St, turn left

10. At Wilson Blvd, turn right to Adams St (27K/ 17 MI)

11. At Adams St, turn left to Finish, carefully crossing Clarendon Ave with light.



Incase of an emergency : Dial 911

Event related assistance please call: Dolores Grenier @ 703-209-9066

WALK COMPLETION AND CREDIT

Be sure to log back into the OSB system to “finish/complete” your online registration after doing the event. The OSB system does not deduct any event fee from a participant’s Event Bank until they have submitted event completion info including the date the event was biked, the distance biked, and the selection of applicable special programs that person is participating in. (Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the user’s Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user’s Event Bank when he/she submits the event completion info as a paying for credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days.)

Thank you for participating in our bike event. Please join us the 3rd weekend of October for the U.S. FreedomWalk Festival® 3-day walking event. Different trails each day. www.USFreedomWalk.org

Two-column format directions

1. Exit the hotel on Adams St and turn right.
2. At corner, turn right on Clarendon Blvd.
3. At 2nd light, turn left on Veitch St to end

- Carefully cross Wilson Blvd, Key Blvd and Lee Highway
- Bear left at Y to Bike Trail. (1k/3.4MI)

4. Custis Bike Route, turn right to end

- At T intersection, turn left toward Rosslyn
- Carefully cross Scott St
- As bike route ends and becomes sidewalk, continue straight. Carefully cross Fort Myer Dr

(restroom across Fort Myer Drive and Lee Highway) and Lynn St with lights. Continue straight to enter the Mount Vernon Bike Route. (about 2.5k/ 1.8MI)

5. Straight on Mount Vernon Bike Route following Potomac River to far side of airport

- Carefully cross parking lot entrance
- Bear left on boardwalk
- Straight past entrance (on left) to Columbia Island Marina (food, restrooms)
- Straight toward Alexandria past turn to Washington (on right)
- Carefully cross parking lot entrance at Gravelly Point (portapotty)
- Pass the airport
- Bear left at end of parking lot toward Shirlington and the Four Mile Bike Route (about 10 ¾ k/ 6.6 MI)

6. Bear left on Four Mile Run Bike Route

- Follow Bike trails closest to stream (Four Mile Run)
- After sewage treatment plant, bear left to follow stream
- At road (Giant across street to right), turn left to keep stream on left
- Keep left to go under road and follow stream
- After passing under interstate highway underpass, the trail ends at Shirlington Rd (Weenie Beenie across street to right)
- (There are many restaurants in Shirlington, two blocks to left, then two blocks to right.)
- At Shirlington Rd, turn right, pass the Exxon station (just past Four Mile Run Dr) and turn left to carefully cross Shirlington Rd and continue the W&OD Bike Route (14k/ 8.9mi)

7. W&OD Bike Route to Custis trail

- Carefully cross Walter Reed Dr, George Mason Dr and Columbia Pike
- Restrooms at Barcroft Rec Center (and behind Barcroft parking garage), and periodically on Four Mile Run trail to left.
- Passing under Wilson Blvd (low bridge), and then after about ½ km, turn right on

Custis trail (just after blue #22) (18k/12.9 mi)

8. Custis Bike Route

- Go to highway wall
- Go through tunnel under highway, and turn right on Custis Bike Route
- Follow trail along interstate (I-66) on right
- After crossing bridge, turn right at T-intersection to continue following I-66 on right
- After another bridge, followed by a couple switch backs, turn left to go behind strip mall (after strip mall, (I-66 will be on left)
- At T intersection, turn right on Lee Highway (26k/ 16.3 MI)

9. At light, Veitch St, turn left

10. At Wilson Blvd, turn right to Adams St (27K/ 17 MI)

11. At Adams St., turn left to Finish,

carefully crossing
Clarendon Ave with
light.

Congratulations!!!!!!
!



US FreedomWalk Festival Year Around Bike - Arlington, Virginia

Bike map has distances in Miles

