



Great Greenbelt Volksmarchers

DC Capitol and Holiday Lights Walk

Trail Description: This AVA walk is rated 1A. It is almost totally on paved paths and sidewalks with a little bit of dirt paths if you walk to the Christmas tree on the US Capitol Grounds or around the 50 state trees display on the Ellipse. Most of the museums the walk passes are part of the Smithsonian and free. Times very most are 10 to 5:30 7 days a week. You can get information and hours for each facility at <https://www.si.edu/>. The both the 5 and 10 k go to and through the Capitol grounds passing the visitors center, bathrooms available when the visitors center is open. More information on visiting and touring the capitol can be found at <https://www.visitthecapitol.gov/>. The walks then go past the capitol reflecting pool to the US Arboretum which has a fantastic holiday display each year (starting November 22nd) and worth the detour. More information can be found at <https://www.usbg.gov/>. The trail then continues along the mall where the 5 k splits and goes across the mall and will the 10 k will rejoin it later. The 10 k continues along the mall passing more museums (see directions for all). It goes around the Washington Monument (which is unfortunately still closed due to damage due to the 2011 earthquake). The trail then goes to the Ellipse, past the White House Visitor Center, Freedom Plaza. Then to the Old Post Office Tower. Run by the National Park Service it is well worth the trip to the top for a great view of DC <https://www.nps.gov/nama/learn/historyculture/old-post-office-tower.htm>. The trail then continues into China Town and then to the DC Courthouse where the 5 k rejoins. The walk then goes passed the Post Office and Post Office Museum before returning to Union Station.

Walk Registration:

Please use the online start box provided by the California Volkssport Association website (www.cva4u.org). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first-time user. The POC does not provide event directions or accept alternate payment methods.

Walk Completion and Walk Credit:

Once you have physically completed the walk, please login to your Online Start Box account and select the "Maps / Finish" tab. Use the displayed entry form to submit the date and distance of your walk as well as select applicable AVA Special Programs to generate stamped "virtual" start cards that you may later choose to print out.

In Case of Emergency:

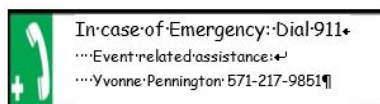


Table of Contents: Use the following table to guide what portion of this document you may wish to print out.

Contents

Trail Description	1
Walk Registration:.....	1
Walk Completion and Walk Credit	1
In Case of Emergency:.....	1
Table of Contents	2
Directions to Start	3
Walk Directions:	5
10 K Map	8
5 K Map	9
Special Programs for DC Holiday Lights Walk	10
Places to Eat	10
Great Greenbelt Volksmarchers	11
2019 Events	11
Great Greenbelt Volksmarchers	11
2018/2019 Year Round Events	11
Contact us:	11

Directions to Start

There are many ways to get to Union Station, Metro Rail, Metro Bus, Amtrak, MARC, VRE Commuter Rail, and Greyhound and other bus service. public transportation is the easiest, though on weekends please check Metro's website at www.wmata.com for updates on which tracks may have delays due to track work. The walk starts at Union Station on the Red line but can be access easily from any of the lines.

By Metro Rail: Red line exit at Union Station

By Metro Bus: 80, 96, 97, D6, D8, X1, X8, routes all go close to Union Station

By Circulator Bus: Georgetown-Union Station, Congress Heights-Union Station, Nation Mall Routes. For more information <https://www.dccirculator.com/circulator-map-and-information-guide/>

By Car: There is a parking garage at Union Station with 2 different entrances I have tried to provide directions to both from the main arteries into DC. The best thing would be to enter the parking garage in a GPS for updated road construction and traffic delays. The parking garage rates varies by day and time plus any events going on in the area. Information can be found at <https://www.unionstationdc.com/parking/> There is 2-hour validation machines but only put the ticket in once or the validation will be canceled. There is little street parking near the station but there is street and lot parking along the route.

30 Massachusetts Ave NE Entrance

From 395N:

Keep right to stay on 1395N into DC following signs for 395N/D St NW/US Capitol/The House

Use the right lane to take exit 9 for D St NW

Turn right onto D St NW

Turn left onto Delaware Ave NE

Turn right onto Columbus Circle Northeast

Use the 2nd from the left lane to turn left to stay on Columbus Circle Northeast

Slight right to stay on Columbus Circle Northeast

Slight left onto Union Station Dr NE

Keep right to stay on Union Station Drive NE, garage entrance will be on the left.

From George Washington Parkway

Take 395N and follow directions above.

From North Capitol Street

Turn left on Massachusetts Ave NE

Continue onto Columbus Circle Northeast

Use the 2nd from the left lane to stay on Columbus Circle Northeast

Slight right to stay on Columbus Circle Northeast

Slight left onto Union Station Dr NE

Keep right to stay on Union Station Dr NE, garage will be on your left

101 H Street NE Entrance:

From North Capitol Street:

Turn left on H Street (parts of this road are closed Mon-Fri 7-9 am)

Parking Garage Entrance will be on the right

From Baltimore/Washington Parkway

Exit at US-50 W/New York Avenue NE towards Washington

Merge onto US 50W/New York Avenue NE

Turn left on 4th St NE

Immediately Turn right to stay on 4th Street NE

Turn right onto H St NE U Turn and entrance to Parking Garage will be on your right.

From 395N

Keep right at the fork to stay on I395N, follow signs for 395N/US Senate/C St SW/US Capitol/The House

Use the 2 rights lanes to take exit10 towards Massachusetts Avenue

Continue onto 2nd St NW

Use the right 2 lanes to turn right onto H St NW parking garage will be on the right

From US 50

Merge onto New York Avenue NE

Turn left on 4th St NE

Immediately Turn right to stay on 4th Street NE

Turn right onto H St NE U Turn and entrance to Parking Garage will be on your right.

Walk Directions:

Washington DC is divided into 4 quadrants centered on the Capitol. The 4 quadrants named NW, NE, SE, and SW are separated by streets named North Capitol St, East Capitol St, South Capitol St and on the west by the National Mall. The numbered streets run north and south, the lettered streets east west and the avenues cross diagonally.

1. **EXIT** Union Station Metro up the escalator to street level, turn **RIGHT ENTER** West Hall of Union Station and walk to the center of the main hall.
2. Turn **RIGHT, EXIT** through the center main door looking toward the Capitol.
3. Carefully **CROSS** the 3 lanes of Union Station Drive NE in front of the station, bear left past a replica of the Liberty Bell, around the statue of Christopher Columbus and **STRAIGHT** to traffic lights.
4. **CROSS** both lanes of Columbus Circle NE
5. **STRAIGHT** on left sidewalk of Delaware Ave NE through posts onto the Capitol grounds.
 - a. **CROSS** D St NE
 - b. **CROSS** C St NE
 - c. **PASS** Russel Senate Office Building
 - d. **CROSS** Constitution Ave NE.
6. **STRAIGHT** through posts, **CROSS** road, through more posts, bear **LEFT CROSS** driveway to decorative brick sidewalk.
7. Turn **RIGHT** to follow brick sidewalk, small wall and bench on left, to 1st set of steps down to Capitol Visitor Center. (open 8:30am to 4:30pm Mon-Sat).
8. Turn **RIGHT** to walk across the East Gate plaza to 2nd set of steps to the Capitol Visitor Center.
9. Bear **RIGHT** on decorative brick path to end.
10. Turn **RIGHT CROSS** driveway and South Gate entrance to sidewalk.
11. Bear **LEFT** to follow the sidewalk around the Representative wing to the Westside Steps.
12. Bear **LEFT** down 3 steps to terrace level, past the Westside Steps and Capitol on right, Westside Gardens, Mall and Washington Monument on left to wide path on left.
13. Turn **LEFT** down wide path, with steps, to T-junction before the Peace Monument circle.
14. Turn **LEFT** around circle to crosswalk across FIRST St NW.
15. **CROSS** FIRST St NW turn **LEFT** to walk on right-side of First St NW past the Ulysses S. Grant Memorial to crosswalk across Maryland Ave SW after the Garfield Monument in circle on left.
16. **CROSS** Maryland Ave SW. Walk to United States Botanic Garden and **ENTER**.
17. View exhibits restrooms available.
18. **EXIT** US Botanic Garden turn **LEFT** on Maryland Ave SW to 3rd St SW
19. **CROSS** 3rd ST SW and Maryland Ave SW, walk on right-side of Maryland Ave to 1st path on right.
20. Bear **RIGHT** to walk through Native Landscape past the entrance to the National Museum of the American Indian, terraced waterfall down steps or ramp to corner of 4th St SW and Jefferson Dr SW.

5km WALKERS

- Turn **RIGHT CROSS** Jefferson Dr continue **STRAIGHT** on right-side of 4th St to cross the National Mall to Pennsylvania Ave NW
- **CROSS** Madison Dr NW
- **PASS** between The National Gallery of Art on the left and The East Wing of the National Gallery of Art on the right.
- **CROSS** Pennsylvania Ave NW and Constitution Ave NW
- **STRAIGHT** through the John Marshall Park to C St NW.
- **CROSS** C St NW **STRAIGHT** through park and up steps to Indiana Ave NW.
- **CROSS** Indiana Ave NW toward the Statue of Abraham Lincoln before the DC Court of Appeals, originally the Town Hall.
- Turn **RIGHT** to corner of 4th St NW and Indiana Ave NW.
- Go to Instruction 44

10km WALKERS

21. **CROSS** 4th St SW **STRAIGHT** on Jefferson Dr SW to 14th St SW.
 - a. **FOLLOW** a Voyage through our Solar System on the scale model on your right starting with the Sun.
 - b. **PASS** the Air and Space Museum.
 - c. **CROSS** 7th St SW
 - d. **PASS** Hirshhorn Museum on left, Sculpture Garden across the road on right.
 - e. **PASS** Arts and Industries building.
 - f. **PASS** the Carousel on right
 - g. Walk through the Kathrine Dulin Folger Rose Garden.
 - h. **Pass** Pluto
 - i. **PASS** the Smithsonian Castle and Visitor Center (open 8:30am to 5:30pm)
 - j. **PASS** the S Dillon Ripley Center.
 - k. **CROSS** over the 12th St SW freeway.
 - l. **CROSS** 12th St SW
- m. **PASS** part of the Department of Agriculture.
22. At 14th St SW turn **RIGHT CROSS** Jefferson Dr SW, turn **LEFT CROSS** 14th St SW **STRAIGHT** on Jefferson Dr to 15th St SW.
23. **CROSS** 15th St NW, bear **RIGHT** on path to stone building, Washington Monument Lodge (open 9:00am to 6pm daily), restrooms available.
24. **PASS** Lodge bear **LEFT** at Y-junction, **FOLLOW** path closest to construction fence around the Washington Monument to end of fence.
25. Turn **RIGHT**, chain fence on left, to T-junction in the German American Friendship Garden.
26. Turn **LEFT**, **RIGHT** though garden, **CROSS** Constitution Ave NW, **PASS** the Haupt Fountains, **CROSS** Ellipse Rd NW to paved path.
27. Turn **LEFT** on path to follow it around the Ellipse past the stone zero-mile marker behind the White House to the National Christmas Tree storyboard.
28. Bear **LEFT CROSS** Ellipse Rd NW to the corner of E St NW and 15th St NW.
29. **CROSS** 15th St NW **STRAIGHT** on E St NW for 2 blocks.
 - a. **PASS** the White House Visitor Center housed in the Herbert C Hoover building, the US Department of Commerce.
 - b. **CROSS** 14th St NW.
 - c. **PASS** the District Building on right, Freedom Plaza across the road on left.
 - d. **CROSS** 13½ St NW.
 - e. Walk to end of the Ronald Reagan Building and International Trade Center.
30. Turn **RIGHT** to walk into the Woodward Wilson Plaza to the wall surrounding the lower eatery.
31. Turn **LEFT** to walk around the wall, past the Federal Triangle Metro exit, through the arches to 12th St NW.
32. Bear **RIGHT** to crosswalk, **CROSS** 12th St NW and follow Starbuck signs to entrance to the Old Post Office Tower.
33. **ENTER** the building and enjoy the view from the top of the Tower and the atrium of the Trump International Hotel.
34. **EXIT** the building, up the steps, turn **RIGHT** to 12th St NW.
35. Turn **RIGHT** on 12th St NW to Pennsylvania Ave NW.
36. Turn **RIGHT** on Pennsylvania Ave NW to 10th St NW.
 - a. **PASS** the Trump International Hotel.
 - b. **CROSS** 11th St NW.
 - c. **PASS** the IRS building.
37. **CROSS** both 10th St NW and Pennsylvania Ave NW to walk on right side of 10th St NW to F St NW.
 - a. **PASS** the Edgar Hoover building, FBI.
 - b. **CROSS** E St NW
 - c. **PASS** Trolley Hop on Hop off sightseeing office on left.
 - d. **PASS** Ford's Theatre, National Historic Site on right.
38. **CROSS** turn **RIGHT** on F St NW to 7th St NW.
 - a. **PASS** Masonic Temple on left.
 - b. **CROSS** 9th St NW.
 - c. **PASS** International Spy Museum
 - d. **PASS** the American Art Museum and National Portrait Gallery on left.
39. **CROSS** turn **LEFT** on 7th St NW to H St NW.
 - a. **PASS** Gallery Place/China Town Metro
 - b. **PASS** Capital One Arena

- 40. Turn **RIGHT** on H St NW to 6th St NW
 - a. **PASS** under Friendship Archway.
 - b. **PASS** Gallery Place/China Town Metro.
- 41. Turn **RIGHT** on 6th St NW to Indiana Ave NW
 - a. **PASS** Capital One Arena.
 - b. **CROSS** F St NW.
 - c. **PASS** side of Sidney Harmon Hall = Shakespeare Theatre.
 - d. **CROSS** E St NW.
 - e. **CROSS** D St NW.
- 42. Turn **LEFT CROSS** 6th St NW walk on Indiana Ave NW to intersection of D St NW, 5th St NW and Indiana Ave NW.
- 43. **CROSS** D St NW, **CROSS** 5th St NW bear **LEFT** on brick path to walk between the DC Court of Appeals, originally the DC Town Hall and a statue of Abraham Lincoln to the corner of Indiana Ave NW and 4th St NW.
- 44. Turn **LEFT** on New Jersey Ave NW to intersection of First St NW, New Jersey Ave NW and F St NW.
 - a. **PASS** entrance to Hyatt on left
 - b. **CROSS** E St NW.
- 45. Turn **RIGHT CROSS** New Jersey Ave NW, **STRAIGHT** on F St NW to North Capitol St NW.
- 46. Turn **LEFT CROSS** F St NW, turn **RIGHT CROSS** New Jersey Ave NW, turn **LEFT CROSS** Massachusetts Ave NW to the National Post Office Museum and Stamp Gallery. (The Post Office entrance is on North Capitol St.)
- 47. Turn **RIGHT** to walk past the National Post Office Museum to First St NE. (Museum open daily 10:00am to 5:30pm).
- 48. **CROSS** First St NE driveways and bike lane turn **LEFT** bear **LEFT** to **CROSS** driveway and through arches to **FINISH** at Union Station Metro.

10km & 5km TRAILS RE-JOIN.

- 44. **CROSS** 4th St NW turn **LEFT** on D St NW to New Jersey Ave NW.
 - a. **CROSS** 3rd St NW.
 - b. **PASS** US Tax Court on left
 - c. **PASS** over I395 Department of Labor buildings across the street on right.
 - d. **CROSS** 2nd St NW.
 - e. **PASS** the Mitch Snyder Art and Education Center for the Homeless.
 - f. **CROSS** First St NW
 - g. **PASS** side of Hyatt Hotel.

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

10 K Map



5 K Map



Special Programs for DC Holiday Lights Walk

Program	Reference
Make a Wish at a Water Fountain	US Capitol Grounds
National Parks Centennial	US Post Office Pavilion Tower, Washington Monument, National Mall
Points of Reference	Walking in North West, North East, South West Quadrants of DC, Zero Mile Marker near the White House
State Street Sashay	Delaware, Maryland, Pennsylvania, Indiana, New Jersey
Take a Walk in a City Park	John Marshall Park
United States Post Offices	Massachusetts Avenue Post Office Zip Code 20002
Vice President Walk	US Capitol Building,

Places to Eat

There are some great places to eat along the trail including:

Restaurants and a food court in Union Station

Restaurants in many of the Museums

Hard Rock Café near Fords Theater

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2019 Events



We will be sanctioning more events in the near future for next year

May 15 – Greenbelt Wednesday Night Walk

Start 4-5:30 finish by 8:30
Greenbelt Community Center
15 Crescent Rd # 200, Greenbelt, MD 20770

July 17 – Greenbelt Wednesday Night Walk

Start 4-5:30 Finish by 8:30
Greenbelt Community Center
15 Crescent Rd # 200, Greenbelt, MD 20770

August 21 – Greenbelt Wednesday Night Walk

Start 4-5:30 Finish by 8:30
Greenbelt Community Center
15 Crescent Rd # 200, Greenbelt, MD 20770

September 18 – Greenbelt Wednesday Night Walk

Start 4-5:30 Finish by 8:30
Greenbelt Community Center
15 Crescent Rd # 200, Greenbelt, MD 20770

Great Greenbelt Volksmarchers

2018/2019 Year Round Events



Greenbelt City Walk, Greenbelt Park Walk, and Greenbelt Swim

Greenbelt Aquatic Center
101 Centerway, Greenbelt, MD 20770

**College Park/University of MD Walk
College Park/Anacostia River Trail Bike**

College Park Airport – Pilots Lounge
1909 Corporal Frank Scott Drive, College Park, MD 20740

**Washington DC Mall Walk
Iwo Jima Walk**

Columbia Plaza Apartments
Reception Desk, The Consul, W Lobby,
2400 Virginia Ave NW, Washington, DC 20037

October 1-December 31, 2019 Online Seasonal Lights of DC Winter Walk

Contact us:

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Facebook: <https://www.facebook.com/GreenbeltVolkssports/>