

Beginner Bike Routes

Distance: 30-90 minutes or 5-14 miles

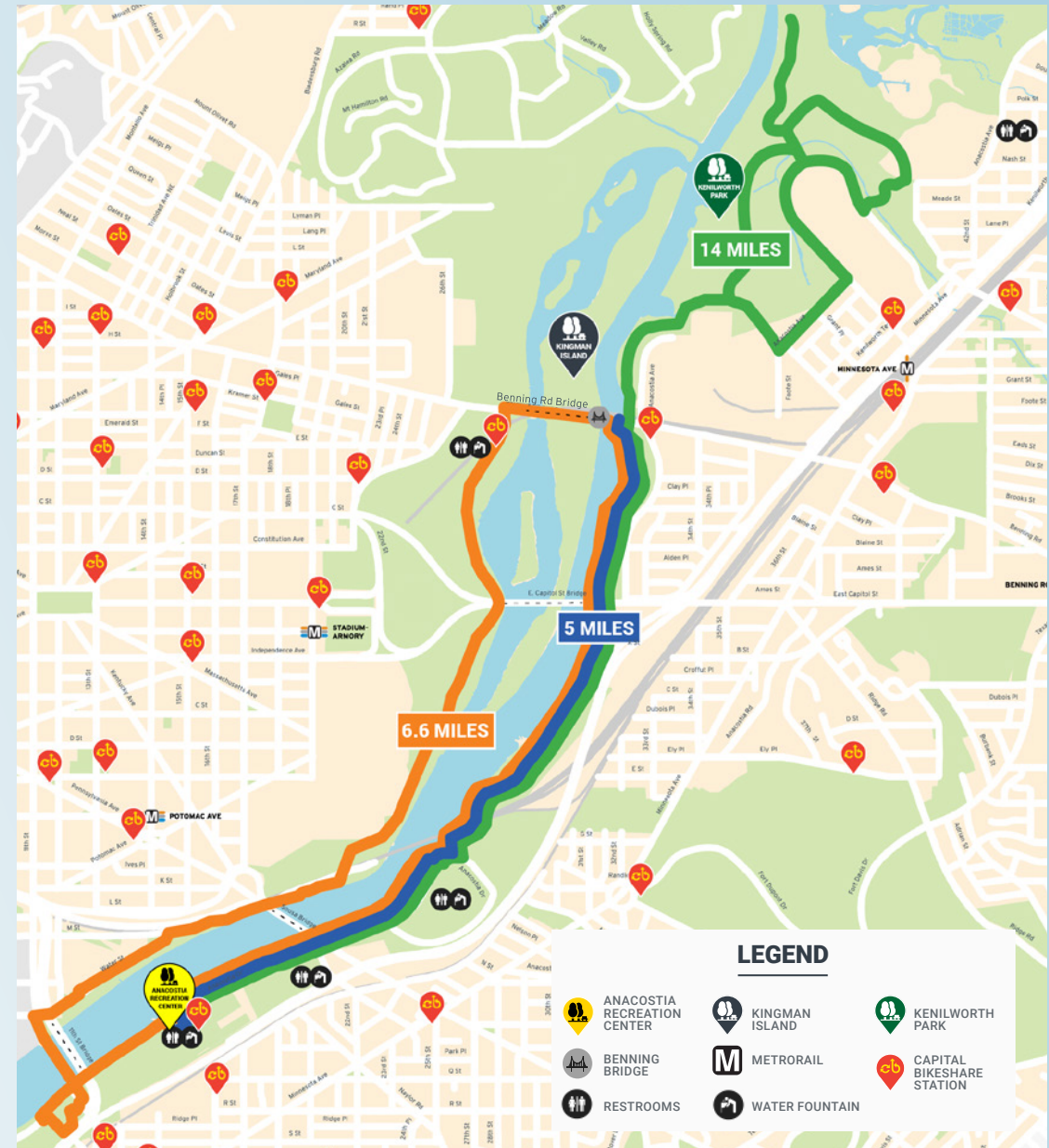
Start/End Location: Anacostia Recreation Center,
1800 Anacostia Dr, Washington, DC 20020

The Anacostia Riverwalk Trail is low-stress with few intersections and limited interactions with cars. Starting at the Capital Bikeshare station in front of the Anacostia Recreation Center, riders can choose between three trail segments described on page 2.

Explore the trail on Capital Bikeshare! [Download the app to rent a bike for just \\$2 for a 30-minute trip!](#)



Anacostia Riverwalk Trail





Short Segment (5 miles round trip)

Anacostia Recreation Center to Benning Rd Bridge

Download a cue sheet for step-by-step directions here: [RidewithGPS](#)

With no cars or roads in the way, this widely paved trail takes you along the grass fields and river of Anacostia Park. Start by riding east until you get to the outdoor roller skating rink within the park. Climb the trail bridge over the railroad tracks for a lovely wooded section of the trail. The view of the Anacostia River from the bridge is beautiful and worth a stop! When you get out of the wooded section and into River Terrace, ride as much of the trail as you'd like. We recommend you turn around at Benning Bridge and head back to your starting location at the Anacostia Recreation Center.

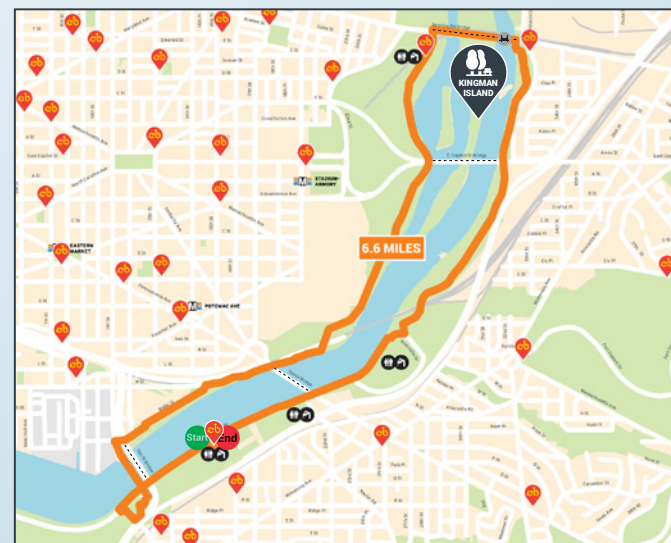


Mid-length Segment (6.6 miles)

Anacostia Recreation Center to Benning Rd Bridge to Kingman Island

Download a cue sheet for step-by-step directions here: [RidewithGPS](#)

Similar to the short segment, this widely paved trail takes you along the grass fields of Anacostia Park and two times across the scenic Anacostia River. This route travels mostly along trails, with a few short and quiet road segments. You'll still start by riding east and eventually cross over to Kingman Island. To cross over Benning Bridge, use the sidewalk on the south side of the bridge. Please note that crossings are often shared with pedestrians and can be tight. Go slowly, yield to pedestrians, and dismount if necessary. The body of water on the other side of the island is Kingman Lake and the bridge here is great for turtle and wildlife sightings. Remember that Kingman Island is walking only, so dock or walk your bike if you want to explore.



Long Segment (14 miles round trip)

Anacostia Recreation Center to Benning Rd Bridge to Kenilworth Park

Download a cue sheet for step-by-step directions here: [RidewithGPS](#)

Though it's a long segment, this same wide-paved trail takes you along the grass fields and river of Anacostia Park. This route is almost entirely trail, with a few short road segments and one hill. Start by riding east until you reach River Terrace, where you'll go straight under Benning Rd Bridge and wind alongside the river. Under bridges often stays wet, so keep an eye out for large puddles. In the winter, bridges (and under bridges) freeze. This is especially true for smaller bridges like the one that goes over the CSX tracks at Anacostia Park. Much of the land you pass has been fenced off, but is now great for birdwatching! Ride along the trail through the lovely fields of Kenilworth Park and into the woods and through the riverbank. You should be able to see the National Arboretum across the Anacostia River. Turn around when it suits your fancy!

