

WHERE WILL YOUR WHEELS TAKE YOU?

- Bike to Transit**  
Park your bike or take it with you – details under “Bikes & Transit” on the reverse side.
- Bike to School**  
University/College  
School
- Bike to Shops & Restaurants**  
Retail Area
- Bike to Play**  
Park  
Athletic Field  
Point of Interest/Historic Site  
Community Pool/Waterpark/Splashpad  
Public Playground  
Restrooms  
Golf  
Campground
- Bike to Community Services**  
Library  
Community/REC/Multicultural Center  
Government Center/Supervisor Office  
Human Services Office  
Place of Worship  
Hospital/Urgent Care

BICYCLE AMENITIES

- Major Regional Trail
- Bike Lanes
- Sidewalk Connection
- Natural Surface Trail
- Alexandria and Arlington Routes
- Historic Fairfax Cycle Loop
- U.S. Bicycle Route 1
- Mountain Bike Trail System
- Bicycle Locker/Bike Room
- Bike Shops/Repairs
- Trail Parking
- Pedestrian/Bicycle Bridge/Tunnel
- Plan Ahead  
Fair-Weather Crossing (Use alternative route during inclement weather)  
Fort Belvoir Gate (Bicycle Access Prohibited)

HOW TO USE THIS MAP

While bicycles are legally welcome on most roads in Fairfax County, not all roads are equally comfortable to bike on. This map will help you plan the most enjoyable route to destinations in your neighborhood and beyond based on your riding experience. Go ahead—take your bike for a spin around the neighborhood or try biking to a favorite destination!



BIKE THE SITES



**1 GEORGE WASHINGTON'S MOUNT VERNON:** This Neoclassical Georgian-style estate was the home of George Washington, our nation's first president. It was also one of the first National Landmarks ever designated.

**Directions by Bike:** Ride to Mount Vernon on the scenic Mount Vernon Trail. From the west, the estate is accessible via the Mount Vernon Memorial Highway Trail. Bike parking is provided near the entrance and on the parking lot. Located in grid square Q16.



**2 WORKHOUSE ARTS CENTER AT LORTON:** This world-class center for the arts features more than 65 artists in their studios. View their work, participate in classes, attend festivals and musical/theater performances, tour the grounds while learning the history and purchase one-of-a-kind gifts.

**Directions by Bike:** The Arts Center is located along the Cross County Trail (CCT) and also can be accessed via the Ox Road Trail. Bike parking facilities are provided. Located in grid square K16.



**3 WOLF TRAP NATIONAL PARK FOR THE PERFORMING ARTS:** The country's only National Park for the performing arts includes casual and pavilion outdoor performance space. Highlights include the majestic Flieme Center, the Children's Theatre-in-the-Woods, Wolf Trap Opera Company and The Barns at Wolf Trap.

**Directions by Bike:** Access Wolf Trap from the Washington & Old Dominion (W&OD) via the Clarks Crossing or Meadowlark Road Trail that connect to the Trap Road Trail via the Beulah Road Trail. Bike parking is available. Located in grid square J6.



**4 GUNSTON HALL:** An 18th-century, Georgian-style mansion, Gunston Hall was the home of George Mason, the author of Virginia's Declaration of Rights.

**Directions by Bike:** Follow the trail from the Pohick Bay Regional Park entrance south along Gunston Road to Gunston Hall (there is a trail connection to the campground). From Mason Neck State Park, follow the trail along High Point Road and Gunston Road north. Located in grid square N18.



**5 NATIONAL AIR AND SPACE MUSEUM STEVEN F. UDVAR-HAZY CENTER:** The Smithsonian museum houses more than 300 aircraft and spacecraft, including the Space Shuttle Discovery and the SR-71 Blackbird.

**Directions by Bike:** Confident bicyclists can reach the Udvar-Hazy Center via the Air and Space Museum Parkway, which is a wide road with very little traffic. Please note that there are no dedicated bicycle or pedestrian facilities. Bike racks are available in front of the museum. Located in grid square D7.

12 MINUTE BIKE RIDE 2 MILES

CHOOSE YOUR ROUTE

**For Beginners and Families**  
Primary Trail  
Secondary Trail  
Most Comfortable

**Suitable for Most Adults**  
Somewhat Comfortable

**For Experienced Cyclists**  
Less Comfortable  
Use with Caution

Paved trails and quiet neighborhood streets shown in **PURPLE** and **GREEN**, respectively, are the most pleasant places to ride, and are fun for users of all ages and abilities. Enjoy a family ride to the park or bike to the ice cream store.

Only people with significant riding experience would feel comfortable on **ORANGE** routes, where you should expect to interact with more and faster motor vehicles. These routes can be very congested during peak hours, but experience low traffic volumes at other times.

Routes shown in **DARK GRAY** are busy arterials, or narrow, winding country roads, and are not suitable for the average cyclist. Experienced cyclists should use these roads with caution. Some of the arterials have wide shoulders or bike lanes.

Less confident riders should look for a parallel trail or green neighborhood route, ride on the sidewalk when there is no alternative available (it's legal, but ride with traffic and use caution at driveways—drivers may not expect you). You can also hop on a bus to continue your trip and even take your bike with you.

REGIONAL TRAILS

**GERRY CONNOLLY CROSS COUNTY TRAIL (CCT)**  
The 40-mile long Cross County Trail (CCT) is the primary north/south trail in the county, passing through landscapes ranging from remote woods, stream valleys and rolling hills to battlefields and developed parks. The trail varies from wide paved sections to natural surface sections more appropriate for mountain bikers. The trail crosses many of the county's main east-west roads. Where no off-road route is possible, the trail follows roadside trails or sidewalks. Maps of each section are available online or through the Park Authority trails' office.

**EAST COAST GREENWAY (ECG)**  
The ECG is the nation's most ambitious long-distance trail. It is a continuous, traffic-free route suitable for bikers of all abilities and ages. From Washington, D.C., the ECG enters Fairfax County along the Mount Vernon Trail.

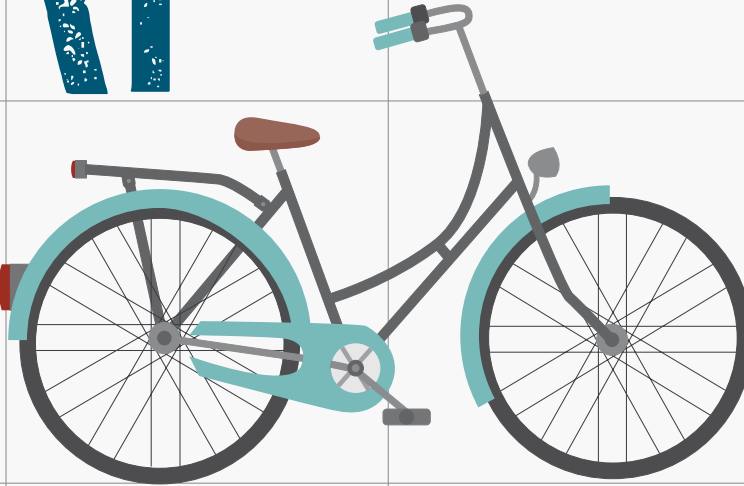
**1 THE FAIRFAX COUNTY PARKWAY TRAIL**  
The 31-mile Fairfax County Parkway Trail is a flat, well-marked north/south multi-use trail that runs alongside the Fairfax County Parkway, Burke Centre Parkway, Franconia-Springfield Parkway and Leesdale Road from Richmond Highway near Fort Belvoir to Leesburg Pike in Herndon. The route intersects the Washington & Old Dominion (W&OD) Trail just north of the Sunset Hills Road in Reston, Braddock Road Trail in Leesville Park and Route 123 Trail near Burke. It overlaps with the Cross County Trail (CCT) west of the Rolling Road interchange in West Springfield.

**2 MOUNT VERNON TRAIL**  
The 18-mile paved Mount Vernon Trail stretches from George Washington's Mount Vernon Estate to Theodore Roosevelt Island. It connects with the Potomac Heritage, Custis, Rock Creek, Four Mile Run and Woodrow Wilson Bridge Trails. The trail is mostly flat and follows the course of the scenic Potomac River. The trail is open year-round from 6 a.m. to 10 p.m. Commuters may use the trail any time.

**3 WASHINGTON & OLD DOMINION (W&OD) RAILROAD REGIONAL PARK**  
This 45-mile paved trail runs along the former roadbed of the Washington & Old Dominion (W&OD), which runs through the urban heartland and into the Virginia countryside. W&OD Trail hours are from 5 a.m. to 9 p.m. from Shillington to the western town limit of Herndon. Beyond that, the trail closes at dusk.

Fairfax County BIKE MAP

Fairfax County's Department of Transportation provides this map for the user's convenience and expressly disclaims any representations or warranties regarding map information and road conditions. There may be discrepancies between what is shown on the map and actual conditions so users are reminded to remain vigilant for hazards. The County assumes no liability for any errors, omissions or inaccuracies in the information provided for those who choose to use the routes depicted. Because outdoor activities such as bicycle riding or hiking involve inherent risk, users of this map waive any and all liability against the County for use of this map or routes.





If you notice that a bicycle facility is not featured on the map or a road that should be designated differently, please let us know. Contact [bikefairfax@fairfaxcounty.gov](mailto:bikefairfax@fairfaxcounty.gov).

If you see a hazard on a trail, sidewalk or road, please report it to <https://my.vdot.virginia.gov/> or [bikefairfax@fairfaxcounty.gov](mailto:bikefairfax@fairfaxcounty.gov).

[www.fairfaxcounty.gov/transportation/bike-walk](http://www.fairfaxcounty.gov/transportation/bike-walk)  
[bikefairfax@fairfaxcounty.gov](mailto:bikefairfax@fairfaxcounty.gov)  
(703) 324-BIKE (2453)

# BEGINNER'S GUIDE

**BIKES ARE A FUN, HEALTHY, RELIABLE, AND ECONOMICAL WAY TO GET AROUND**

Bikes are great for getting to work or school, the store, the park, or your place of worship. You can ride a bike for exercise or just for pleasure. Different types of bikes are available to fit your needs, whether you prefer to ride on pavement or dirt, need to carry lots of cargo or children, or want pedal-assist technology that makes climbing hills a breeze.

**TIPS**

If you have never biked before, consider taking a learning-to-ride class first. Bikes and helmets are usually provided. You can also hire a private instructor. Visit [www.bikeleague.org/ridesmart](http://www.bikeleague.org/ridesmart) to find classes or private instructors.

**Get Yourself a Bike.** Research what type of bike will fit your needs. Bike shops in Fairfax County can also provide advice. If you do not want to commit to a new bike, you can find a great variety of affordable preowned bikes through local or virtual yard sales. If you already have a bike, make sure it is in good working condition. You may want to get it inspected at a bike shop to ensure that it is safe to use.

**Plan Your Route.** Before you go on a ride, plan the most comfortable route. Use this map or an online service such as Google Maps. If you are not comfortable riding in traffic, choose a purple, green or dark blue route.

**Practice.** Try biking to different destinations such as the store, community center or park. The more you ride your bike, the easier it will become.

# SAFE CYCLING ON THE ROAD

**BE ALERT**  
Scan the road  
Always know your surroundings

**RIDE IN THE APPROPRIATE POSITION AND LANE**  
Move into the appropriate lane early.  
In narrow lanes or slow traffic, it may be safer to take the whole lane.  
Ride to the right, with traffic. Do not ride in a right-turn-only lane if you are going straight.

**BE CAREFUL AT INTERSECTIONS**  
Use caution since most collisions occur at intersections. Watch for turning vehicles and pedestrians.

**FOLLOW ALL TRAFFIC LAWS**  
Obey all signs and traffic lights.

**RIDE IN A STRAIGHT LINE**  
Do not dip between parked cars.

**WEAR A HELMET**  
Children under 15 are required to wear a helmet by law.

**USE BIKE LIGHTS**  
Use lights when riding in low-visibility conditions and in the dark. Use at least one front white light and one rear red flashing light.

**USE APPROPRIATE HAND SIGNALS**  
Tell motorists, cyclists and pedestrians what you intend to do. Be predictable.

**BEWARE OF CAR DOORS**  
They can open at any time. Ride at least 5 feet away from parked vehicles.

For further information, visit [www.sharevaroads.org](http://www.sharevaroads.org).

# WHERE TO BIKE

**Trails**

A trail is a form of infrastructure that supports multiple recreation and transportation opportunities, such as walking, running, hiking and bicycling. In Fairfax County, primary and secondary trails are wide asphalt or concrete shared-use paths that run along streets and through parkland. There are also a variety of natural surface trails that are open for mountain biking. Riding on sidewalks is also legal in Fairfax County unless there is a posted sign prohibiting bicycle use.

**Bike Lanes**

Standard bike lanes give people riding bicycles their own space on the road.

**Buffered Bike Lanes**

Buffered bike lanes are dedicated bicycle facilities that provide additional space between people riding bicycles and vehicular traffic.

**Shared Lane Markings**

Shared lane markings and "Bikes May Use Full Lane" signage indicate a shared travel lane for bicycles and cars. Motorists may legally cross the double yellow line in order to safely pass a person riding a bicycle, as long as the oncoming lane is clear.

# BIKES & TRANSIT

**BIKES ON BUSES**

Bringing your bike on a bus can help you go farther, faster. All Fairfax Connector buses, Arlington Transit buses and WMATA Metrobus buses have front-mounted bike racks. Each rack accommodates two bicycles of most standard sizes. There is no additional charge.

- PULL HANDLE**  
Grab the handle and pull up. Squeeze the top handle and pull the rack down.
- DEPLOY RACK**  
Use one hand to unlatch and pull down the rack so you can hold your bike with your other hand.
- LOAD BIKE**  
Lift your bike onto the track and into the slot for the wheels. Load your bike with the front wheel toward the wheel clamp.
- SECURE BIKE**  
Pull the spring-loaded clamp and put it over the front wheel. The bike is now secured for travel.

**BIKES ON TRAINS**

Bicycles are permitted on Metrorail and VRE trains. For rules and exceptions, please visit <https://www.wmata.com/service/bikes> and <https://www.vre.org/service/policies>.

**RESERVE A SPOT IN A BIKE ROOM**

Secure bicycle storage rooms can be found at the Wiehle-Reston East Metro Station and Strangefellow Park and Ride. The enclosed facilities feature both floor-mounted bicycle racks and vertical space-saver racks. Amenities include parking for oversized bikes with trailers, bench seating, an air pump, bike tools and a work stand. Access is controlled electronically. You must subscribe and pay an annual fee to use these facilities.

**RENT A BICYCLE LOCKER**

A bicycle locker lets you store your bicycle securely out of rain, sun and snow. Lockers are usually located at transit transfer centers such as park and ride facilities and Metro stations.

**LOCATIONS**

The Fairfax County Department of Transportation currently manages bicycle lockers at these locations:

- Herndon-Morton Park and Ride
- Reston South Park and Ride
- Reston Town Center Transit Station
- Spring Hill Metro Station Kiss and Ride
- Burke Centre VRE Station
- Backlick Road VRE Station

Additional lockers are leased by other transit entities. Refer to the map for exact locations.

**HOW DO I SIGN UP?**

For more information, visit [www.fairfaxcounty.gov/transportation/bike-walk](http://www.fairfaxcounty.gov/transportation/bike-walk).

We want Fairfax County to be the safest place to walk and ride a bike, whether for transportation or recreation. You can help by volunteering to become a Bicycle & Pedestrian Ambassador and sharing your knowledge about safe riding and walking practices with others.

Ambassadors attend events year round, talking to Fairfax County residents about bicycling and walking best practices. Ambassador events include outreach at festivals, neighborhood health fairs, block parties, farmer's markets and other private or public events. Ambassadors also give bicycle and pedestrian safety presentations at camps, libraries, schools and businesses.

**CONTACT US**

at [bikefairfax@fairfaxcounty.gov](mailto:bikefairfax@fairfaxcounty.gov)  
if you would like to become an ambassador or to request an ambassador at your next event.

# BIKE MAP

"Nothing Compares to the SIMPLE PLEASURE of a BIKE RIDE"

—John F. Kennedy

**WHY BECOME BICYCLE-FRIENDLY?**

- Save on Healthcare Costs
- Increase Productivity
- Decrease Absenteeism and Turnover
- Reduce Parking Costs

**Apply for Bicycle-Friendly Business Designation**

The League of American Bicyclists' Bicycle-Friendly Business (BFB) program provides standards to guide your progress and recognize workplace achievement. Your BFB application is free, confidential and entitles you to detailed feedback on how to improve. [www.bikeleague.org/business](http://www.bikeleague.org/business)

**Participate in National Bike Month (May)**

Host a Bike-to-Work Day event at your workplace, such as a free breakfast for bicycle commuters or a group ride from the office. Launch a company-wide Bike Month challenge, or encourage your employees to participate in the National Bike Challenge. Learn more at [www.bikeleague.org/bikemonth](http://www.bikeleague.org/bikemonth)

**AMENITIES**

- Bike Parking**  
Secure and convenient bike parking keeps commuters' bicycles safe from theft and free from weather hazards. Consult the Fairfax County Bicycle Parking Guidelines for best practices.
- Showers**  
Many bicyclists need to shower after their commute. Smaller work places could provide space for a change of clothes.
- Tax Incentives**  
Federal law allows employers to provide incentives for employees to commute to work by bike through the Bicycle Commuter Benefit.
- Safety Awareness**  
Offer bicycle education classes to ensure your employees follow the rules of the road and feel comfortable riding. Issue bicycling educational materials in your workplace common area and new employee packages. Share the League's educational videos and other online resources with employees. [www.bikeleague.org/ridesmart](http://www.bikeleague.org/ridesmart)

**THE LEAGUE OF AMERICAN BICYCLISTS**  
since 1880

# NATIONAL BIKE CHALLENGE

**GET REWARDED FOR BICYCLING!**

Compete against coworkers, friends and family. Earn points and win prizes.

**The National Bike Challenge is** a nationwide event uniting thousands of people who enjoy biking for transportation or recreation, including mountain biking. The free website allows you to log your rides while challenging yourself, your colleagues, and your community to ride more while competing on a local, state and national level for prizes.

The scoring rewards frequent riding to allow beginner riders to compete with seasoned sport cyclists. Join the challenge as an individual or as part of a team. Schools, businesses and clubs can sign up multiple teams to allow for internal competitions. The challenge runs every year from May 1 to September 30. [www.lovetoride.net/usa](http://www.lovetoride.net/usa)

# TRAIL SAFETY & ETIQUETTE

**CONTROL YOUR SPEED**

Slow down when approaching a road or driveway crossing, when the trail is busy, slippery or your sight is obstructed.

**SIGNAL WHEN PASSING**

Pass on the left and only when safe. You are required by law to warn pedestrians and other cyclists before passing them. Bells are best. Use verbal warnings only when necessary.

**CELL PHONE AND HEADPHONE DANGERS**

Keep the trails safe and communication with other trail users clear. Avoid using cell phones and keep one ear free when using earphones, as required by law.

**KEEP TO THE RIGHT**

All trail users should keep to the right except when passing on the left. Move off to the right of the trail when stopping.

**BE VISIBLE**

Use lights when riding in low-visibility conditions, including darkness. Use at least one front white light and one rear red flashing light.

**BE ALERT**

Be alert to trail conditions. Watch for slippery surfaces such as bridges, ice, wet sections and gravel. Watch for debris on the trail.

**TWO WHEELS OR TWO FEET: SHARING THE WAY**

Multi-use trails are shared by bicyclists, pedestrians, runners, scooter riders, dog walkers and others. Use courtesy and common sense to avoid collisions.

# MOUNTAIN BIKING

**FOUNTAINHEAD**

Fountainhead Regional Park is a challenging mountain biking destination trail in Fairfax County that uses color designations to indicate the level of difficulty. The Green loop includes rooty flow trails, bridges and 12-inch drops. The Blue loop includes rooty flow trails, bridges, drops and wooden technical trail features. The Black loop adds advanced, expert-only rock features in tight twists remain with 4-foot drops. Please respect the trails by riding the tread or walking if uncomfortable with the terrain.

**BULL RUN OCCOQUAN TRAIL**

Enjoy great views on this point-to-point trail along the Occoquan Reservoir. The 6-mile long trail starts in Fountainhead Regional Park and goes to the Bull Run Marina parking lot. This very technical trail has short, steep climbs/descents, and most also have exposed roots and rocks. Follow the blue blazes, and yield to hikers and horses at all times.

**LAKE FAIRFAX**

At 480 acres, Lake Fairfax Park hosts a full range of amenities, including a skatepark that is open to bicycles, a pump track suitable for bicyclists of all ages and abilities, a lake and streams for paddling or fishing, a water park, campgrounds, athletic fields and nearly 10 miles of natural surface trails. The trails are rooty and fast with a deceiving amount of elevation change. The system includes a flow track, a fast and fun for everyone from beginner to expert riders.

**LAUREL HILL**

Located on the grounds of the former Lorton Prison, Laurel Hill is a fun trail system perfect for beginners. With trails ranging from flowing singletack to doubletrack, Laurel Hill is a great place to go for a quick ride or to start a day trip into the Cross Country Trail (CCT), which starts at Laurel Hill and goes all the way to Great Falls Park. The trails at Laurel Hill tend to drain very well and, when it rains, are often rideable before other trails.

**LAKE ACCOTINK**

The trail system at Lake Accotink is the perfect way to add miles to a longer ride on the Cross Country Trail (CCT) or get in a quick ride. A loop that goes around Lake Accotink provides scenic views of the lake and is appropriate for beginner riders. The adjacent singletack is tight and twisty, with roots and some steep climbs. The park also has boat rentals and picnic areas.

# RESOURCES

Fairfax County Bicycle Program  
[www.fairfaxcounty.gov/transportation/bike-walk](http://www.fairfaxcounty.gov/transportation/bike-walk)

Fairfax County Park Authority  
[www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks)

Fairfax County Public Schools  
[www.fcps.edu](http://www.fcps.edu)

Virginia Department of Transportation  
[www.virginiadot.org](http://www.virginiadot.org)

Fairfax County Trails, Sidewalks and Bikeways Committee  
[www.fairfaxcounty.gov/transportation/trails](http://www.fairfaxcounty.gov/transportation/trails)

Fairfax Alliance for Better Bicycling  
[www.fabb-bikes.org](http://www.fabb-bikes.org)

Washington Area Bicyclist Association  
[www.waba.org](http://www.waba.org)

Mid-Atlantic Off-Road Enthusiasts  
[www.more-mtb.org](http://www.more-mtb.org)

League of American Bicyclists  
[www.bikeleague.org](http://www.bikeleague.org)

Reston Bike Club  
[www.restonbikeclub.org](http://www.restonbikeclub.org)

Potomac Pedalers  
[www.potomacpedalers.org](http://www.potomacpedalers.org)

Trails for Youth  
[www.trailsforyouth.org](http://www.trailsforyouth.org)

Sharing the Roads in Virginia  
[www.sharevaroads.org](http://www.sharevaroads.org)

We encourage you to pass this map along to someone who would like to start bicycling. For a complimentary replacement, contact [bikefairfax@fairfaxcounty.gov](mailto:bikefairfax@fairfaxcounty.gov)

# CAPITAL BIKESHARE

**JOIN**

Go to [www.capitalbikeshare.com](http://www.capitalbikeshare.com) to sign up for a membership, and a key will be mailed to you. Get a 24-hour membership at any Capital Bikeshare station. Capital Bikeshare offers affordable, accessible and fun transportation options for everyone, regardless of income. Those who qualify for certain state or federal assistance programs may apply for a subsidized membership. To learn more, visit [www.capitalbikeshare.com/pricing-for-all](http://www.capitalbikeshare.com/pricing-for-all).

**TAKE**

Find an available bike nearby, scan the QR code in the app, get a ride code at the kiosk or use your bike key to unlock it.

**RIDE**

Run an errand, go to lunch, enjoy a ride through a park, go to a meeting, ride to class, or connect to Metro. You can take as many trips per day as you like for free. If you dock your bike every 30 minutes. Rides beyond 30 minutes will incur a small usage fee.

**RETURN**

Return the bike to any Capital Bikeshare station. Make sure when you click your bike back in, you see a green light indicating it is locked.

**REAL-TIME BIKE STATION INFORMATION**

Capital Bikeshare is expanding in Fairfax County! For current station locations and bike and docking availability, please visit [www.capitalbikeshare.com](http://www.capitalbikeshare.com) or download mobile app, **Capital Bikeshare**, for on-the-go information.

**CORPORATE PARTNERS**

There are many ways your organization can support Capital Bikeshare. Go to [www.capitalbikeshare.com](http://www.capitalbikeshare.com) to learn about becoming a corporate member, subsidizing your employees' memberships, purchasing bulk, 24-hour memberships for hotels, events, and conventions; or hosting or sponsoring a station.

# KEEPING YOUR BICYCLE SAFE

Secure lock through bike rack, wheel and frame.

Use a hardened steel U-lock.

Lock your bike to a solid object so that the bike and lock cannot be lifted together over the base.

Replace quick-release mechanisms with a bolt, or lock parts separately.

Check on your bike often, and move it from time to time. Don't leave bicycles outside for days or nights on end. Thieves may be watching to target "unused" bicycles.

**FIND BIKE PARKING**

Want to see if there is a good place to lock a bike near your destination? Whether at home or on the go, check out [www.rackspotter.com](http://www.rackspotter.com) to find (and share) bike racks near you.

**Register Your Bike**

National Bike Registry: [www.nationalbikeregistry.com](http://www.nationalbikeregistry.com)

Take a photo of your bike, and record the serial number. This will aid in recovery if your bike is stolen.

# CYCLE THROUGH HISTORY

The Historic Fairfax Cycling Tour provides a fun and safe way to learn about the history of Fairfax County, all while riding a bicycle!

**HISTORIC SULLY DISTRICT**

**Cycle Tour Route Map**

1. Cabell's Mill and Middlegate House
2. Wayne Visitor Center
3. Cross House
4. Leeton
5. Sully Governmental Center—Newton Boundary Stone
6. Lanes Mill and Newton's Mill Ruins
7. Harrison House
8. Havenor House
9. Centreville Methodist Church
10. Stone Filling Station
11. Mt. Glead
12. Spindle Sears House
13. St. John's Episcopal Church
14. Civil War Earthworks
15. Sully Historic Site
16. Udvar-Hazy Air and Space Museum

14 MILES — MAIN LOOP STARTING AND ENDING AT STRANGFELLOW PARK & RIDE AND VISITING SITES 1-14

6.25 MILES — STRANGFELLOW PARK & RIDE TO THE AIR AND SPACE MUSEUM

Request a free printed guide with detailed information about the historic sites at [bikefairfax@fairfaxcounty.gov](mailto:bikefairfax@fairfaxcounty.gov).

# PLAN YOUR TRIP

Mooovit is an urban mobility tool that helps with multi-modal trip planning. Plan your commute, compare your transportation options, and find the lowest-carbon, healthiest and cheapest way to travel. <https://mooovitapp.com>

**WAYFINDING SIGNAGE**

Bicycle wayfinding signs are placed at decision points along preferred bicycle routes at multiple locations throughout Fairfax County. Information includes destination, directional arrow, and distance in miles. Look for signs near the Franconia-Springfield, Huntington, Vienna, and Wiehle-Reston East Metro stations, in downtown McLean; Tysons; and along the Washington & Old Dominion (W&OD) Trail and the Fairfax County Parkway Trail.

# BIKESHARE STATIONS

**TYSONS STATIONS**

Greenbriar Dr & International Dr  
Greenbriar Dr & Potomac Dr  
Jones Branch Dr & Westbranch Dr  
Jones Branch Dr & Scotts Crossing Rd  
McLean Metro  
Park Run & Gay Dr  
Sully Branch Dr & Greenbriar Dr  
Spring Hill Metro  
Tysons Crescent Dr & Tysons One Pl  
Tysons Corner Station  
Tysons One Pl & Oakdale Bridge Rd  
Tysons West Transit Center  
Westpark Dr & Jones Branch Dr  
Westpark Dr & Park Run Dr  
Westpark Dr & Leesburg Pike

**RESTON STATIONS**

Campus Commons  
Library St & Freedom Dr  
New Dominion Pkwy & Fountain Dr  
North Shore Dr & Cameron Crescent Dr  
Oreston Apartments  
North Shore Dr & Willage Rd  
Reston Pkwy & Spectrum Dr  
Reston Regional Library  
Reston Station/Wehle & Reston Station Blvd  
Reston Town Center Transit Station  
Reston WICA  
Sunset Hills Rd & Discovery Square  
Sunset Hills Rd & Isaac Newton Square  
Sunset Hills Rd & Old Reston Ave  
Temporary Rd & Old Reston Ave  
Town Center Pkwy & Bowman Towne Dr  
Town Center Pkwy & Sunset Hills Rd  
Vy Reston Heights

**MERRIFIELD STATIONS**

Dunn Loring Metro  
Merrifield Cinema Dr & Merrifield Town Center  
Merrifield Dr & Lauren Elizabeth Ln  
New Stations Coming Soon — visit [www.capitalbikeshare.com](http://www.capitalbikeshare.com) for locations.

# BIKING WITH KIDS

Kids love to bike. Depending on the age, they can ride in a child seat or trailer (ages 12 months to 5 years) or ride along on their own set of wheels (3+ years). Kids under the age of 15 are required by law to wear a bicycle helmet. The route you normally drive usually isn't the best route by bike. Look for trails and green bike routes. Choosing good routes for your bike trips can make your rides safer, more pleasant and more kid-friendly.

**TIPS**

- Similar to traveling with your child by any other mode, be prepared for whatever the weather might bring when considering apparel and accessories.
- Having water and snacks on hand can make the ride more enjoyable.
- Never leave your bike unattended with your child in a child seat! A double-sided kickstand can assist in stabilizing during loading and unloading. But always keep a hand on the bike during the process.
- Bike rides tend to limit children to sleep. Make sure their heads and necks have enough support when they nod off.
- Various brands offer accessories for child seats such as rain/element covers, handlebars, head rests, adjustable foot rests and more.
- Teach street safety skills. Riding together is a great time to talk about what stop signs, road markings or other traffic controls mean when on a bike.

# SAFE ROUTES TO SCHOOL

The Fairfax County Safe Routes to School (SRTS) program aims to improve the health and well-being of children by encouraging them to walk and bike to school. About 30% of our elementary and middle schools regularly participate in the program.

**WHY BRING SRTS TO YOUR SCHOOL?**

**HEALTH**

When children bike or walk to school, air quality improves and kids benefit. Walking and biking to school is also a great way for kids to get exercise.

**SAFETY**

We all want to keep our kids safe. SRTS includes education, encouragement, enforcement, and engineering to help keep kids safe.

**AIR QUALITY AND GREENHOUSE GASES**

Air pollution produced by traffic is linked to children's health issues including asthma, chronic respiratory illnesses and certain cancers. Asthma accounts for 14 million missed days of school per year.

nationwide. The transportation sector produces nearly one-third of all U.S. greenhouse gas emissions. When schools are built in neighborhoods safe for walking and bicycling, air quality improves and kids benefit.

Each extra hour a day spent riding in a car increases obesity risk by 6%.

Walking 1 mile to and from school each day generates 7% of the recommended level of physical activity per day.

Children who walk to school are more physically active throughout the day.

Studies of existing SRTS programs show about a 50% decrease in crashes involving child cyclists and pedestrians.

As the number of people walking and bicycling increases, injuries actually decline.

Schools designed so children can walk and bicycle to school have measurably better air quality.

A 5% increase in a neighborhood's walkability reduces vehicle miles traveled by 6%.

A return to 1960 levels of walking and bicycling to school would save 3.2 billion vehicle miles, 1.5 million tons of carbon dioxide and 89,000 tons of other pollutants, equivalent to keeping 250,000 cars off the road for a year.

Source: <https://www.fcps.edu/resources/safety-and-transportation/transportation-services/safe-routes-school-arts>

**FIRST STEPS**

If you are ready to plan your first SRTS event, visit [www.fcps.edu/safe-routes-school-arts](http://www.fcps.edu/safe-routes-school-arts) and [www.virginiadot.org/programs/srm\\_starter\\_kit.asp](http://www.virginiadot.org/programs/srm_starter_kit.asp), and contact our SRTS coordinator at [safetroutestoolschool@fcps.edu](mailto:safetroutestoolschool@fcps.edu).

**NATIONAL BIKE TO SCHOOL DAY (BTSDD)**

Every year in May, thousands of students, parents, teachers and communities across the nation participate in BTSDD, which highlights the importance of bicycling as a fun, healthy and safe way to get to school and around town. Participating in BTSDD and hosting an event is a great way to encourage biking and teach safe bicycling skills. Learn more at [www.virginiadot.org/programs/srm\\_national\\_bike\\_to\\_school\\_day.asp](http://www.virginiadot.org/programs/srm_national_bike_to_school_day.asp).