

Bike Your Way

East-West Crosstown Bike Route

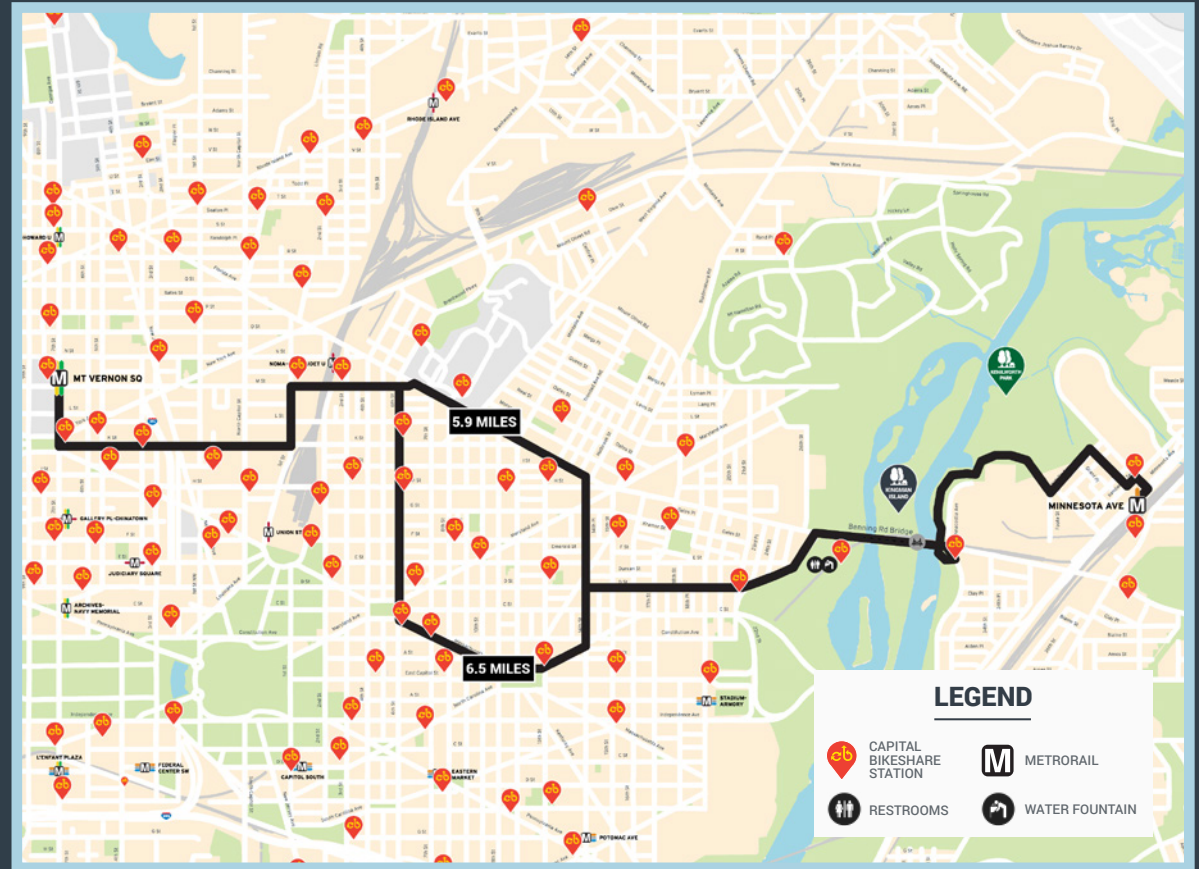
Distance: 50 minutes or 6.5 miles

Start/End Location: Minnesota Avenue Metro to Mt. Vernon Square Metro

Travel from the Minnesota Ave Metro, through Hill East and Kingman Park to Mt. Vernon on the new, K Street protected bike lanes! This route also highlights the bike lane connections to Union Station, NoMa, Union Market, Capitol Hill, and more!

For step by step directions, download the cue sheet(s): [RidewithGPS \(Westbound\)](#) / [RidewithGPS \(Eastbound\)](#)

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



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Starting from the Minnesota Avenue Metro station, turn right towards the pedestrian bridge to cross Kenilworth Avenue. Once across, make a U-turn onto the sidewalk towards Kenilworth Terrace NE. Take a left and then a right onto Cassell Place NE and continue to Anacostia Avenue NE. Take a left and continue past Thomas Elementary School and take a right to ride on the Anacostia Riverwalk Trail. Follow the trail until you go under the Benning Road bridge, where you'll take a left up the hill towards the intersection. Take a left on the sidewalk and bike across Benning/Ethel Kennedy Bridge crossing over Kingman Island. 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!

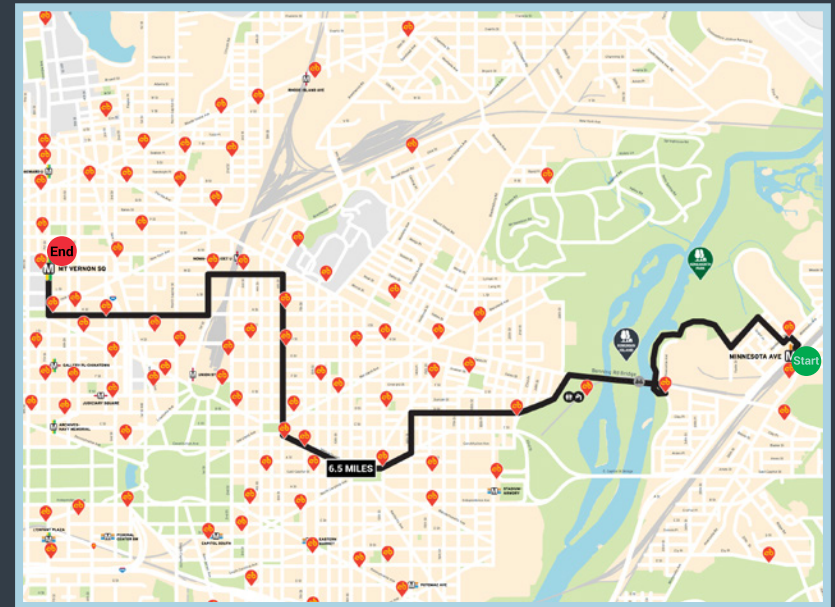
After crossing the bridge, continue following the trail onto Oklahoma Avenue for a quarter-mile, and make a right across the crosswalk onto D Street NE. Continue on D Street for a half-mile until you make a left onto 14th Street NE. After two blocks, take a right on North Carolina Avenue and take a slight right to merge onto East Capitol Street. On your left, you'll see Lincoln Park, home of the Emancipation Memorial and the Mary McLeod Bethune Memorial. When you reach 11th Street at the west end of the park, make a slight right onto Massachusetts Avenue NE.

Continue until you reach 6th Street NE and take a right into the bike lane and make a left on M Street. Shortly after going under the bridge, take a left at the Harris Teeter onto the protected bike lanes on First Street NE. At the light on K Street NE, take a right into the new two-way protected bike lanes. Then, take a right on 5th Street NW across New York Avenue. Climb the hill, take a left at M Street, and ride two blocks to arrive at the Mt. Vernon Sq/7th St-Convention Center Metro.

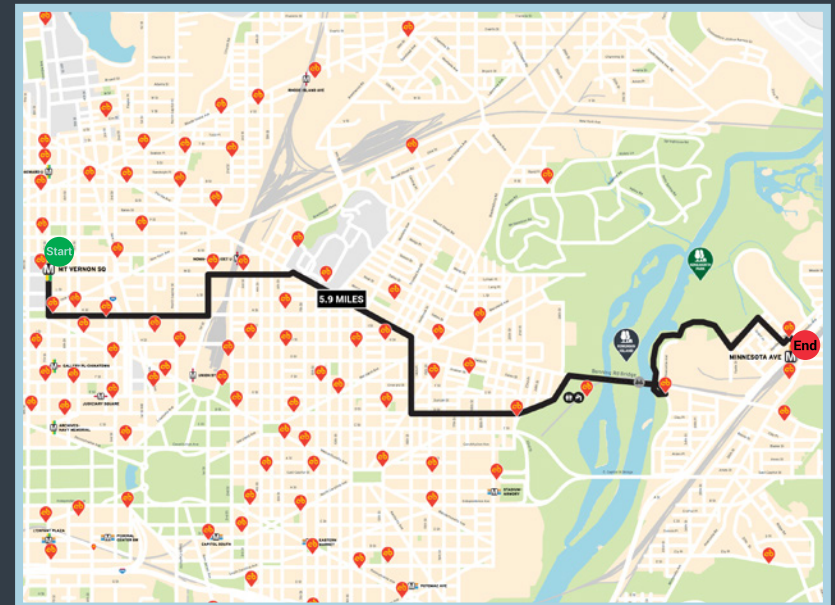
View the [Google Map](#) for points of interest, restrooms, etc.

Note: The narrative is for the westbound route. The east route is not a perfect mirror and departing from the Mt. Vernon Square Metro requires riding two traffic-filled blocks on 7th Street, which is not a low-stress route. After crossing under the Metro and Amtrak bridge at 2nd Street NE, riders should take M Street NE east to the Florida Avenue NE protected bike lanes, then south on 14th Street NE and east on D Street NE until they reach the Anacostia Riverwalk Trail at the Fields at RFK.

Westbound



Eastbound



Bike Your Way

North-South Crosstown Bike Route

Distance: 15 minutes or 2 miles

Start/End Location: Dupont Circle Metro to Lincoln Monument

Ride the new 20th and 21st Street protected bike lanes from Dupont to the National Mall. Providing a low-stress ride, the new bike lanes run from Constitution Avenue in Foggy Bottom to Connecticut Avenue in Dupont Circle, with bike lane connections to Downtown, Georgetown, Adams Morgan, and more!

For step by step directions, download the cue sheet(s):
[RidewithGPS \(Northbound\)](#) / [RidewithGPS \(Southbound\)](#)

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



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Starting at the **Lincoln Memorial**, this route takes you from the National Mall to Dupont Circle on the new 20th and 21st Street protected bike lanes. With the Lincoln Memorial to your left and the Reflecting Pool and the Washington Monument to your right, head north on the shared path towards Henry Bacon Drive. Be courteous to pedestrians also using the shared path (sidewalk). Continue north and make a slight right when the path reaches Constitution Avenue. Use the first crosswalk to your left to cross Constitution and enter the protected bike lane on 21st Street.

Continue in the bike lane until you reach G Street. The bike lanes on G Street connect you to the White House to the east and to Foggy Bottom to the west. Take a right on G Street and then a left onto 20th Street. Ride on the 20th Street protected bike lanes past the L and M Street bike lanes, which travel east towards Mt. Vernon Square or west toward Georgetown, respectively. The 20th Street protected bike lanes will take you directly to **Dupont Circle**. Just beyond the circle, you can connect to the R Street bike lane, which takes you past Logan Circle, Shaw, Bloomingdale, and connects with the Metropolitan Branch Trail.

View the [Google Map](#) for points of interest, restrooms, etc.

Note: The narrative is for the northbound route, but the southbound route is a perfect mirror.

