



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.



If you see a hazard on a trail, sidewalk or road, please report it to my.vdot.virginia.gov or www.fairfaxcounty.gov/publicworks/walkways.



bikefairfax
www.fairfaxcounty.gov/transportation/bike-walk
bikefairfax@fairfaxcounty.gov
(703) 877-5600, TTY 711



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BIKE MAP



"Nothing Compares to the SIMPLE PLEASURE of a BIKE RIDE"
—John F. Kennedy

BEGINNER'S GUIDE

BIKES ARE A FUN, HEALTHY, RELIABLE, AND ECONOMIC 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

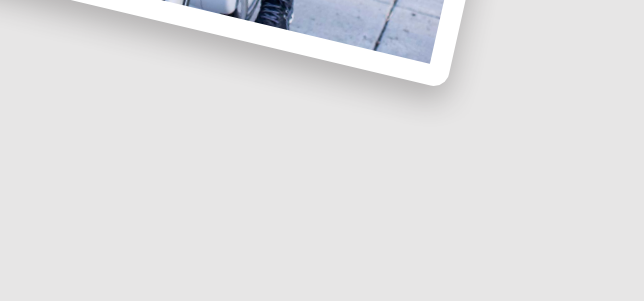
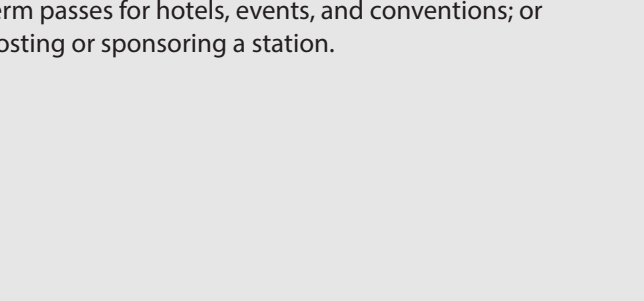
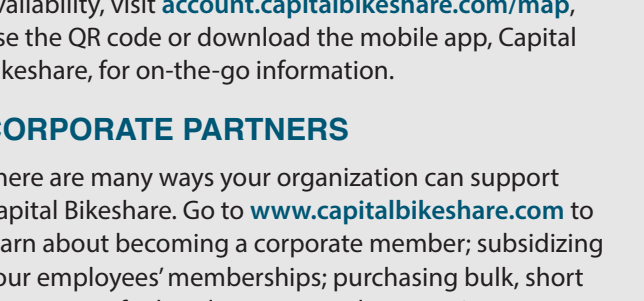
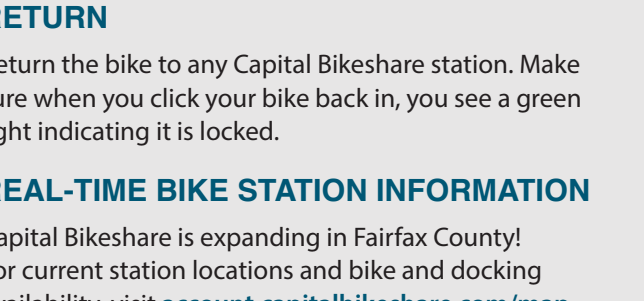
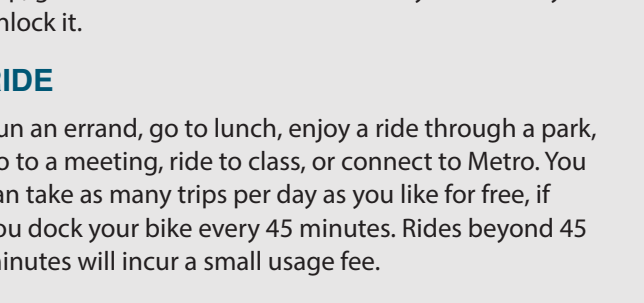
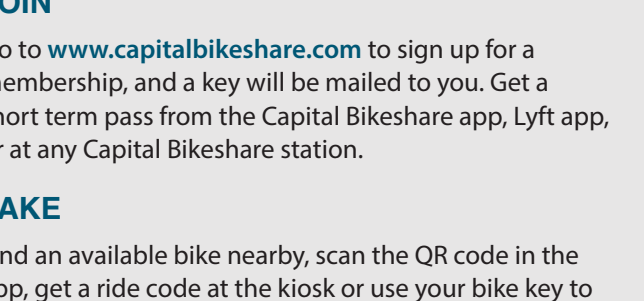
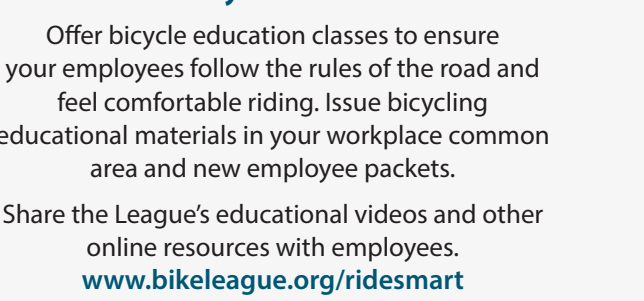
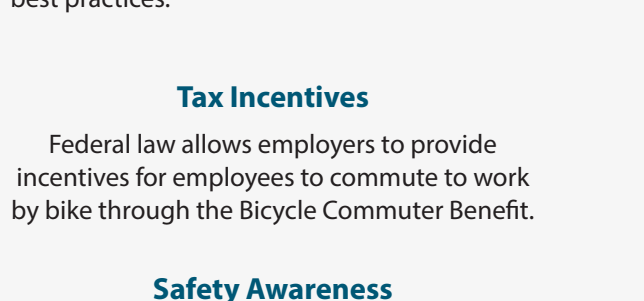
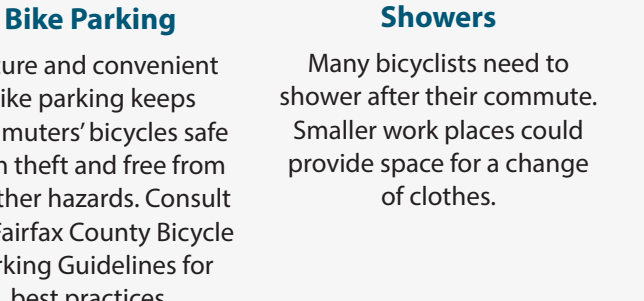
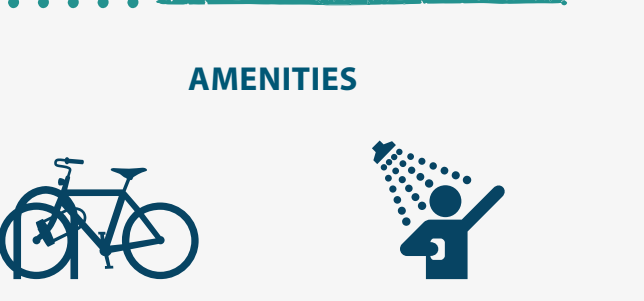
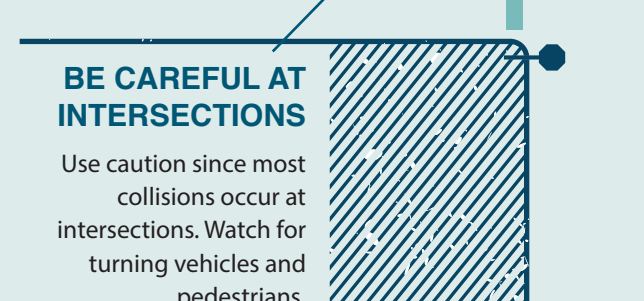
If you have never biked before, consider taking a learning-to-ride class first. Bikes and helmets are usually provided. You can also hire a private instructor. Visit www.bikeleague.org/ridesmart to find classes or private instructors.

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.

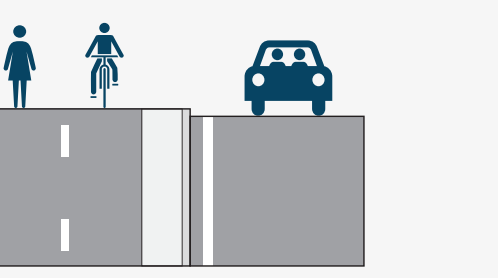
Plan Your Route. Before you go on a ride, plan the most comfortable route. Use this map or an online service such as Google Maps. If you are not comfortable riding in traffic, choose a purple, green or dark blue route.

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.

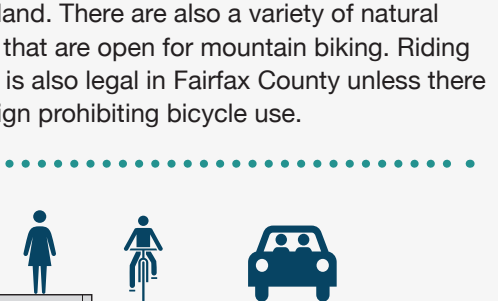
SAFE CYCLING ON THE ROAD



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.



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

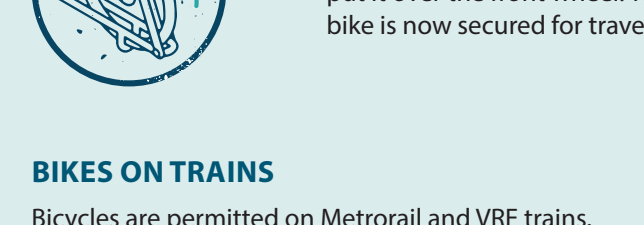
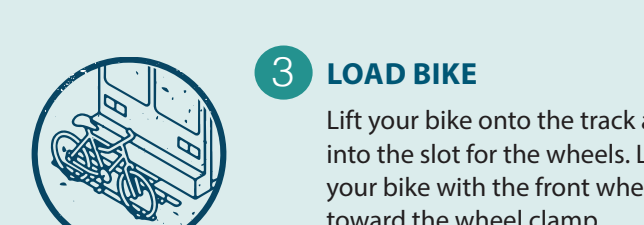


Shared Lane Markings
Shared lane markings and "Bikes May Use Full Lane" signage indicate a shared travel lane for bicycles and cars. Motorists may legally cross the double yellow line in order to safely pass a person riding a bicycle, as long as the oncoming lane is clear.

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.



BIKES ON TRAINS
Bicycles are permitted on Metrorail and VRE trains. For rules and exceptions, please visit www.wmata.com/service/bikes and www.vre.org/service/policies.

FAIRFAX COUNTY BICYCLE & PEDESTRIAN AMBASSADOR PROGRAM

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

Email bikefairfax@fairfaxcounty.gov if you would like to become an ambassador, or request an ambassador at your next event.

BICYCLE-FRIENDLY BUSINESS PROGRAM

WHY BECOME BICYCLE-FRIENDLY?

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

AMENITIES

- Bike Parking
- Showers

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 packets.

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.

THE LEAGUE OF AMERICAN BICYCLISTS

Learn more at www.bikeleague.org/bikemonth

LOVE TO RIDE GLOBAL BIKE CHALLENGE

GET REWARDED FOR BICYCLING!

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



The Bike Month Challenge and Cycle September Bike Challenge

are global events 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 frequently while competing 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 challenges run from May 1-31 and end on September 1-30.

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.



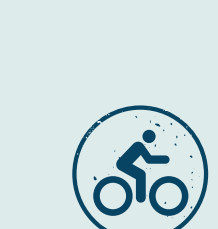
BE VISIBLE

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



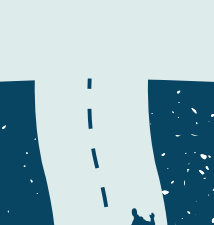
BE ALERT

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



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.



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 rocky flow trails, bridges and 12-inch drops. The Blue Loop includes rocky flow trails, bridges, drops and wooden technical trail features. The Black Loop adds advanced, expert-only rock features in tight twisty terrain with 4-foot drops. Please respect the trails by riding the tread or walking if uncomfortable with the terrain.



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 cyclists of all ages and abilities, a lake and streams for paddling or fishing, a water park, campgrounds, pavilions, athletic fields and nearly 10 miles of natural surface trails. The trails are rocky and fast with a deceiving amount of elevation change. The system includes a flow trail that is 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 singletrack to doubletrack, Laurel Hill is a great place to go for a quick ride or to start a day trip on the Cross Country Trail (CCT), which starts at Laurel Hill and goes north all the way to Great Falls Park. The trails at Laurel Hill tend to be very well used, and when it rains, are often rideable before other trails.

LAKE ACOTINK

The trail system at Lake Acotink 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 Acotink provides scenic views of the lake and is appropriate for beginner riders. The adjacent singletrack 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
- Fairfax County Park Authority www.fairfaxcounty.gov/parks
- Fairfax County Public Schools www.fcps.edu
- Virginia Department of Transportation www.vdot.gov
- Fairfax County Trails, Sidewalks and Bikeways Committee www.fairfaxcounty.gov/transportation/trails
- Fairfax Alliance for Better Bicycling www.fabb-bikes.org
- Washington Area Bicyclist Association www.waba.org
- Mid-Atlantic Off-Road Enthusiasts www.more-mtb.org
- League of American Bicyclists www.bikeleague.org
- Reston Bike Club www.restonbikeclub.org
- Potomac Pedalers www.potomacpedalers.org
- Trails for Youth www.trailsfor youth.org
- Sharing the Roads in Virginia www.sharetheroads.org

We encourage you to pass this map along to someone who would like to start bicycling. For a complimentary replacement email bikefairfax@fairfaxcounty.gov

CAPITAL BIKESHARE



JOIN
Go to www.capitalbikeshare.com to sign up for a membership, and a key will be mailed to you. Get a short term pass from the Capital Bikeshare app. Lyft app, or at any Capital Bikeshare station.

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 45 minutes. Rides beyond 45 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's locked.

REAL-TIME BIKE STATION INFORMATION
Capital Bikeshare is expanding in Fairfax County! For current station locations and bike and docking availability, visit account.capitalbikeshare.com/map, use the QR code or download the 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 to learn about becoming a corporate member, subsidizing your employees' memberships, purchasing bulk, short term passes for hotels, events, and conventions, or hosting or sponsoring a station.

SUPERCHARGE YOUR RIDE AND REACH DESTINATIONS BEYOND THE DOCKING STATIONS

With a pedal-assist motor, the black and gray Capital Bikeshare ebikes are the easiest way to get around. With speeds up to 20 MPH, these custom pedal assist ebikes give you the power to effortlessly tackle hills and longer trips, or shave time off your commute. Just start pedaling and the power kicks in.

CAPITAL BIKESHARE FOR ALL

Capital Bikeshare offers all Fairfax County residents an affordable, accessible, and fun transportation option for riders who are income-eligible. Users may qualify if you are eligible for or enrolled in a state or federal assistance program. Capital Bikeshare for All is just \$5 a year and includes free, unlimited 60-minute rides for classic bikes and ebikes, and the \$2 out of station fee is waived. To create an account or apply, visit capitalbikeshare.com/pricing-for-all.

capital bikeshare



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.



Lock your bike in a well-lit area. At home, close garage doors when not in use.

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 to find (and share) bike racks near you.

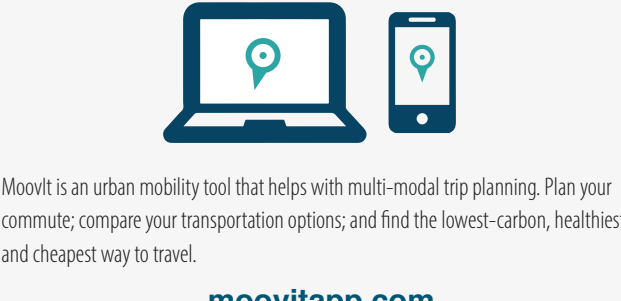
Check on your bike often, and move it from time to time.

Don't leave bicycles outside for days or nights on end. Thieves may be watching to target "unused" bicycles.

Register Your Bike

National Bike Registry: www.nationalbikeregistry.com
Take a photo of your bike, and record the serial number. This will aid in recovery if your bike is stolen.

PLAN YOUR TRIP



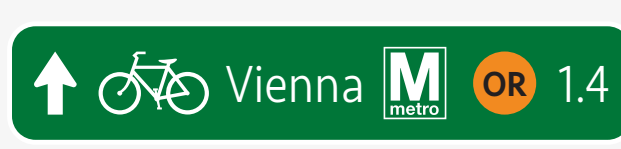
Moovit is a urban mobility tool that helps with multi-modal trip planning. Plan your commute, compare your transportation options, and find the best routes, transit and drop-off way to travel.

moovitapp.com



WAYFINDING SIGNAGE

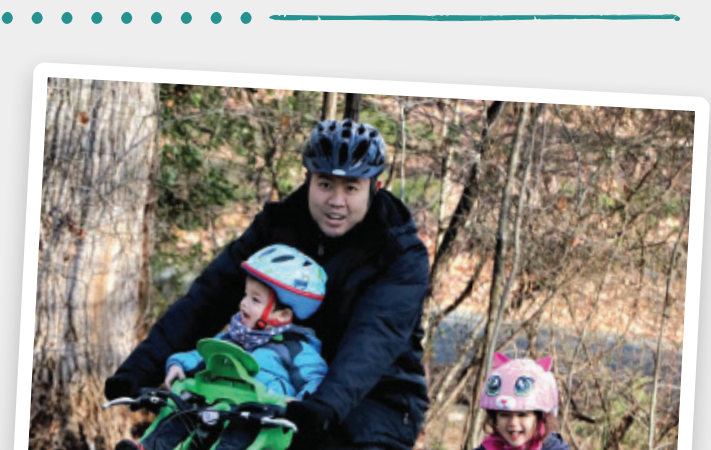
Bicycle wayfinding signs are placed at decision points along preferred bicycle routes at multiple locations throughout Fairfax County. Information includes destination, directional arrow, and distance in miles. Look for signs near the Franconia-Springfield, Huntington, Vienna, and Wiehle-Reston East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



BIKING WITH KIDS

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 (5+ 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.



- Similar to traveling with your child by any other mode, be prepared for whatever the weather might bring when considering options 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 lull 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, handrails, 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.

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

- Cabell's Mill and Middlegate House
- Walney Visitor Center
- Cross House
- Leeton
- Sully Governmental Center—Newton Boundary Stone
- Lanes Mill and Newton's Mill Ruins
- Harrison House
- Haverhill House
- Centerville Methodist Church
- Stone Filling Station
- M.L. Gilead
- Spindle Sears House
- St. John's Episcopal Church
- Civil War Earthworks
- Sully Historic Site
- Udvar-Hazy Air and Space Museum

Legend:
 ★ STRINGFELLOW PARK & RIDE
 --- ROUTE ON PAVED TRAILS/SIDEWALKS
 --- ROUTE ON ROAD
 --- NATURAL SURFACE TRAIL
 14 MILES --- MAIN LOOP STARTING AND ENDING AT STRINGFELLOW PARK & RIDE AND VISITING SITES 1-14
 6.25 MILES --- STRINGFELLOW PARK & RIDE TO THE AIR AND SPACE MUSEUM

Request a free printed guide with detailed information about the historic sites at bikefairfax@fairfaxcounty.gov

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 7th 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 1969 levels of walking and bicycling to school would save 3.2 billion to 3.6 million tons of carbon dioxide and 89,000 tons of other pollutants, equivalent to keeping 250,000 cars off the road for a year.

Sources: www.fcps.edu/resources/safety-and-transportation/transportation-services/safe-routes-schools

FIRST STEPS

If you are ready to plan your first SRTS event, visit www.fcps.edu/safe-routes-schools and www.virginiadot.org/programs/srm, starter_kit.asp, and contact our SRTS coordinator at saferrouteschool@fcps.edu

NATIONAL BIKE TO SCHOOL DAY (BTS)

Every year in May, thousands of students, parents, teachers and communities across the nation participate in BTS, which highlights the importance of bicycling as a fun, healthy and safe way to get to school and around town. Participating in BTS 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_days