

Arlington Bike Map

Your Map & Guide to the Bikeways System
2006/7 Edition

Transportation Planning Bureau
Arlington County Dept. of
Environmental Services
2100 Clarendon Blvd., Suite 900
Arlington, VA 22201
www.BikeArlington.com
Your Resource for Cycling in Arlington County

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Arlington's System of Bike Trails, Lanes, & Routes Ranks with the Best

Arlington County's multiuse trails are nationally recognized for their beauty, design, and convenience. Indeed, some enthusiasts declare that the Arlington trail network is among the top five in the nation and the best on the East Coast. Perhaps this is because trails have long been a way of life in Arlington. The \$20 million network has been nurtured by the consistent endorsement, technical advice, and encouragement of the bicycling community and other groups for many years. The bike network also has benefited from the continuing support of the Arlington County Board since it included trails in the County's Master Plan for Transportation in 1974.

The Master Plan has ensured the ongoing improvement and expansion of the system, which now provides 36 miles of shared-use off-street trails, 23 miles of bike lanes, and 30 miles of on-street connecting bicycle routes. The goal is a 111-mile system.

BikeArlington is a program of Arlington County, Virginia—where people have many options for moving about their community. BikeArlington is an effort to build on an existing partnership between Arlington citizens, businesses, and County staff to encourage more people to bike more often. Visit www.BikeArlington.com.



Arlington is compact in size and laced with an extensive network of trails, bike lanes, and bikeable streets that make cycling to nearly any location in the County quick, safe, and convenient. Arlington's bikeway system also complements its walkways and public transit system to provide great opportunities for multi-modal travel.

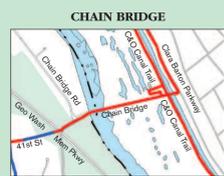
Biking is good exercise, convenient, inexpensive, good for the environment and business, and makes for a good community. Most importantly, we believe that people will want to bike Arlington when biking is simply the most efficient and enjoyable way of getting around.



When biking in Arlington, look for one of the 300 bike racks available in commercial districts.



Arlington's 36 miles of shared-use trails, 23 miles of bike lanes and 30 miles of connecting bike routes can take you where you want to go!



Trail connects to C&O Canal Towpath



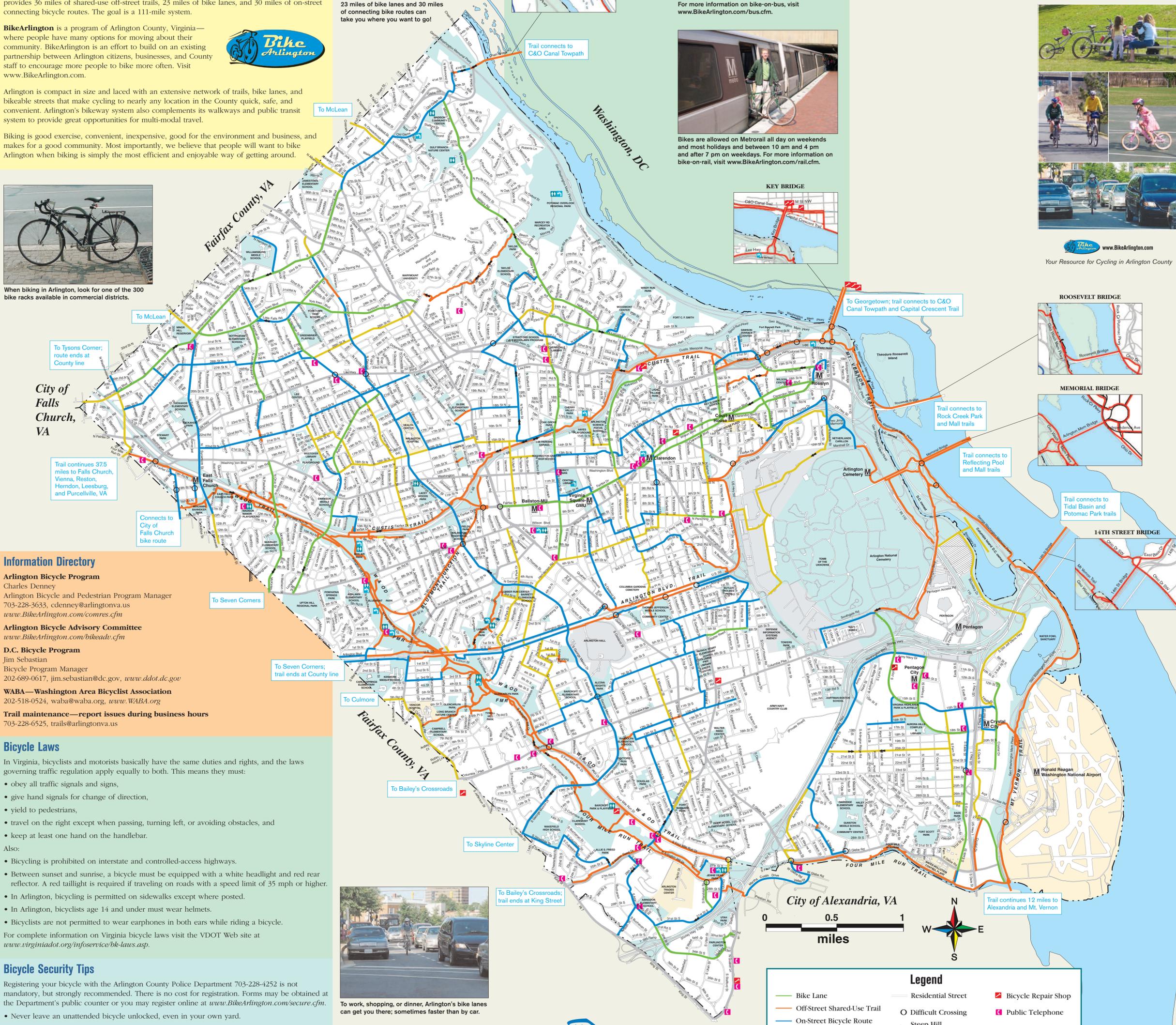
Need a ride up a hill, half-way home, or when it rains? For more information on bike-on-bus, visit www.BikeArlington.com/bus.cfm.



Bikes are allowed on Metrorail all day on weekends and most holidays and between 10 am and 4 pm and after 7 pm on weekdays. For more information on bike-on-rail, visit www.BikeArlington.com/rail.cfm.



KEY BRIDGE



Information Directory

Arlington Bicycle Program
Charles Denney
Arlington Bicycle and Pedestrian Program Manager
703-228-3633, cdenney@arlingtonva.us
www.BikeArlington.com/comres.cfm

Arlington Bicycle Advisory Committee
www.BikeArlington.com/bikeadv.cfm

D.C. Bicycle Program
Jim Sebastian
Bicycle Program Manager
202-689-0617, jim.sebastian@dc.gov, www.ddot.dc.gov

WABA—Washington Area Bicyclist Association
202-518-0524, waba@waba.org, www.WABA.org

Trail maintenance—report issues during business hours
703-228-6525, trails@arlingtonva.us

Bicycle Laws

In Virginia, bicyclists and motorists basically have the same duties and rights, and the laws governing traffic regulation apply equally to both. This means they must:

- obey all traffic signals and signs,
- give hand signals for change of direction,
- yield to pedestrians,
- travel on the right except when passing, turning left, or avoiding obstacles, and
- keep at least one hand on the handlebar.

Also:

- Bicycling is prohibited on interstate and controlled-access highways.
- Between sunset and sunrise, a bicycle must be equipped with a white headlight and red rear reflector. A red taillight is required if traveling on roads with a speed limit of 35 mph or higher.
- In Arlington, bicycling is permitted on sidewalks except where posted.
- In Arlington, bicyclists age 14 and under must wear helmets.
- Bicyclists are not permitted to wear earphones in both ears while riding a bicycle.

For complete information on Virginia bicycle laws visit the VDOT Web site at www.virginiadot.org/info/service/bk-laws.asp.

Bicycle Security Tips

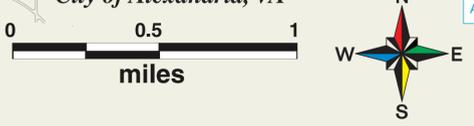
Registering your bicycle with the Arlington County Police Department 703-228-4252 is not mandatory, but strongly recommended. There is no cost for registration. Forms may be obtained at the Department's public counter or you may register online at www.BikeArlington.com/secure.cfm.

- Never leave an unattended bicycle unlocked, even in your own yard.
- Away from home, choose a parking location visible to passersby, and for maximum theft protection use a U-type lock.
- For bicycles with quick-release wheels, lock both wheels and the frame to a secure structure.
- Remove easily detached items, such as packs, pumps, and lights before leaving a bicycle unattended.



To work, shopping, or dinner, Arlington's bike lanes can get you there; sometimes faster than by car.

This map is not intended to indicate the exact boundaries of Arlington County-owned property, or the names or locations of all Arlington County facilities.



Legend			
	Bike Lane		Bicycle Repair Shop
	Off-Street Shared-Use Trail		Public Telephone
	On-Street Bicycle Route		Drinking Fountain
	Other Recommended Routes		Steep Hill (Arrow Points to Top)
	Major Arterial Road		Metrorail Station
	Public Ownership		Public Restroom
	Military Ownership		Municipal Facilities

Bicycle Safety

Riding a bicycle in traffic can be done safely if you follow the suggestions below. Riding so that drivers can see you and predict your movements is a basic tenant of bike safety.



Obey all regulatory signs and traffic lights. Bicyclists must follow the same rules of the road as drivers of other vehicles.



Never ride against traffic. Motorists aren't looking for bicyclists riding on the wrong side of the road. Ride with traffic.



Use hand signals. Hand signals tell motorists what you intend to do. Signal as a matter of law, courtesy, and self-protection.



Ride in a straight line. Whenever possible, ride in a straight line to the right of traffic and beyond a car door width away from parked cars. When in a bike lane, ride in the left of the lane to avoid car doors.



Choose the best way to turn left. There are two ways to make a left turn.
 (1) Like an auto—Look behind, signal, move into the left lane, and turn left.
 (2) Like a pedestrian—Ride straight to the far-side crosswalk and walk your bike across.



Watch for cars pulling out. Make eye contact with drivers. Assume they don't see you until you are sure they do.



Scan the road behind you. Learn to look back over your shoulder without losing your balance or swerving left. Some riders use rearview mirrors.



Wear a helmet. Always wear a helmet when you ride a bicycle. Helmets dramatically reduce the risk of head injury in a bicycle crash.

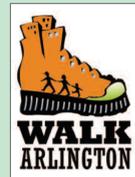


Use lights at night. Always use a strong headlight and taillight at night and when visibility is poor.

Pedestrian Safety

Pedestrians should follow all safety practices such as crossing with traffic signals, using crosswalks when available, watching for vehicles before entering a roadway, and walking against traffic on streets where sidewalks are not available. When crossing at locations where push-button traffic signals are provided, pedestrians should push the button to give themselves a longer crossing time.

Signs mounted on traffic signal poles provide directions on how to use the lights.



Trail Rules: Safety & Courtesy Help Prevent Accidents

Arlington trails are shared and enjoyed by bicyclists, pedestrians, runners, skaters, cross-country skiers, dog walkers, parents with baby strollers, persons in wheelchairs, and others. EVERYONE must follow the trail rules and use courtesy and common sense to avoid collisions—especially when the trails are most crowded. Here are the trail rules and guidelines for safe shared-use of the trails.

- All trail users should keep to the right side of the trail, except when passing.
- Pass other trail users on their left, leave at least two feet of clearance between them and you. Give an audible warning (such as "passing on your left") as you approach, at least two seconds before passing.
- Pedestrians have the right-of-way on trails and sidewalks. However, groups of pedestrians should form a single-file line to allow bicyclists and others to pass.
 - Travel only at speeds which are safe and appropriate for trail conditions. Safe and appropriate speeds will be lower in congested areas, when visibility is limited, and around curves.
 - Pay attention to all trail markings and safety signs.
 - Move off the trail pavement whenever you need to stop.
 - Bicyclists should ride single-file.
- Keep pets on a short leash and under control at all times. The best place for pets is on the right shoulder of the trail, next to their owner.
- Private motorized vehicles (except wheelchairs) are not permitted on the trails.
 - If you choose to use the trails during the winter, always be alert for any snow or ice and exercise extreme care in your use of the trails.



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Easy bike commutes begin here.

BikeArlington is a program to build on an existing partnership between Arlington citizens, businesses, and County staff to encourage more people to bike more often. Biking is good exercise, convenient, inexpensive, good for the environment and business, and makes for a good community. Arlington is compact in size and laced with an extensive network of trails, bike lanes, and bikeable streets that make cycling to nearly any location in the County quick, safe, and convenient.

How to get started: to help you ease into bike commuting and running errands by bike, please visit www.BikeArlington.com/cmres.cfm.

How to make your workplace bike-friendly: Arlington Transportation Partners (ATP) is a free service to employers in Arlington provided by Arlington County Commuter Services. ATP can help your employer to make your workplace more bike-friendly. Call 703-247-9299 or visit www.CommuterPage.com/atp/ben-biking.cfm.

The Commuter Store—Easy commutes begin here. The Commuter Store has everything you need for getting around the Washington, D.C. area. You can obtain bike maps, transit fares, SmarTrip cards, and route information for Arlington Transit, Metrorail, Metrobus, and other regional systems. Find out about carsharing, ride matching, van pooling, and the Guaranteed Ride Home program. Call 703-228-RIDE or visit www.CommuterPage.com/stores.htm.

CommuterPage.com—Everything you need to know about commuting in the Washington, D.C. area. Sign up for transit alerts, commuter news, and schedules delivered to your mobile device.

CommuterDirect.com—purchase transit tickets, tokens, SmarTrip cards, and passes online.



Your Resource for Cycling in Arlington County
www.BikeArlington.com



www.CommuterPage.com/atp



Ballston Common Mall, Level 2
 Crystal Square Arcade (Underground Mall)
 Rosslyn Center, Mail Level 2
www.CommuterPage.com/stores.htm



Purchase transit tickets, tokens, and passes online at www.CommuterDirect.com.



For information about commuting in Arlington and the Washington, D.C. area, visit www.CommuterPage.com.



Colored and numbered locator signs are being installed along most trails to aid in emergency situations.

City of Falls Church, VA

Security on the Trails

We should all be reminded that serious crime can occur anywhere, including our trails and parks. It is therefore important that we all make special efforts to protect ourselves and discourage crime.

Arlington County had undertaken a trail safety improvement program of increasing lighting, reducing vegetative cover, and increasing surveillance on the trails. The Arlington Police Department gives lectures on crime prevention tactics to classes and organizations. Call the Community Resources Section at 703-228-4330 for details. Trail users can help protect themselves by following the guidelines listed below.

- Choose a safe time and place to exercise in well-populated, well-lit places. Be aware of any personal safety problems in the area(s) in which you exercise. If in doubt, check with the Arlington Police. The W&OD Trail south of Columbia Pike and the Route 50 Trail east of Glebe Road are highly visible trail sections and readily observed by neighboring residents and passing motorists.
- Tell someone where you are going and when you will return; better still, exercise with a buddy. Bicycling and running clubs often organize group rides or runs and can help individuals find training partners. Bikers: www.BikeArlington.com/groups.cfm. Runners: www.DCroadrunners.org.
- Keep fully alert and aware of your surroundings while exercising outdoors. Refrain from wearing headphones and other devices which diminish your ability to hear.
- Immediately report any suspicious or criminal activity you may witness to the Arlington Police. Symbols on the map indicate general locations of the telephones. When calling Police or emergency services, try to be as specific as possible about the incident location. Special numbered and color-coded markers have been installed along the major trails to aid callers in identifying their location.

Arlington County Bicycle Tours

Here are six Arlington County recreational tours offering a variety of sights and terrain, with minimum motor vehicle traffic. Using the overleaf information, you can fine-tune the tours to your personal preference. Have fun! For individual maps of the tours visit www.BikeArlington.com/go.cfm.

Loop A: East Falls Church/Westover Tour
 Enjoy the lovely, historic W&OD Railroad Trail. Nearly six miles of moderately hilly off-street trails and secondary roads. Highlights: Madison Manor Park, Westover playground, Westover Library, Westover Shopping Center, Tuckahoe Park, East Falls Church Park, and Capital mile marker stone.

Loop B: Potomac Overlook Tour
 Scenic route through Arlington's Piedmont. Six miles of hilly, off-street trail and secondary roads. Highlights: Potomac Overlook Park and Nature Center, Gulf Branch Nature Center, Madison Community Center, Marymount University, and Donaldson Run.

Loop C: Heart of Arlington Tour
 Visit quaint neighborhoods and parks.

Ten miles of mostly flat off-street trails and neighborhood streets. Highlights: Washington & Lee High School, Bluemont Park, Glencarlyn Park, Alcovia Heights Park, Thomas Jefferson Community Center, Alcovia Heights Park, and Clarendon shopping, restaurants, and Metrorail station. Short side trips can take you to the Central Library, Arlington Arts Center, and the County's Courthouse complex.

Loop D: Lubber Run/Barcroft Tour
 Scenic travel through the lush and natural Four Mile Run and Lubber Run watersheds. Nearly six miles of mostly flat off-street trails and neighborhood streets. Highlights: Lubber Run Park and amphitheater, Glencarlyn Park, Carlin Springs, Barcroft Park, Arlington Career Center, Columbia Pike Library, and Thomas Jefferson Community Center.

Loop E: Arlington Ridge/Aurora Highlands Tour
 An easy tour of tidal Four Mile Run and south Arlington. Six miles of flat, mostly off-street trails and neighborhood streets. Highlights: Four Mile Run, Pentagon City

and Crystal City shopping areas, Virginia Highlands Park, Arlington Visitor Center/Aurora Hills Library, and the Arlington Historical Society Museum.

Loop F: Grand Tour of Arlington

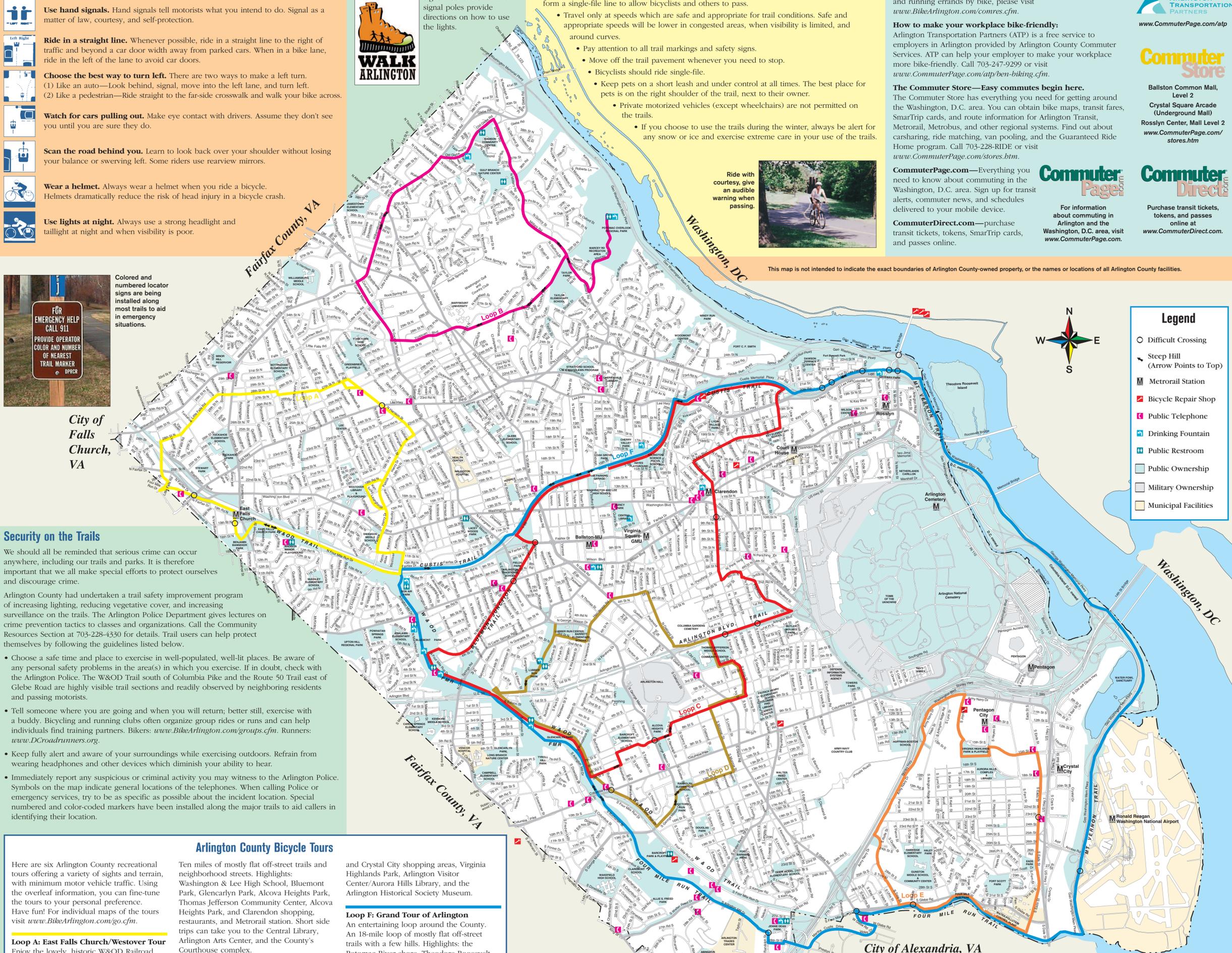
An entertaining loop around the County. An 18-mile loop of mostly flat off-street trails with a few hills. Highlights: the Potomac River shore, Theodore Roosevelt Island, Washington National Airport, the Shirlington shopping area, Four Mile Run, Barcroft Park, Glencarlyn Park, Bluemont Park, Bon Air Park and rose garden, and Rosslyn's Gateway Park. Short side trips can be made to Rosslyn's Freedom Park, Arlington Cemetery, Fort Myer, and the Two Jima Memorial.

Arlington History Bicycle Tour

A 23-mile self-guided tour incorporates visits to many of Arlington's most historical sites with off-street trails and mostly neighborhood streets. Copies of the map and guide are available through the County's Bicycle and Pedestrian Program Manager at 703-228-3633.

Bicycling on Arlington's Military Reservations

Usually bicyclists are permitted to use certain routes within Arlington National Cemetery, Fort Myer, Henderson Hall, and Pentagon military reservations. However, security and safety concerns may arise at any time that result in the closure of those facilities to non-military personnel. Bicyclists are required to wear a helmet, have a picture ID, and should monitor conditions and be prepared to use alternative routes, if necessary. While bicycling in military facilities, bicyclists should stay on the designated routes and obey all traffic laws and military rules.



From	To	Distance (miles)
Alcovia Heights	Arlington Hospital	2.5
Alcovia Heights	Ballston	1.5
Alcovia Heights	Bluemont Park	1.5
Alcovia Heights	Cherrydale	4.9
Alcovia Heights	Clarendon	3.9
Alcovia Heights	Clarendon	4.3
Alcovia Heights	Crystal City	7.1
Alcovia Heights	East Falls Church	7.2
Alcovia Heights	Fourteenth Street Bridge	6.5
Alcovia Heights	Marymount University	5.5
Alcovia Heights	Memorial Bridge	4.7
Alcovia Heights	Potomac Overlook Park	3.8
Alcovia Heights	Rosslyn	5.9
Alcovia Heights	Shirlington	2.5
Alcovia Heights	Thomas Jefferson Comm. Center	2.6
Alcovia Heights	Virginia Highlands	6.3
Alcovia Heights	Westover	-

How Far is it from Here to There?

This handy chart provides approximate distances for trips between prominent places in Arlington County. Distances represent measurements of the most direct trails between two places.

