| | | 6 |
|------|------|---|
| Mile | Turn | Directions |
| 0.0 | | Mount Vernon Estate |
| 7.4 | | Continue north on GW Parkway |
| 8.6 | R | Take sidepath to go below Wilson Bridge |
| 9.0 | | Continue on trail beneath bridge |
| 9.1 | R | Make u-turn by river |
| 9.3 | R | Stay right at the fork |
| 9.5 | L | Take left at intersection with S. Royal St |
| 9.6 | R | Take sidepath to top of bridge deck |
| 9.8 | R | Take right along sidewalk parallel to S. Washington St, t |
| 11.1 | | Make u-turn at path loop to head back to Virginia |
| 12.5 | L | Take left off bridge path |
| 12.6 | R | Use crosswalk to cross S. Washington St |
| 12.6 | | Continue down ramp |
| 13.2 | | Use crosswalk to cross Fort Hunt Rd, then take left |
| 13.4 | R | Woodmont Rd |
| 13.9 | R | Fort Willard Circle |
| 14.0 | R | Fort Drive |
| 14.1 | R | Radcliff Rd |
| 14.1 | R | Belle Haven Rd |
| 14.2 | L | Windsor Rd |
| 14.2 | | Olmi Landrith Dr |
| 14.5 | L | Cavalier Dr |
| 14.9 | R | Belle View Blvd |
| 14.9 | | Cross Quander, Belle View becomes Beacon Hill Rd |
| 15.0 | L | Radcliffe Dr |
| 15.2 | R | Mary Baldwin Dr |
| 15.4 | L | Mary Baldwin Dr, becomes University Dr |
| 15.6 | - | Continue straight, University Dr becomes Canterbury La |
| 15.8 | | At curve, Canterbury Lane becomes Coventry Lane |
| 16.1 | L | Popkins Lane |
| 16.2 | L | Devonshire Rd |
| 16.3 | R | Glasgow Rd |
| 16.4 | R | Rebecca Dr |
| 16.9 | R | Range Rd |
| 16.9 | L | Elba Rd |
| 17.6 | R | Davenport St. |
| 17.7 | R | Sherwood Hall Lane |
| 18.0 | L | Parkers Lane |
| 18.1 | | Supervisor Storck's Office |
| 18.2 | | Parkers Lane |
| 18.3 | | Sherwood Hall Lane |
| 18.8 | L | Richmond Hwy, Rt 1, southbound |
| 19.1 | | Buckman Rd |
| 19.7 | R | Ashton Rd |
| 20.0 | | Lawrence St |
| 20.0 | | Frye Rd |
| 20.0 | | Pole Rd |
| 21.2 | | Jeff Todd Way |

22.6 L Jeff Todd Way

Tour de Mount Vernon Long Route

- 23.1 R Richmond Hwy, Rt 1, southbound
- 23.6 R Woodlawn Rd
- 24.0 Continue on Woodlawn Rd to path
- 24.6 L Jeff Todd Way
- 26.8 L Telegraph Rd
- 29.1 L Fairfax County Parkway trail
- 29.7 L Liberty Drive
- 30.6 L Fairfax County Parkway trail
- 31.0 L John J. Kingman Rd
- 31.7 R Gunston Rd
- 34.6 L 21st St
- 35.3 21st St becomes Mt Vernon Rd
- 36.8 R Mt Vernon Memorial Highway
- 37.5 R Ferry Landing Rd
- 38.7 Ferry Landing Rd becomes Old Mt Vernon Rd
- 39.7 R Mt Vernon Memorial Highway
- 40.2 Finish!