

bikefairfax@fairfaxcounty.gov (703) 324-BIKE (2453)

www.fairfaxcounty.gov/transportation/bike-walk

## BEGINNER'S GUIDE

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

They are great for getting to work or school, the store, the park or place of worship, to get some exercise, or just for pleasure. There are several different types of bikes to fit your unique needs, whether you prefer to ride on pavement or on dirt. There are bikes available that are specifically designed for women, can carry lots of cargo or children, are designed for people with disabilities, or that include pedal assist technology that makes

## climbing up hills a breeze.

If you have never biked before, consider taking a Learning to Ride class first. Bikes and helmets are usually provided, so you don't need to bring your own bike. You can also hire a private instructor. Visit bikeleague.org/ridesmart to find classes or private instructors.

Get yourself a bike. Do your research on what type of bike will best fit your needs. There are several bike shops in Fairfax County that will be able to advise you as well. If you don't want to commit to a new bike, you can find a great variety of affordable preowned bikes on local virtual yard sale forums. If you already have a bike, make sure it's in good working condition. You may want to get it inspected at a bike shop to ensure that it is safe

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

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

# REGIONAL TRAILS



**Gerry Connolly Cross County** The 40-mile long CCT is the primary north/south trail in the county, passing through woodlands and open space along much of its length. You can experience

a variety of landscapes, from remote wooded terrain to ballfields and developed parks, from wide stream valleys to rolling hills. The trail varies from wide paved sections to stonedust or even natural surface sections more appropriate for mountain bikers. The trail crosses several streams and many of the county's main east-west roads. Where no off-road route is possible, the trail follows roadside trails or sidewalks. There are maps of each section, available online or through the Park Authority trails office.

**Washington & Old Dominion** (W&OD) Railroad Regional Park Cycle the 45-mile paved trail along the former roadbed of the Washington & Old Dominion Railroad, which runs through the urban heartland and into the Virginia countryside. Hours on the W&OD Trail vary depending on which portion is used. W&OD Trail hours are from 5 a.m. to 9 p.m., from Shirlington in Arlington County, all the way to the western town limit of Herndon in Fairfax County. Beyond that, the trail closes at dusk.

**Mount Vernon Trail** The Mount Vernon Trail is an 18-mile paved trail that stretches from George Washington's Mount Vernon Estate to Theodore Roosevelt Island. It connects with regional trails, including 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 at any time. **East Coast Greenway (ECG)** The East Coast Greenway is the nation's most ambitious long-distance trail. By connecting existing and planned shared-use trails, a

continuous, traffic-free route is being formed, serving self-powered users of all abilities and ages. At 3,000 miles long, the Greenway links Calais, Maine, at the Canadian border, with Key West, Florida. Alternate routes add another 2,000 miles to the ECG trail system. From Washington, D.C., the ECG enters Fairfax County along the Mount Vernon Trail. Sections of the following trails in Fairfax County are part of the future ECG network: Silverbrook Road Multi-use Trail, Ox Road Multi-use Trail, Richmond Highway Multi-use Trail, Telegraph Road Multi-use Trail, Fairfax County Parkway Multiuse Trail, and Grist Mill Park Multi-use Trail.

# TRAIL SAFETY & ETIQUETTE



is busy, potentially slippery, or if sight lines are obstructed.



Keep the trails safe and

as required by law.

communication with other

trail users clear. Avoid using

cell phones and keep one ear

clear when using earphones,







Ride in the

appropriate

position and lane

In narrow lanes or slow traffic, it may be safer to take

Ride to the right, with traffic.

Do not ride in a right turn only

lane if you are going straight.

the whole lane

Follow all traffic laws

regulatory signs and traffic lights.

Ride in a straight line

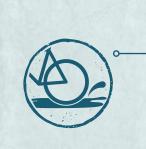
Do not dip between parked cars.

Bikes are required to obey all





flashing light.



Fountainhead Regional Park is a challenging mountain Be alert biking destination trail in Fairfax County managed by Northern Virginia Regional Park Authority (NVRPA). Be alert to trail conditions. Fountainhead is a stacked loop set of trails using Green Watch for slippery surfaces Blue and Black designations indicating level of difficulty. such as bridges, wet The Green loop includes rooty flow trails, bridges, and sections, ice and gravel. 12-inch drops. The Blue loop includes rooty flow trails, bridges, drops, and wooden technical trail features. The Watch for debris in the trail. Black loop adds advanced expert-only rock features in tight twisty terrain with 4-foot drops. The entrance Ring bell for others where to the Black loop is a qualifier for riding the Black loop. visibility is restricted.

BIKES & TRANSIT

**Fountainhead** 

yield to hikers and horses at all times.

**Reserve a Spot in a Bike Room** 

Secure bicycle storage rooms can be found at the Wiehle

Reston East Metro Station and Stringfellow Park and Ride.

The enclosed, secure bicycle parking facilities feature

ample parking with a combination of floor mounted

bicycle racks and vertical space-saver racks. In-room

amenities include bench seating, parking for oversized

bikes/bikes with trailers, a work stand, a variety of bike

tools, and an air pump. Access to the rooms is controlled

electronically. Each subscriber is issued a key fob to allow

access 24 hours-a-day, seven days-a-week. You must

subscribe and pay an annual fee to use these facilities.

A bicycle locker provides a way to store your bicycle

securely out of the elements of rain, sun, and snow.

like park and ride facilities and metro stations.

The Fairfax County Department of Transportation

currently manages bicycle lockers at these locations:

Additional lockers are leased by other transit entities.

www.fairfaxcounty.gov/transportation/bike-walk

Lockers are usually located at transit transfer centers

Rent a Bicycle Locker

Herndon-Monroe Park and Ride

**Reston Town Center Transit Station** 

Spring Hill Metro Station Kiss and Ride

**Reston South Park and Ride** 

**Burke Centre VRE Station** 

How do I sign up?

**Backlick Road VRE Station** 

Refer to the map for exact locations.

Visit us online for more information:

Locations



Two wheels or two feet: **Sharing the way** Multi-use trails are shared and enjoyed by bicyclists, pedestrians, runners, skaters, crosscountry skiers, dog walkers, baby strollers, persons in wheelchairs, and others. Use courtesy and common sense to avoid collisions—especially

**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

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** 

other hand.

LOAD BIKE

wheel clamp.

**SECURE BIKE** 

Pull the spring-loaded

front wheel. The bike is

now secured for travel

clamp and put it over the

You only need to use one

hand to unlatch and pull

down the rack so you can

nold your bike with your

Lift your bike onto the track

wheels. Load your bike with

the front wheel toward the

and into the slot for the

bike racks. Each rack accommodates two bicycles of

when the trails are most crowded.

# MOUNTAIN BIKING



**Lake Fairfax** At 480 acres, Lake Fairfax Park hosts a full range of amenities, including the 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, pavilions, athletic fields of all types, 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 trail that is fast and fun for everyone from beginner to expert riders

Please respect the trails by riding the tread or walking if Located on the grounds of the former Lorton Prison, Laurel Hill is a fun trail system perfect for beginners. With uncomfortable with the terrain. trails ranging from flowing singletrack to doubletrack, **Bull Run Occoquan Trail** Laurel Hill is a great place to go for a quick ride or to start a day trip on the CCT, which starts at Laurel Hill and goes Enjoy great views on this point-to-point trail along the Occoquan Reservoir. The 6 mile long trail starts in north all the way to Great Falls Park. The trails at Laurel Fountainhead Regional Park and goes to the Bull Run Hill tend to drain very well and, when it rains, are often Marina parking lot. This very technical trail has short, rideable before other trails. steep climbs/descents with the majority of them being exposed with roots and rocks. Follow the blue blazes and

**Laurel Hill** 



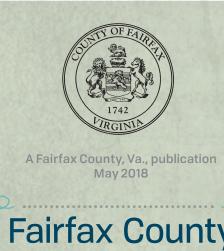
Meadowood

The mountain bike trails at Meadowood wind their way through some of the best mature hardwood forest on the Mason Neck peninsula. The South Branch Loop Trail is a beginner trail that totals 4.7 miles, while the Boss and Stinger trails combine to provide 1.5 miles of trail with a great deal of technical variety. They boast a 300-foot progressive bike ramp, multiple table tops, wooden skinnies, and large fast wooden berms. The Yard Sale is a very fun, fast, free flowing trail that totals 0.67 miles.

The trails at Meadowood pass through a wide variety of terrain and vegetation types, providing riders with constantly changing seasonal experiences. Combine a ride at Meadowood with a visit to historic Gunston Hall, or a paddle up Kane Creek from Mason Neck State Park at

the tip of the peninsula for an all-day outdoor adventure **Lake Accotink** 

The trail system at Lake Accotink is the perfect way to add miles to a longer ride on the 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 singletrack is tight and twisty, with root sections and some steep climbs. The park itself also has a carousel, boat rentals, and picnic areas.



**Fairfax County** BIKEMAD



Nothing compares to the SIMPLE PLEASURE BIKE RIDE. -John F. Kennedy

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon reques For information, call 703-324-1100, TTY 703-324-1102.

## Please allow seven working days. BIKE CHALLENGE RESOURCES

**Fairfax County Bicycle Program** www.fairfaxcounty.gov/transportation/bike-walk **Fairfax County Parks Authority** 

www.fairfaxcounty.gov/parks **Fairfax County Public Schools** www.fcps.edu

**Virginia Department** 

of Transportation virginiadot.org **Fairfax County Trails** and Sidewalks Committee

www.fairfaxcounty.gov/transportation/trails **Fairfax Alliance for Better Bicycling** www.fabb-bikes.org

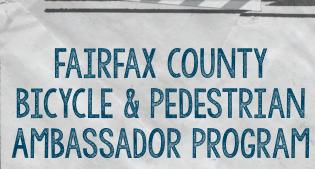
**Washington Area Bicyclist Association** www.waba.org

**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.trailsforyouth.org **Sharing the Roads in Virginia** 

www.sharevaroads.org



We want Fairfax County to be the safest place to walk and ride a bike, whether for transportation or recreation. You can help by becoming 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, farmers markets, and other private or public events. Ambassadors also give bicycle and pedestrian safety presentations at camps, libraries, schools, and businesses.

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

# CAPITAL BIKESHARE



capital bikeshare

>>> CapitalBikeshare.com <<

NATIONAL

**Get rewarded for bicycling!** 

Compete against coworkers, friends,

and family, earn points and win prizes.

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

methodology rewards frequent riding over

long distances to allow beginner riders

to compete with seasoned sport cyclists.

Join the challenge as an individual or join a

team. Schools, businesses, and clubs can

sign up multiple teams to allow for internal

competitions. The Challenge runs every year

Learn more and sign up at

NationalBikeChallenge.org

PLAN YOUR TRIP

CarFreeAtoZ is the Washington, D.C. region's

first multi-modal trip planning and comparison

tool. Plan your commute, compare your

transportation options, and find the most low carbon, healthiest, and cheapest way to travel. Visit online to get started!

www.carfreeatoz.com

We encourage you to pass this

map along to someone who

would like to start bicycling.

For a complimentary replacement, contact

bikefairfax@fairfaxcounty.gov

from May 1.

Go to CapitalBikeshare.com to sign up for a membership and a key membership at any Capital Bikeshare Station. If you live in or near Reston and are receiving government services, contact Cornerstones in Reston to find out if you qualify for a subsidized membership.

to access a bike at any Capital Bikeshare station in Fairfax County

Arlington, and Alexandria, Va., D.C., or Montgomery County, Md.

incur a small usage fee Return the bike to any Capital Bikeshare station

Real-time bike station information

For current bike and docking availability, please visit CapitalBikeshare.com or download the **Corporate partners** There are many ways your organization can support Capital Bikeshare. Go to CapitalBikeshare.com to learn more about



Use your key or unlocking code

Run an errand, go to lunch, enjoy a ride through a park, go to a meeting, ride o 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

mobile app, SpotCycle, for on-the-go information. becoming a corporate member, subsidizing your employees' memberships, purchasing bulk

24 hour memberships for hotels, events and

conventions, or hosting or sponsoring a station.

# SAFE CYCLING ON THE ROAD



Be careful at intersections Use caution since most collisions occur at intersections. Watch for turning vehicles









Wear a helmet

lelmets dramatically

in the event of a bicycle

crash. Children under 15 are

required to wear a helmet.

reduce the risk of head injury

For further information, visit: sharevaroads.org



The Sully District Tour offers a ride through history from the historic Centreville area to several important Civil War sites, and to all the history housed in the Steven F. Udvar-Hazy Air and Space Museum.

# HISTORIC SULLY DISTRICT



2- Walney Visitor Center



16 – Udvar-Hazy Air and Space Museum - ROUTE ON PAVED TRAILS/SIDEWALK - ROUTE ON ROAD 14 MI — MAIN LOOP STARTING AND ENDING

If you are ready to plan your first SRTS event,

visit fcps.edu/safe-routes-school-srts and

at SafeRoutestoSchool@fcps.edu.

**Bike to School Day** 

school on a regular basis.

virginiadot.org/programs/srsm\_starter\_kit.asp,

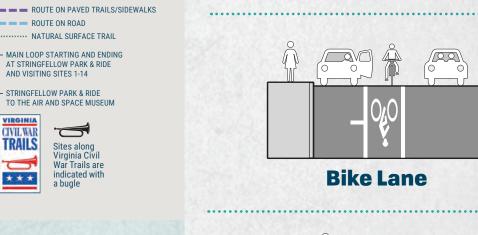
and contact our Safe Routes to School coordinator

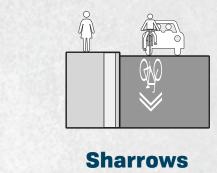
Every year in May, thousands of students, parents,

teachers, and communities across the nation participate

National Bike to School Day (BTSD). Like International Walk

to School Day in October, BTSD is an event that highlights







# WAYFINDING SIGNAGE



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 and along the Fairfax County Parkway Trail.

# KEEPING YOUR BICYCLE SAFE



Replace **Lock your** bike to a solid object that with a bolt it cannot be lifted over separately

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 Rackspotter.com



quick-release mechanisms or lock parts



to explore by bike!

Register your bike National Bike Registry: nationalbikeregistry.com

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.



Lock your bike

in a well-lit area.

At home, close garage

doors when not in use.

## Take a photo of your bike and record the serial number This will aid in recovery should your bike be stolen.

## BIKE THE SITES Here are just a handful of the many destinations







**WORKHOUSE ARTS CENTER AT LORTON:** This thriving 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

**Directions by Bike:** The Arts Center

one-of-a-kind gifts.

while learning the history, and purchase

WOLF TRAP: The country's only National Park for the performing arts includes casual and pavilion outdoor performance space. Highlights include the majestic Filene Center, the Children's Theatre-in-the-Woods, Wolf Trap Opera Company, and The Barns at Wolf Trap.

Directions by Bike: Access Wolf Trap National Park for the Performing Arts rom the W&OD via the Clarks Crossing or Meadowlark Rd trail that connect oo the Trap Rd trail via the Beulah Rd tra Bike parking is available. Located in grio equare H4.

GUNSTON HALL: An 18th-century, Georgianstyle mansion, Gunston Hall was the home of George Mason, the author of Virginia's

Declaration of Rights.

ıare K14. **NATIONAL AIR AND SPACE MUSEUM** STEVEN F. UDVAR-HAZY CENTER:

than 300 aircraft and spacecraft on display, including the Space Shuttle Discovery and the SR-71 Blackbird.

cycle or pedestrian facilities. Bike rack re available in front of the museum. ated in grid square C5.

# BICYCLE FRIENDLY BUSINESS PROGRAM

Why become bicycle friendly?

Save on healthcare

costs

**Increase** 

productivity

**Decrease** absenteeism and turnove

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.

bikeleague.org/business

**Participate in National Bike Month.** Host a Bike to Work Day event at your workplace, such as a free breakfast for bicycle commuters or group ride from the office. Launch a company-wide Bike Month challenge or encourage your employees to participate in the National Bike Challenge.

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 set of wheels (3+ years). Please note

that kids under the age of 15 are required by law to wear a

bicycle helmet. Choosing good routes for your bike trips

can make your rides safer, more pleasant, and more kid-

Similar to traveling with your child by any other mode,

be prepared for whatever the weather might bring when

Having 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

keep a hand on the bike during the process.

foot rests and more.

stabilizing during loading and unloading, but always

Bike rides tend to lull children to sleep. Make sure their

Various brands offer accessories for child seats like

heads and necks have enough support when they nod off.

rain/element covers, handlebars, head rests, adjustable

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.

route by bike. Look for trails and green bike routes.

considering apparel and accessories.

friendly. The route you normally drive usually isn't the best

**Amenities** 

car doors

Ride at least 5 feet away

from parked vehicles.



Secure and convenien 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. (1 shower for 50-100 workers; 2 showers for 100-250 workers; and 4 showers for 250+ workers.) Smaller workplaces could provide space for a change

**Tax Incentives** Federal law allows employers to provide incentives for employees to commute to work by bike through the Bicycle Commuter Benefit.

earn more at WWW.BIKELEAGUE.ORG

**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.

Share the League's educational videos and other online resources with employees. bikeleague.org/ridesmart

Health

We all want to keep our kids safe. Half of

the children struck by cars near schools

are hit by parents driving other children

comprehensive approach that includes

and engineering to help keep kids safe.

quality improves and kids benefit.

education, encouragement, enforcement,

to school. Safe Routes to School is a

Over the past 20 years, the number

of overweight children in the U.S. has

doubled. Overweight children are at

a significant risk for diabetes, high

solving the obesity crisis.

chronic respiratory llinesses, and certain cancers. Asthma

accounts for 14 million missed days of school per year

nationwide. The transportation sector produces nearly

1/3 of all U.S. greenhouse gas emissions. When schools are

built in neighborhoods safe for walking and bicycling, air

blood pressure, asthma, and becoming

overweight adults. Getting kids to walk and

Air Quality and

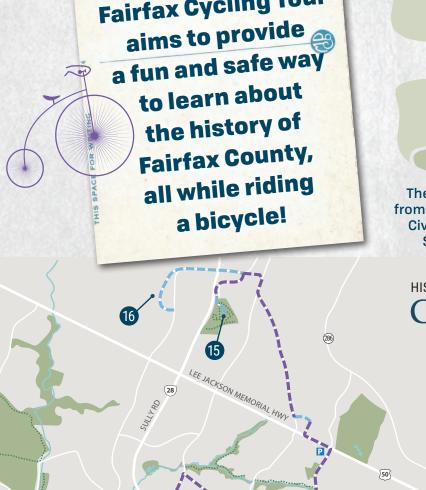
health issues like asthma,

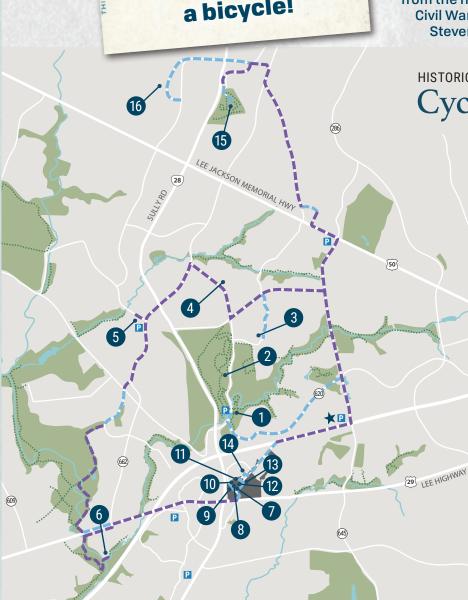
bike to school is a significant step toward

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









SAFE ROUTES TO SCHOOL THE HER

Why Bring Safe Routes to School to Your School?

Each extra

hour a day

spent riding

in a car

increases

obesity risk

by 6%.

Studies of existing SRTS

programs show about a

50% decrease in crashes

involving child cyclists

and pedestrians.

Schools designed so

children can walk and

bicycle to school have

measurably better air

The Fairfax County Safe Routes to School (SRTS) program aims to improve the health and well-being of children by enabling and

encouraging them to walk and bike to school. About 30% of our elementary and middle schools regularly participate in the program.

Walking one

mile to and from

school each

day generates

 $\frac{2}{3}$  of the

recommended

level of physical

activity per day.

A return to 1969 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.

walk to school

are more

physically

active

throughout

the day.

As the number

of people walking

and bicycling

increases, injuries

actually decline.

A 5% increase in

a neighborhood's

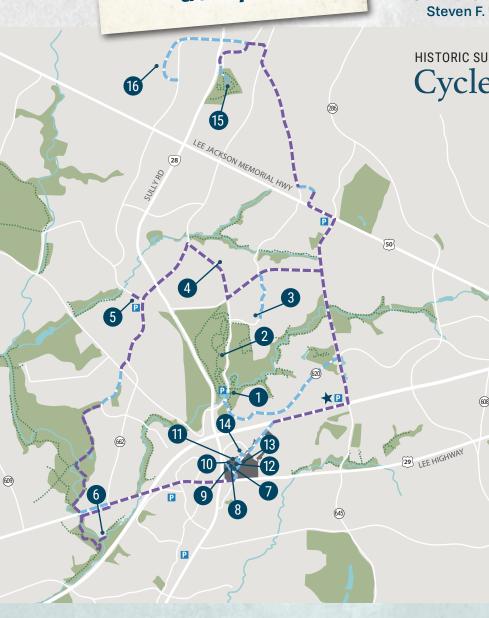
vehicle miles traveled

walkability reduces

by 6%.



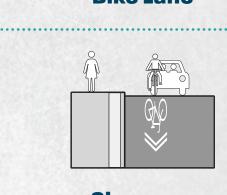


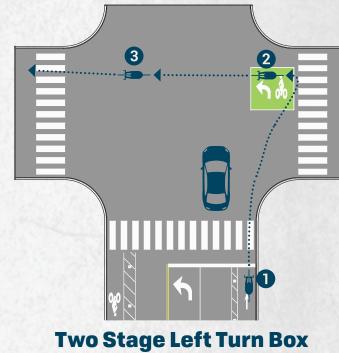


# **Shared Use Path**

**Buffered Bike Lane** 







the importance of bicycling as a fun, healthy, and safe way to get to school and around town. Participating in National Bike to School Day and hosting an event is a great way to teach safe bicycling skills and encourage biking. Use the momentum of BTSD to encourage bicycling and walking to >>> Learn more at: virginiadot.org/programs/ 
srsm\_national\_bike\_to\_school\_day.asp



