



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.



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



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2025

BIKE MAP



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

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.virginia.gov
- Fairfax County Trails, Sidewalks and
Bikeways Committee
www.fairfaxcounty.gov/transportation/trails
- Fairfax Alliance for Better Bicycling
www.fabbbikes.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

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

PLAN YOUR TRIP



Mooovit is an urban mobility tool that helps with multi-modal trip planning. Plan your commute, compare your transportation options, and find the lowest-carbon, healthiest and cheapest way to travel.

mooovitapp.com



WAYFINDING SIGNAGE

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BEGINNER'S GUIDE

BIKES ARE A FUN, HEALTHY, RELIABLE, AND ECONOMICAL 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

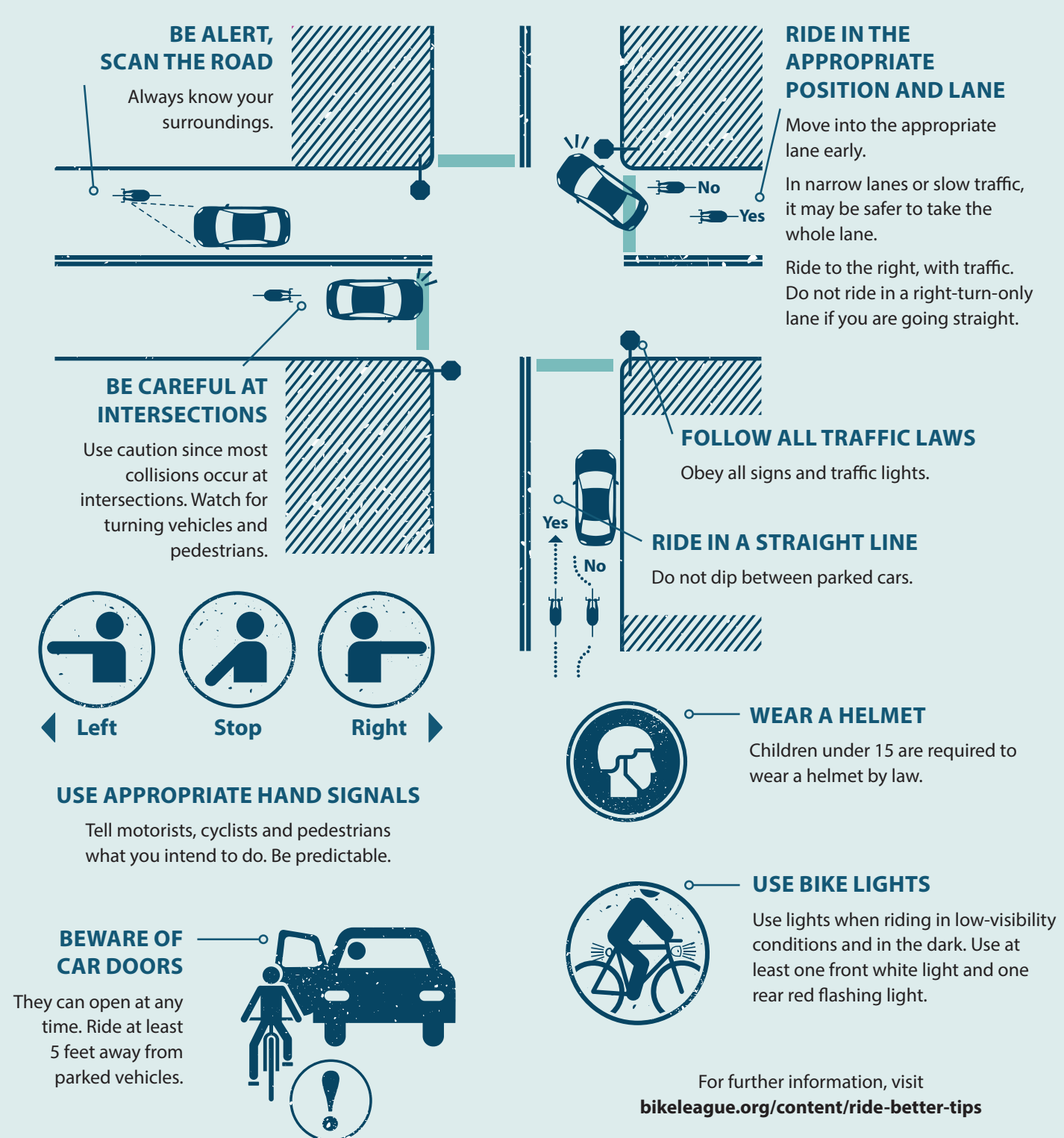
If you have never biked before, consider taking a learning-to-ride class first. Bikes and helmets are usually provided. You can also hire a private instructor. Visit www.bikeleague.org/ridesmart to find classes or private instructors.

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



LOVE TO RIDE GLOBAL BIKE CHALLENGE

GET REWARDED FOR BICYCLING!

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

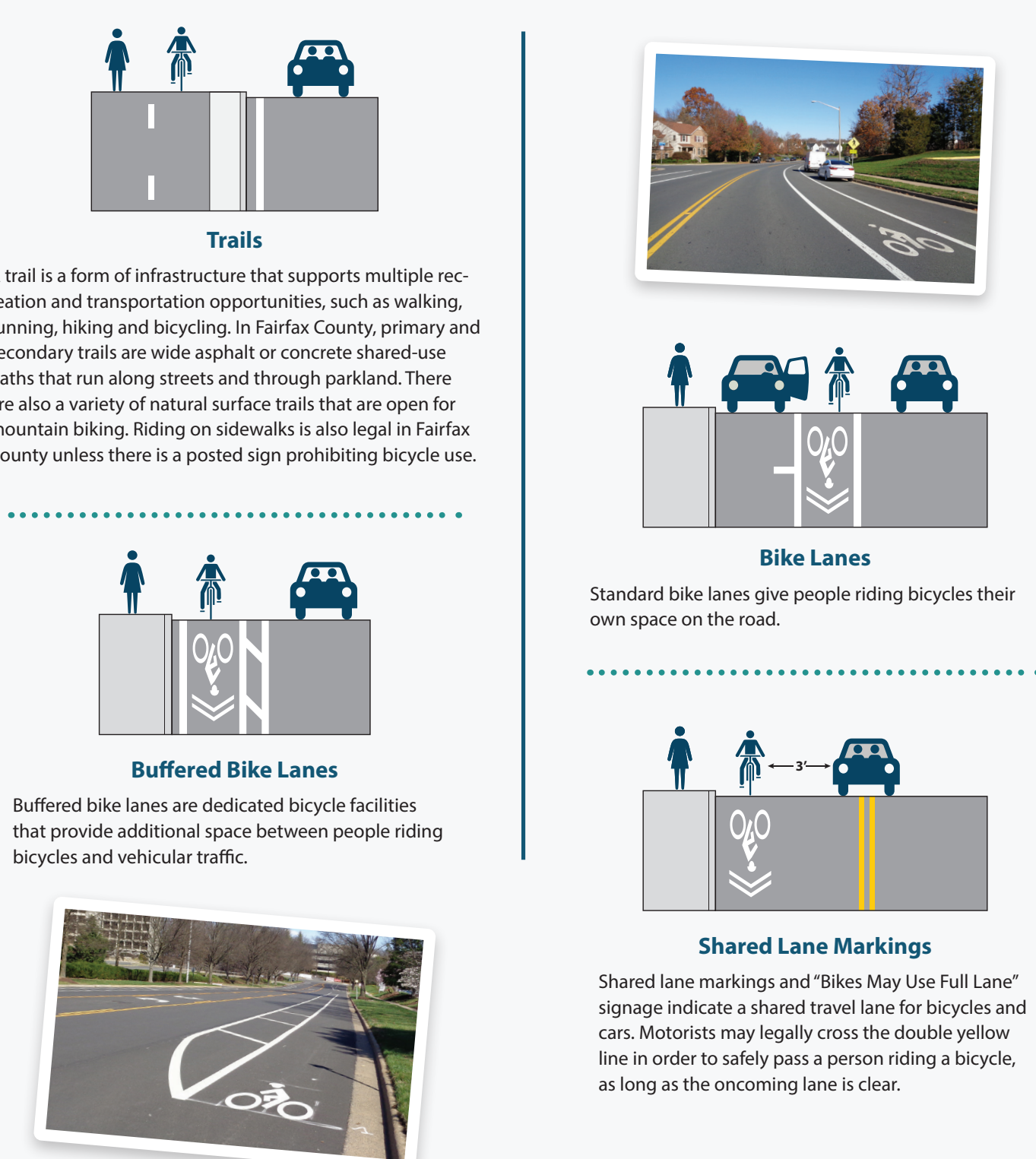


The Bike Month Challenge and Cycle September Bike Challenge are global events uniting thousands of people who enjoy biking for transportation or recreation, including mountain biking. The free website allows you to log your rides while challenging yourself, your colleagues, and your community to ride more frequently while competing for prizes.

The scoring rewards frequent riding to allow beginner riders to compete with seasoned sport cyclists. Join the challenges 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 from September 1-30.

www.lovetoride.net/usa

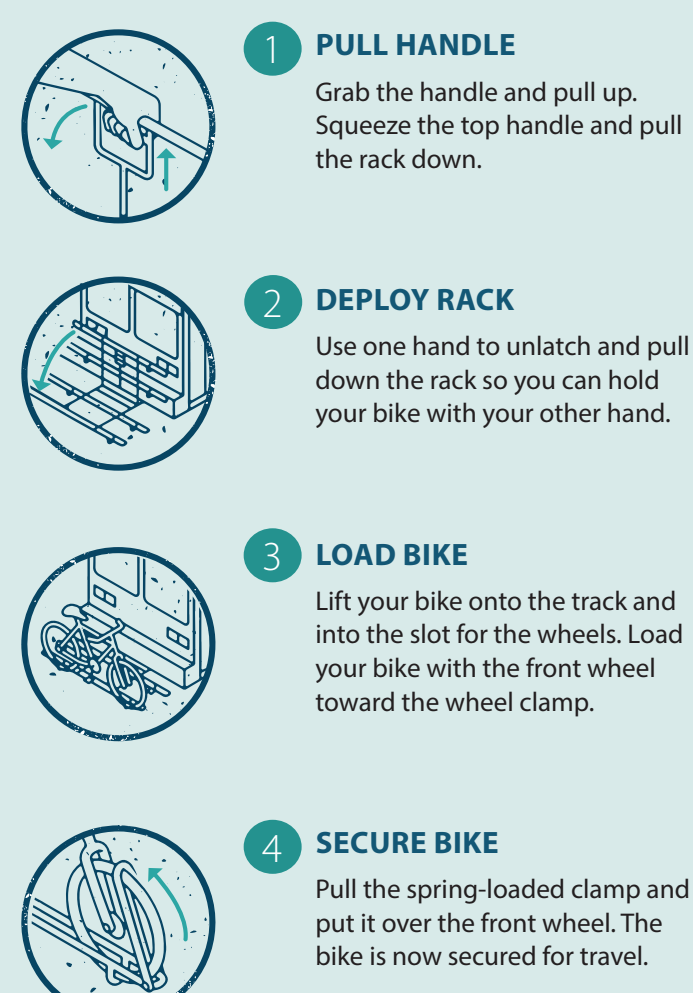
WHERE TO BIKE



BIKES & TRANSIT

BIKES ON BUSES

Bringing your bike on a bus can help you go farther, faster. All Fairfax Connector buses, Arlington Transit, Alexandria DASH, City of Fairfax CUE 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/about/onboard-policies.



RESERVE A SPOT IN A BIKE ROOM

Secure bicycle storage rooms can be found at the Wiehle-Reston East Metro Station, Herndon Station, Innovation Center Metro Station, Springfield Park and Ride, Monument Garage and Springfield Garage. The enclosed facilities feature both floor-mounted bicycle racks and vertical space-saver racks. Amenities include parking for oversized bikes/bikes with trailers, bench seating, an air pump, bike tools and a work stand. Access is controlled electronically. You must subscribe and pay an annual fee to use these facilities.

RENT A BICYCLE LOCKER

A bicycle locker allows you the benefit to store your bicycle securely and out of rain, sun and snow. Lockers are usually located at transit transfer centers such as park and ride facilities and Metro stations.

LOCATIONS

The Fairfax County Department of Transportation currently manages bicycle lockers at these locations:

- Herndon Metro Station
- Reston Town Center Metro Station
- Innovation Center Metro Station
- Reston South Park and Ride
- Reston Town Center Transit Station
- Spring Hill Metro Station Kiss and Ride
- Burke Centre VRE Station
- Backlick Road VRE Station

Additional lockers are leased by other transit entities. Refer to the map for exact locations.

HOW DO I SIGN UP?

For more information, visit www.fairfaxcounty.gov/transportation/bike/parking

FAIRFAX COUNTY BICYCLE & PEDESTRIAN AMBASSADOR PROGRAM

Help make Fairfax County to be the safest place to walk and bike — become an Ambassador!

- Share your knowledge about safe biking and walking practices with other County residents
- Be the first to know about county improvements for biking and walking
- Meet new people while volunteering at festivals, libraries, farmers markets, businesses and more



LEARN MORE
Scan the code or email bikefairfax@fairfaxcounty.gov



fairfaxcounty.gov/transportation/bike-walk

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.

BULL RUN OCCOQUAN TRAIL

Enjoy great views on this point-to-point trail along the Occoquan Reservoir. The 6-mile long trail starts in Fountainhead Regional Park and goes to the Bull Run Marina parking lot. This very technical trail has short, steep climbs/descents, and most also have exposed roots and rocks. Follow the blue blazes, and yield to hikers and horses at all times.



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 bicyclists 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 bicyclists. 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 drain very well and, when it rains, are often rideable before other trails.



MEADOWOOD

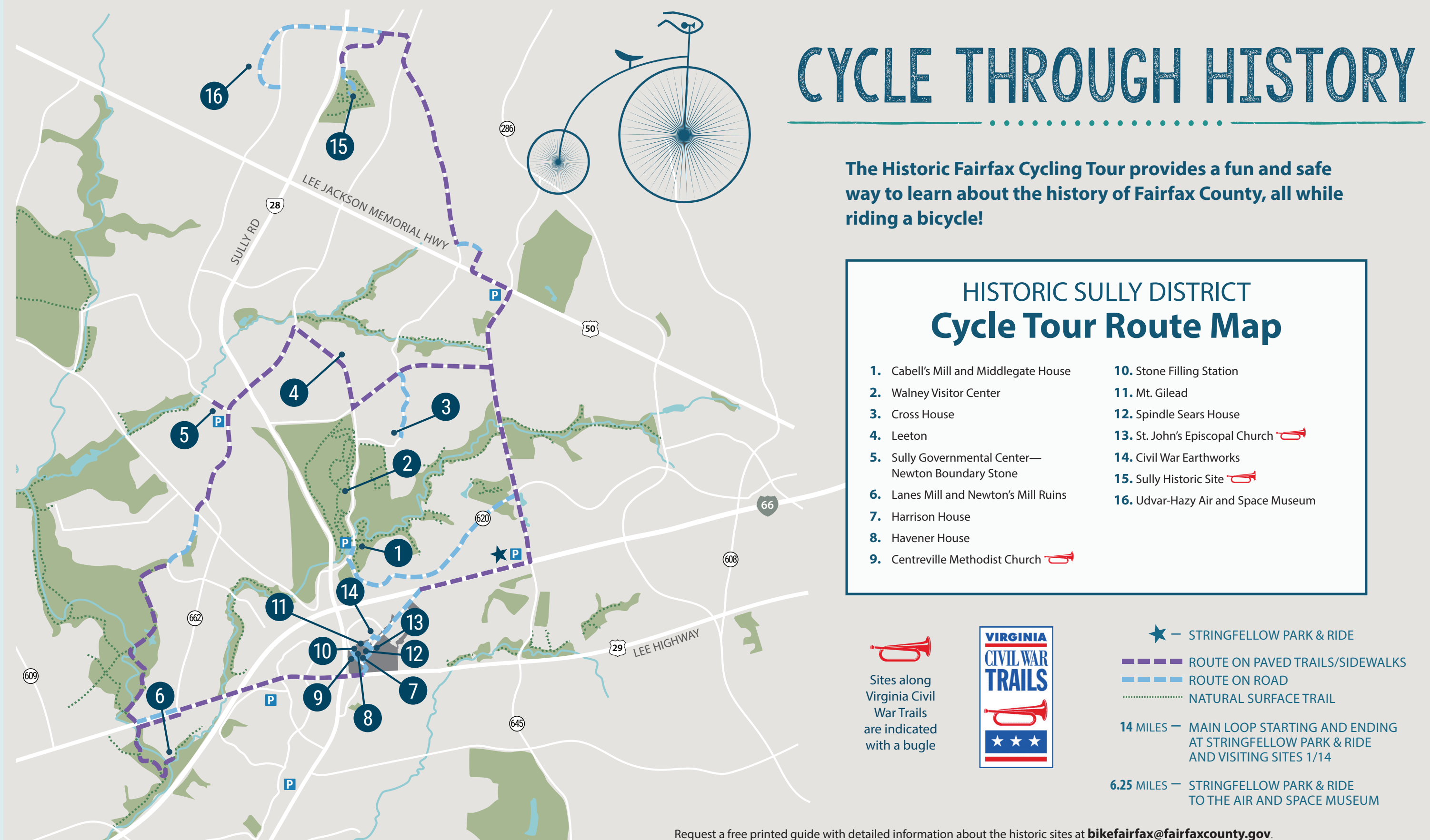
These trails wind through some of the best mature hardwood forest on the Mason Neck peninsula. The South Branch Loop Trail is a 4.7-mile beginner trail, while the Boss and Stinger Trails combine to provide 1.5 miles of trail with a great deal of technical variety. They boast a 300-foot progressive bike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

LAKE ACCOTINK

The trail system at Lake Accotink 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 Accotink 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.



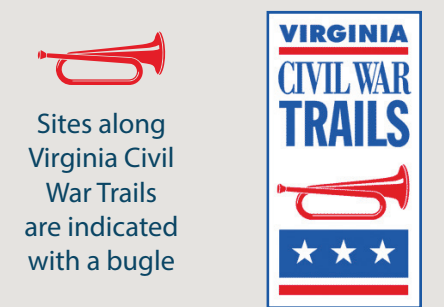
KEEPING YOUR BICYCLE SAFE



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
- Haverer House
- Centreville Methodist Church
- Stone Filling Station
- Mt. Gilard
- Spindle Sears House
- St. John's Episcopal Church
- Civil War Earthworks
- Sully Historic Site
- Udvar-Hazy Air and Space Museum



Sites along Virginia Civil War Trails are indicated with a bugle

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

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capital bikeshare



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.



TIPS

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

SAFE ROUTES TO SCHOOL

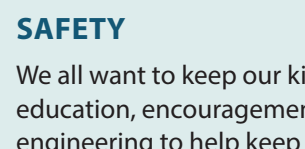
The Fairfax County Safe Routes to School (SRTS) program aims to improve the health and well-being of children by encouraging them to walk and bike to school. About 30% of our elementary and middle schools regularly participate in the program.

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.



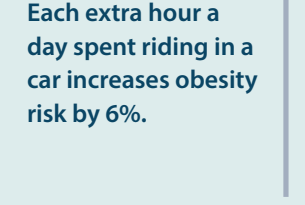
SAFETY

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.



STUDIES OF EXISTING SRTS

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 7% of the recommended level of physical activity per day.

Children who walk to school are more physically active throughout the day.

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 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.

Source: www.fcps.edu/resources/safety-and-transportation/transportation-services/safe-routes-school-srts

FIRST STEPS

If you are ready to plan your first SRTS event, visit www.fcps.edu/transportation/safe-routes-school-srts and www.vdot.virginia.gov/about/programs/safe-routes/srts-resources, and contact our SRTS coordinator at saferrouteschool@fcps.edu.



NATIONAL BIKE TO SCHOOL DAY (BTSD)

Every year in May, thousands of students, parents, teachers and communities across the nation participate in BTSD, which highlights the importance of bicycling as a fun, healthy and safe way to get to school and around town. Participating in BTSD and hosting an event is a great way to encourage biking and teach safe bicycling skills. Learn more at www.vdot.virginia.gov/about/programs/safe-routes/bike-to-school-day.