

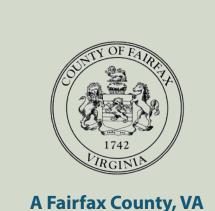
If you notice that a bicycle facility is not featured on the map or a road that should be designated differently, please let us know. Contact bikefairfax@fairfaxcounty.gov



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



2025 BIKE MAP

publication



Nothing Compares to the SIMPLE PLEASURE BIKE RIDE"

—John F. Kennedy

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

Bikeways Committee www.fairfaxcounty.gov/transportation/trails **Fairfax Alliance for Better Bicycling**

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**

Trails for Youth

someone who would like to start bicycling. For a complimentary replacement, email bikefairfax@fairfaxcounty.gov

PLAN YOUR TRIP



MoovIt is an urban mobility tool that helps with multitransportation options; and find the lowest-carbon, healthiest and cheapest way to travel. moovitapp.com



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), Fairfax County Parkway, and 66 Parallel Trails.



BEGINNER'S

______ **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 learningto-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.

BE ALERT, **SCAN THE ROAD** Always know your surroundings.

BE CAREFUL AT

INTERSECTIONS

Use caution since most

intersections. Watch for

turning vehicles and

USE APPROPRIATE HAND SIGNALS

Tell motorists, cyclists and pedestrians

what you intend to do. Be predictable.

CAR DOORS

They can open at any

time. Ride at least

5 feet away from

parked vehicles.

collisions occur at

APPROPRIATE POSITION AND LANE Move into the appropriate In narrow lanes or slow traffic, it may be safer to take the



SAFE CYCLING ON THE ROAD

Ride to the right, with traffic. Do not ride in a right-turn-only lane if you are going straight.



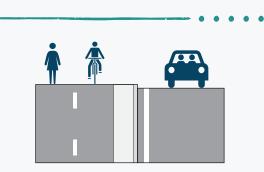
WEAR A HELMET Children under 15 are required to wear a helmet by law



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

For further information, visit bikeleague.org/content/ride-better-tips

WHERE TO BIKE



A trail is a form of infrastructure that supports multiple rec reation 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 are dedicated bicycle facilities that provide additional space between people riding bicycles and vehicular traffic.



CONTROL YOUR SPEED

Slow down when approaching a road or driveway crossing, when

the trail is busy, slippery or your

SIGNAL WHEN PASSING

Pass on the left and only when

safe. You are required by law

to warn pedestrians and other

when necessary.

CELL PHONE AND

Keep the trails safe and

required by law.

communication with other

trail users clear. Avoid using

cell phones and keep one ear

free when using earphones, as

hardened

steel U-lock

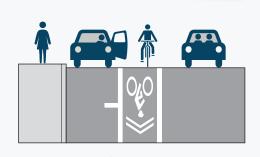
HEADPHONE DANGERS

cyclists before passing them. Bells

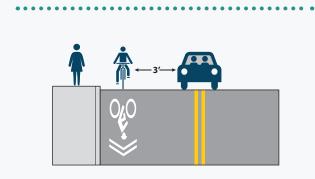
are best. Use verbal warnings only

sight is obstructed.





Bike Lanes Standard bike lanes give people riding bicycles their own space on the road.



Shared Lane Markings

BE VISIBLE

BE ALERT

Use lights when riding in low-

visibility conditions, including

darkness. Use at least one fron

white light and one rear red

Be alert to trail conditions.

Watch for slippery surfaces

Watch for debris on the trail.

such as bridges, ice, wet

sections and gravel.

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, 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.

PULL HANDLE

the rack down.

DEPLOY RACK

LOAD BIKE



Grab the handle and pull up. Squeeze the top handle and pull



Use one hand to unlatch and pull down the rack so you can hold your bike with your other hand.

Pull the spring-loaded clamp and



Lift your bike onto the track and into the slot for the wheels. Load vour bike with the front wheel toward the wheel clamp.



put it over the front wheel. The bike is now secured for travel.

SECURE BIKE

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, Stringfellow Park and Ride, Monument Garage and Springfield Garage. The enclosed facilities feature both floor-mounted bicycle racks and vertical spacesaver 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**

manages bicycle lockers at these locations: Herndon 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?

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

FAIRFAX COUNTY

BICYCLE & PEDESTRIAN

AMBASSADOR PROGRAM

 Share your knowledge about safe biking and walking practices with

Be the first to know about county

 Meet new people while volunteering at festivals, libraries, farmers markets, businesses and more



Scan the code or email bikefairfax@fairfaxcounty.gov



BICYCLE-FRIENDLY BUSINESS PROGRAM

WHY BECOME BICYCLE-FRIENDLY?











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 confidential and entitles you to detailed feedback on how to improve. www.bikeleague.org/business

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.

Learn more at www.bikeleague.org/bikemonth **AMENITIES**



Showers Many bicyclists need Secure and convenient to shower after their bike parking keeps commute. Smaller work commuters' bicycles safe places could provide from theft and free from space for a change weather hazards. Consult www.fairfaxcounty.gov/ of clothes. transportation/bike-walk/ bicycle-parking-guidelines

for best practices. **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. Share the League's educational videos and other online resources with employees. www.bikeleague.org/ridesmart

> THE LEAGUE OF AMERICAN BICYCLISTS since 1880

Go to www.capitalbikeshare.com to sign up for a

app, or at any Capital Bikeshare station.

minutes will incur a small usage fee.

light indicating it is locked.

membership, and a key will be mailed to you. Get a short term pass from the Capital Bikeshare app, Lyft

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

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

Return the bike to any Capital Bikeshare station. Make

sure when you click your bike back in, you see a green

REAL-TIME BIKE STATION INFORMATION

Capital Bikeshare is expanding in Fairfax County!

For current station locations and bike and docking

Bikeshare, for on-the-go information.

CORPORATE PARTNERS

hosting or sponsoring a station.

availability, visit account.capitalbikeshare.com/map,

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

capital bikeshare

use the QR code or download the mobile app, Capital

LOVE TO RIDE GLOBAL BIKE

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 vents uniting thousands of people vho enjoy biking for transportation or

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



recreation, including mountain biking. The free website allows you to log your rides while challenging yourself, your colleagues, and your community to ride







TRAIL SAFETY & ETIQUETTE





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 rooty flow trails, bridges and 12-inch drops. The Blue loop includes rooty flow trails, bridges, drops and wooden technical trail features. The Black loop adds advanced, expertonly 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

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 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.

Located on the grounds of the former Lorton Prison, Laurel

a variety of terrain and vegetation, providing riders with

CYCLE THROUGH HISTORY

The Historic Fairfax Cycling Tour provides a fun and safe

way to learn about the history of Fairfax County, all while

HISTORIC SULLY DISTRICT

Cycle Tour Route Map

10. Stone Filling Station

12. Spindle Sears House

14. Civil War Earthworks

15. Sully Historic Site

13. St. John's Episcopal Church

16. Udvar-Hazy Air and Space Museum

ROUTE ON ROAD

..... NATURAL SURFACE TRAIL

6.25 MILES — STRINGFELLOW PARK & RIDE

★ - STRINGFELLOW PARK & RIDE

ROUTE ON PAVED TRAILS/SIDEWALKS

14 MILES — MAIN LOOP STARTING AND ENDING

AND VISITING SITES 1/14

AT STRINGFELLOW PARK & RIDE

TO THE AIR AND SPACE MUSEUM

11. Mt. Gilead

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 County Trail (CCT) or get in a quick ride. A loop that goes around Lake Accotink provides

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

that totals 0.67 miles. The Meadowood trails pass through

wooden berms. The Yard Sale is a fast, free-flowing trail

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

RESOURCES

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

Virginia Department of Transportation www.virginiadot.org Fairfax County Trails, Sidewalks and

www.fabb-bikes.org **Washington Area Bicyclist Association**

> www.potomacpedalers.org www.trailsforyouth.org

We encourage you to pass this map along to



time off your commute. Just start pedaling and the power kicks in. Annual members, 30-day members, and 24-hour pass holders pay \$0.10 per minute. Non-members pay \$1 to unlock and \$0.15 per minute. Dock at any Capital Bikeshare station for free or use the cable to lock to any public bike rack within the service area for an extra \$2.

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

to block pathways, sidewalks, or ramps.



KEEPING YOUR BICYCLE SAFE



Lock your bike to a solid object so that the bike and lock cannot be lifted together over the base.

Replace quickrelease mechanisms with a bolt, or lock parts 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

www.rackspotter.com

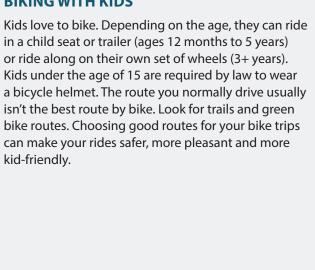
to find (and share) bike racks near you.





BIKING WITH KIDS

BIKING WITH KIDS







time to talk about what stop signs, road markings or other traffic controls mean when on a bike.





SAFE ROUTES TO SCHOOL HIME



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?

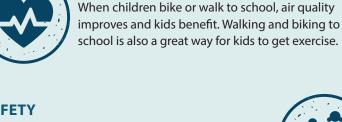
Each extra hour a

day spent riding in a

walk and bicycle to school have

measurably better air quality.

car increases obesity





issues including asthma, chronic respiratory illnesses and certain cancers. Asthma accounts for 14 million missed days of school per year nationwide.



is linked to children's health

generates 2/3 of the physically active risk by 6%. recommended level of throughout the day. physical activity per day. •••••••••• Studies of existing SRTS As the number of people walking

Walking 1 mile to and

from school each day

and bicycling increases, injuries programs show about a 50% decrease in crashes involving actually decline. child cyclists and pedestrians. ••••••••••• Schools designed so children can A 5% increase in a

by 6%. A return to 1969 levels of walking and bicycling to school would save 3.2

neighborhood's walkability

reduces vehicle miles traveled

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.

Children who walk

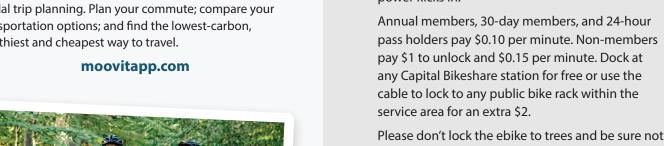
to school are more

routes-school-srts and www.vdot.virginia.gov/about/programs/safe-routes/srtsresources, and contact our SRTS coordinator at saferoutestoschool@fcps.edu.

If you are ready to plan your first SRTS event, visit www.fcps.edu/transportation/safe-



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 www.vdot.virginia.gov/about/programs/safe-routes/bike-to-school-day.



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









Similar to traveling with your child by any other mode,

e prepared for whatever the weather might bring

Having water and snacks on hand can make the ride ore 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.

when considering apparel and accessories.

adjustable foot rests and more. Teach street safety skills. Riding together is a great



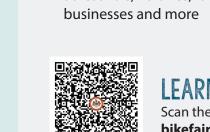




The transportation sector produces nearly one-third of all U.S. greenhouse gas emissions. When schools are built in neighborhoods safe for walking and bicycling, air quality improves and kids benefit.

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

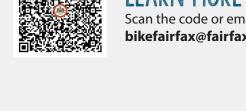
The Fairfax County Department of Transportation currently Reston Town Center Metro Station Innovation Center Metro Station





















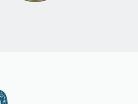






MEADOWOOD















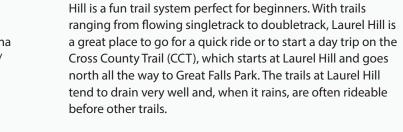








LAUREL HILL



riding a bicycle!

1. Cabell's Mill and Middlegate House

2. Walney Visitor Center

5. Sully Governmental Center—

Newton Boundary Stone

6. Lanes Mill and Newton's Mill Ruins

Centreville Methodist Church

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

FIRST STEPS

CIVIL WAR

 $\star\star\star$

3. Cross House

7. Harrison House

8. Havener House

Sites along

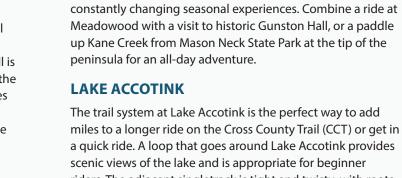
Virginia Civil

War Trails

are indicated

with a bugle

4. Leeton



CAPITAL BIKESHARE



modal trip planning. Plan your commute; compare your

WAYFINDING SIGNAGE