



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 <https://my.vdot.virginia.gov> or bikefairfax@fairfaxcounty.gov.



www.fairfaxcounty.gov/transportation/bike-walk
bikefairfax@fairfaxcounty.gov
(703) 324-BIKE (2453)

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


BE ALERT
Scan the road
Always know your surroundings




BE CAREFUL AT INTERSECTIONS
Use caution since most collisions occur at intersections. Watch for turning vehicles and pedestrians.



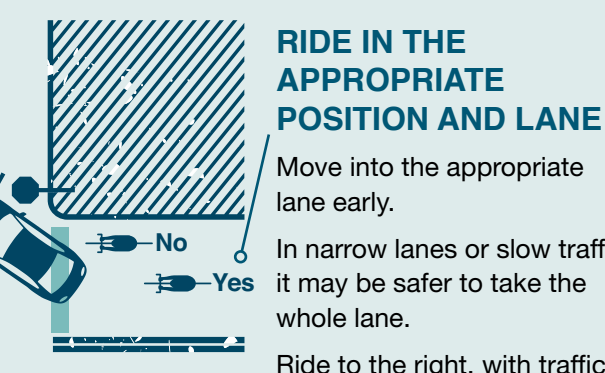
USE APPROPRIATE HAND SIGNALS
Tell motorists, cyclists and pedestrians what you intend to do. Be predictable.




BEWARE OF CAR DOORS
They can open at any time. Ride at least 5 feet away from parked vehicles.




RIDE IN THE APPROPRIATE POSITION AND LANE
Move into the appropriate lane early.
In narrow lanes or slow traffic, it may be safer to take the whole lane.
Ride to the right, with traffic. Do not ride in a right-turn-only lane if you are going straight.



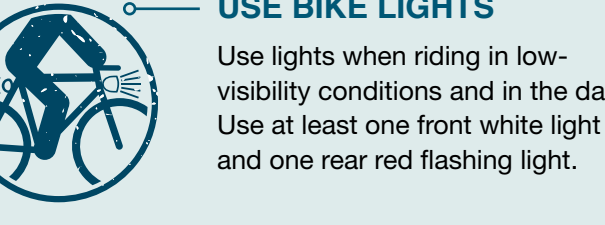
FOLLOW ALL TRAFFIC LAWS
Obey all signs and traffic lights.



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



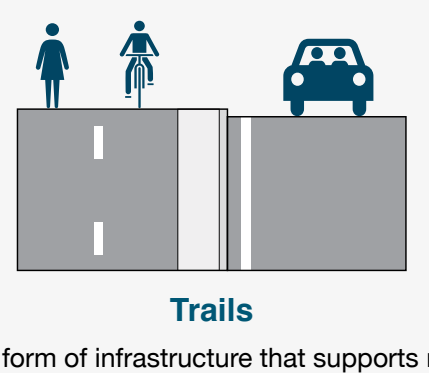
USE BIKE LIGHTS
Use lights when riding in low-visibility conditions and in the dark. Use at least one front white light and one rear red flashing light.




For further information, visit www.sharevaroads.org.

WHERE TO BIKE


Trails
A trail is a form of infrastructure that supports multiple recreation 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.



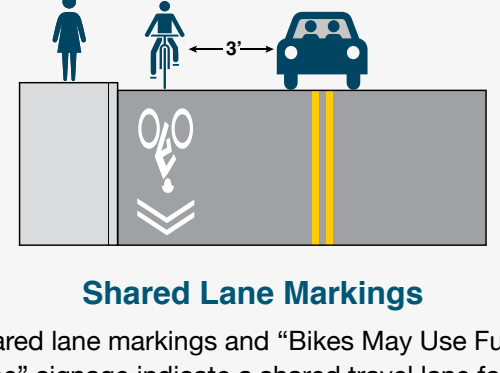
Bike Lanes
Standard bike lanes give people riding bicycles their own space on the road.



Buffered Bike Lanes
Buffered bike lanes are dedicated bicycle facilities that provide additional space between people riding bicycles and vehicular traffic.



Shared Lane Markings
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 buses and WMATA Metrobus buses have front-mounted bike racks. Each rack accommodates two bicycles of most standard sizes. There is no additional charge.

1. PULL HANDLE
Grab the handle and pull up. Squeeze the top handle and pull the rack down.

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

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

4. SECURE BIKE
Pull the spring-loaded clamp and put it over the front wheel. The bike is now secured for travel.

BIKES ON TRAINS

Bicycles are permitted on Metrorail and VRE trains. For rules and exceptions, please visit <https://www.wmata.com/service/bikes> and <https://www.vre.org/service/policies>.

RESERVE A SPOT IN A BIKE ROOM

Secure bicycle storage rooms can be found at the Wiehle-Reston East Metro Station and Strangeflow Park and Ride. The enclosed facilities feature both floor-mounted bicycle racks and vertical space-saver racks. Amenities include parking for oversized 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 lets you store your bicycle securely 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-Morton Park and Ride
- 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-walk.

FAIRFAX COUNTY BICYCLE & PEDESTRIAN AMBASSADOR PROGRAM

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

CONTACT US

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





A Fairfax County, VA, publication
2020

BIKE MAP



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

BICYCLE-FRIENDLY BUSINESS PROGRAM

WHY BECOME BICYCLE-FRIENDLY?

- Save on Healthcare Costs
- Increase Productivity
- Decrease Absenteeism and Turnover
- Reduce Parking Costs

Apply for Bicycle-Friendly Business Designation

The League of American Bicyclists' Bicycle-Friendly Business (BFB) program guides 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. 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

- Bike Parking**
Secure and convenient 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. Smaller work places could provide space for a change of clothes.
- 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 packages. Share the League's educational videos and other resources with employees. www.bikeleague.org/ridesmart

THE LEAGUE OF AMERICAN BICYCLISTS
since 1880

NATIONAL BIKE CHALLENGE

GET REWARDED FOR BICYCLING!

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



The National Bike Challenge is a nationwide 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 rewards frequent riding to allow beginner riders to compete with seasoned sport cyclists. Join the challenge as an individual or as part of a team. Schools, businesses and clubs can sign up multiple teams to allow for internal competitions. The challenge runs every year from May 1 to September 30.

www.lovetoride.net/usa

TRAIL SAFETY & ETIQUETTE

CONTROL YOUR SPEED
Slow down when approaching a road or driveway crossing, when the trail is busy, slippery or your sight is obstructed.



SIGNAL WHEN PASSING
Pass on the left and only when safe. You are required by law to warn pedestrians and other cyclists before passing them. Bells are best. Use verbal warnings only when necessary.



CELL PHONE AND HEADPHONE DANGERS
Keep the trails safe and communication with other trail users clear. Avoid using cell phones and keep one ear free when using earphones, as required by law.



KEEP TO THE RIGHT
All trail users should keep to the right except when passing on the left. Move off to the right of the trail when stopping.



BE VISIBLE
Use lights when riding in low-visibility conditions, including darkness. Use at least one front white light and one rear red flashing light.



BE ALERT
Be alert to trail conditions. Watch for slippery surfaces such as bridges, ice, wet sections and gravel. Watch for debris on the trail.



TWO WHEELS OR TWO FEET: SHARING THE WAY
Multi-use trails are shared by bicyclists, pedestrians, runners, scooter riders, dog walkers and others. Use courtesy and common sense to avoid collisions.



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 rooty flow trails, bridges and 12-inch drops. The Blue loop includes rooty flow trails, bridges, drops and wooded technical trail features. The Black loop adds advanced, expert-only rock features in tight twists remain with 4-foot drops. Please respect the trails by riding the tread or walking if uncomfortable with the terrain.



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, picnic areas, 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.



LAUREL HILL

Located on the grounds of the former Lorton Prison, Laurel Hill is a fun trail system perfect for beginners. 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 into the Cross Country Trail (CCT), which starts at Laurel Hill and goes 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 Boes and Singer 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.



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.virginiadot.org

Fairfax County Trails, Sidewalks and Bikeways 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 encourage you to pass this map along to someone who would like to start bicycling. For a complimentary replacement, contact bikefairfax@fairfaxcounty.gov

CAPITAL BIKESHARE

JOIN

Go to www.capitalbikeshare.com to sign up for a membership, and a key will be mailed to you. Get a 24-hour membership at any Capital Bikeshare station. Capital Bikeshare offers affordable, accessible and fun transportation options for everyone, regardless of income. Those who qualify for certain state or federal assistance programs may apply for a subsidized membership. To learn more, visit www.capitalbikeshare.com/pricing-for-all.

TAKE

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 unlock it.

RIDE

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 30 minutes. Rides beyond 30 minutes will incur a small usage fee.

RETURN

Return the bike to any Capital Bikeshare station. Make sure when you click your bike back in, you see a green light indicating it is locked.

REAL-TIME BIKE STATION INFORMATION

Capital Bikeshare is expanding in Fairfax County! For current station locations and bike and docking availability, please visit www.capitalbikeshare.com or download mobile app, **Capital Bikeshare**, for on-the-go information.

CORPORATE PARTNERS

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, 24-hour memberships for hotels, events, and conventions; or hosting or sponsoring a station.



KEEPING YOUR BICYCLE SAFE

Secure lock through bike rack, wheel and frame.



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

Replace quick-release mechanisms with a bolt, or lock parts separately.

Use a hardened steel U-lock.



Lock your bike in a well-lit area. At home, close garage doors when not in use.



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.



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.

Register Your Bike

National Bike Registry: www.nationalbikeregistry.com

Take a photo of your bike, and record the serial number. This will aid in recovery if your bike is stolen.



CYCLE THROUGH HISTORY

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

1. Cabell's Mill and Middlegate House
2. Wanley Visitor Center
3. Cross House
4. Leeton
5. Sully Governmental Center—Newton Boundary Stone
6. Lanes Mill and Newton's Mill Ruins
7. Harrison House
8. Havenor House
9. Centreville Methodist Church
10. Stone Filling Station
11. Mt. Gilead
12. Spindle Sears House
13. St. John's Episcopal Church
14. Civil War Earthworks
15. Sully Historic Site
16. Udvar-Hazy Air and Space Museum

★ — STRINGFELLOW PARK & RIDE

— ROUTE ON PAVED TRAILS/SIDEWALKS

— ROUTE ON ROAD

— NATURAL SURFACE TRAIL

14 MILES — MAIN LOOP STARTING AND ENDING AT STRINGFELLOW PARK & RIDE AND VISITING SITES 1-14

6.25 MILES — STRINGFELLOW PARK & RIDE TO THE AIR AND SPACE MUSEUM

Sites along Virginia Civil War Trails are marked with a bugle icon.

Request a free printed guide with detailed information about the historic sites at 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. <https://mooovitapp.com>



WAYFINDING SIGNAGE

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) Trail and the Fairfax County Parkway Trail.



BIKESHARE STATIONS



TYSONS STATIONS

Greenbriar Dr & International Dr
Greenbriar Dr & Potomac Dr
Jones Branch Dr & Westbranch Dr
Jones Branch Dr & Scotts Crossing Rd

McLean Metro
Park Run & Gay Dr
Sully Station Dr & Greenbriar Dr
Spring Hill Metro
Tysons Crescent Dr & Tysons One Pl
Tysons Corner Station
Tysons One Pl & Oakdale Bridge Rd
Tysons West Transit Center
Westpark Dr & Jones Branch Dr
Westpark Dr & Park Run Dr
Westpark Dr & Leesburg Pike

RESTON STATIONS

Campus Commons
Library St & Freedom Dr
New Dominion Pkwy & Fountain Dr
North Shore Dr & Cameron Crescent Dr
Oreston Apartments
North Shore Dr & Village Rd
Reston Pkwy & Spectrum Dr
Reston Regional Library
Reston Station/Wehle & Reston Station Blvd
Reston Town Center Transit Station
Reston WICA
Sunset Hills Rd & Discovery Square
Sunset Hills Rd & Isaac Newton Square
Sunset Hills Rd & Old Reston Ave
Temporary Rd & Old Reston Ave
Town Center Pkwy & Bowman Towne Dr
Town Center Pkwy & Sunset Hills Rd
Vy Reston Heights

MERRIFIELD STATIONS

Dunn Loring Metro
Merrifield Cinema Dr & Merrifield Town Center
Merrilee Dr & Lauren Elizabeth Ln

New Stations Coming Soon — visit www.capitalbikeshare.com for locations.

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 (3+ 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 limit 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, handlebars, 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.

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.



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.

Studies of existing SRTS programs show about a 50% decrease in crashes involving child cyclists and pedestrians.

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 return to 1960 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: <https://www.fcps.edu/resources/safety-and-transportation/transportation-services/safe-routes-school-arts>

FIRST STEPS

If you are ready to plan your first SRTS event, visit www.fcps.edu/safe-routes-school-arts and www.virginiadot.org/programs/srm_starter_kit.asp, and contact our SRTS coordinator at safetroutestoolschool@fcps.edu.



NATIONAL BIKE TO SCHOOL DAY (BTSDD)

Every year in May, thousands of students, parents, teachers and communities across the nation participate in BTSDD, which highlights the importance of bicycling as a fun, healthy and safe way to get to school and around town. Participating in BTSDD and hosting an event is a great way to encourage biking and teach safe bicycling skills. Learn more at www.virginiadot.org/programs/srm_national_bike_to_school_day.asp.