

BEGINNER'S GUIDE

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 DOTBicyclePrograms@fairfaxcounty.gov.

If you see a hazard on a trail, sidewalk or road, please report it to https://m.ydot.virginia.gov/ or DOTBicyclePrograms@fairfaxcounty.gov.

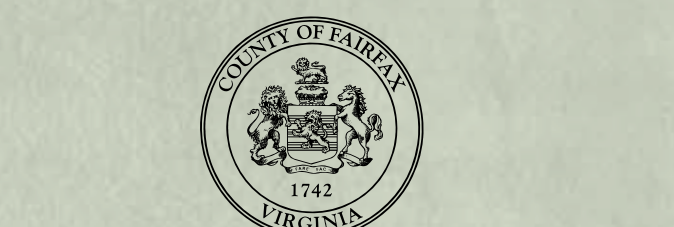
Tips: If you have never biked before, consider taking a Learning to Ride class first. Bikes and helmets are usually provided, so you don't need to bring your own bike. You can also hire a private instructor. Visit bikelifeleague.org/ridesmart to find classes or private instructors.

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 pre-owned 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 to use.

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.

www.fairfaxcounty.gov/foodot/bike
DOTBicyclePrograms@fairfaxcounty.gov
 (703) 524-BIKE (2453)



Fairfax County BIKE MAP



Nothing compares to the **SIMPLE PLEASURE** of a **BIKE RIDE.**
 —John F. Kennedy

RESOURCES

- Fairfax County Bicycle Program**
www.fairfaxcounty.gov/foodot/bike
- Fairfax County Parks Authority**
www.fairfaxcounty.gov/living/parks
- Fairfax County Public Schools**
www.fcps.edu
- Virginia Department of Transportation**
vdot.virginia.gov
- Fairfax County Trails and Sidewalks Committee**
www.fairfaxcounty.gov/trails
- Fairfax Alliance for Better Cycling**
www.fabb-bike.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.shareroads.org

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 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.

CONTACT US:
DOTBicyclePrograms@fairfaxcounty.gov
 If you would like to become an ambassador, or have an ambassador at your next event.

REGIONAL TRAILS



Gerry Connolly Cross County Trail (CCT)
 The 40-mile long CCT is the primary north/south trail in the county, passing through woodlands and open spaces 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 stone-lined 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 trail 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 8 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 the scenic Potomac River. 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 river and 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 5,000 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 Multi-use Trail, and Grist Mill Park Multi-use Trail.

TRAIL SAFETY & ETIQUETTE

- Control your speed**
 Slow down when the trail is busy, potentially slippery, or if light lines are obstructed.
- Be visible**
 Wear bright or light colored clothing with reflective material or straps.
 Use lights when riding in low visibility conditions, including darkness. Use at least one front white light and one rear red flashing light.
- Signal when passing**
 Pass on the left. Pass only when safe. It's required by law to warn pedestrians and other cyclists before passing them. Beils are best. Use verbal warnings only when necessary.
 Those being passed can acknowledge with a wave.
- Cell phone and headphone dangers**
 Keep the trails safe and communication with other trail users clear. Avoid using cell phones and keep one ear clear 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.
- 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 when the trails are most crowded.

MOUNTAIN BIKING



Fountainhead
 Fountainhead Regional Park is a challenging mountain biking destination trail in Fairfax County managed by Northern Virginia Regional Park Authority (NVRPA). Fountainhead is a stacked loop of trails using Green, Blue and Black designations indicating 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. The entrance to the Black loop is a qualifier for riding the Black loop. Please respect the trails by riding the tread or walking if uncomfortable with the terrain.

Bull Run Occoquan Trail
 Enjoy great views on the 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 with the majority of them being exposed with 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 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 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.

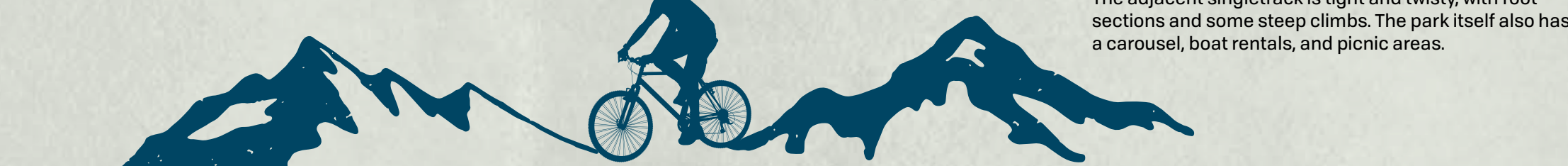
Laurel Hill
 Located on the grounds of the former Lorton Prison, Laurel Hill is a fun trail system perfect for beginners. With trails ranging from flowing singletrack to doubletrack, Laurel Hill is a great place to go for a quick ride or to start a day trip on the CCT, which starts at Laurel Hill and 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
 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 Slinger 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 short sections and some steep climbs. The park itself also has a carousel, boat rentals, and picnic areas.



CAPITAL BIKESHARE

Capital Bikeshare logo and introductory text. Nothing compares to the simple pleasure of a bike ride.



capital bikeshare
 » CapitalBikeshare.com «

SAFE CYCLING ON THE ROAD

- Join.** Go to 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. If you live in or near Reston and are a resident of the government services, contact Cornerstones in Reston to find out if you qualify for a subsidized membership.
 - Take.** Use your key or unlocking code to access a bike at any Capital Bikeshare station in Fairfax County, Arlington, and Alexandria, Va., D.C., or Montgomery County, Md.
 - 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.
- Real-time bike station information**
 For current bike and docking availability, please visit CapitalBikeshare.com or download the mobile app, SpotCycle, for on-the-go information.
- Corporate partners**
 There are many ways your organization can support Capital Bikeshare. Go to CapitalBikeshare.com to learn more 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.

BIKE FRIENDLY BUSINESS PROGRAM

Why become bicycle friendly?

Amenities: Bike Parking, Showers, Tax Incentives, Safety Awareness.

Apply for Bicycle Friendly Business Designation: The League of American Bicyclists' Bicycle Friendly Business (BFB) program provides standards for your application and recognizes workplace achievement. Your BFB designation 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.

CYCLE THROUGH HISTORY

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 Cycle Tour Route Map

- 1- Cabel's Mill and Middlegate House
- 2- Watley 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- Hammer House
- 9- Centreville Methodist Church
- 10- Stone Filling Station
- 11- Mt. Cleve
- 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

Additional map details for routes, paved trails, sidewalks, and bike lanes.

BIKE FACILITY TYPES

Diagram illustrating various bike facility types:

- Shared Use Path**: A shared path for both bicycles and pedestrians.
- Buffered Bike Lane**: A dedicated lane for bicycles with a buffer zone.
- Bike Lane**: A dedicated lane for bicycles.
- Sharrows**: Shared lane markings indicating space for both bicycles and pedestrians.
- Two Stage Left Turn Box**: A designated area for left-turning bicyclists.

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 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 from May 1 until September 30.

Learn more and sign up at NationalBikeChallenge.org

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 (5+ 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-friendly. The route you normally drive usually isn't the best route by bike. Look for trails and green bike routes.

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 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 their nod off.

Various brands offer accessories for child seats like rain/element covers, handrails, 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 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 enabling and encouraging them to walk and bike to school. About 30% of our elementary and middle schools regularly participate in the program.

Why Bring Safe Routes to School to Your School?

Health: 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 blood pressure, asthma, and becoming overweight adults. Getting kids to walk and bike to school is a significant step toward solving the obesity crisis.

Safety: We all want to keep our kids safe. Half of the children struck by cars near schools are hit by parents driving other children to school. Safe Routes to School is a comprehensive approach that 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 like asthma, chronic respiratory illnesses, and certain cancers. Asthma accounts for 14 million missed school days per year nationwide. The transportation sector produces nearly 1/4 of all U.S. greenhouse gas emissions. When schools are built in neighborhoods safe for walking and bicycling, air quality improves and kids benefit.

Learn more at virginiadot.org/programs/srms-national.bike.to.school.day.asp

BIKE THE SITES

Here are just a handful of the many destinations to explore by bike!

- GEORGE WASHINGTON'S MOUNT VERNON:** This Neoclassical Georgian style estate was the home of George Washington, our nation's first president. Historical significance times two: it was also one of the first National Landmarks ever designated.

Directions by Bike: Hop on a bike and ride all the way to Mount Vernon on the scenic Mount Vernon Trail. From the west, the estate is accessible via the Mount Vernon Memorial Highway Trail. Bike parking is provided near the entrance and on the parking lot. Located in grid square MTI.
- 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 while learning the history, and purchase one-of-a-kind gifts.

Directions by Bike: The Arts Center is located along the Cross County Trail and can also be accessed via the Ox Rd trail. Bike parking facilities are provided. Located in grid square ITS.
- 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 from the M50 and the Cross County or Meadowlark Rd trail that connect to the Trap Rd trail via the Beulah Rd trail. Bike parking is available. Located in grid square H4.
- GUNSTON HALL:** An 18th-century Georgian-style mansion, Gunston Hall was the home of George Mason, the author of Virginia's Declaration of Rights.

Directions by Bike: Follow the trail from the Pohick Bay Regional Park entrance south along Gunston Rd to Gunston Hall. There is a trail connection to the campground, and from Mason Neck State Park follow the trail along High Point Rd and Gunston Rd north. Located in grid square K14.
- NATIONAL AIR AND SPACE MUSEUM STEVEN F. UDVAR-HAZY CENTER:** The Smithsonian museum houses more than 300 aircraft and spacecraft on display, including the Space Shuttle Discovery and the SR-71 Blackbird.

Directions by Bike: Confident bicyclists can reach the Udvar-Hazy Center via Air and Space Museum Parkway, which is a wide road with very low traffic volumes. Please note that there are no dedicated bicycle or pedestrian facilities. Bike racks are available in front of the museum. Located in grid square C5.

