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, sidewalks or road, please report it to https://my.vdot.virginia.gov/ or DOTbicycleprograms@fairfaxcounty.gov.





www.fairfaxcounty.gov/fcdot/bike DOTbicycleprograms@fairfaxcounty.gov (703) 324-BIKE (2453)



A Fairfax County, Va., publication



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.

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 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 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

CAPITAL BIKESHARE



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 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

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.



stretches from George Washington's Mount Vernon

(W&OD) Railroad Regional Park



Mount Vernon Trail

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 Multi-

use Trail, and Grist Mill Park Multi-use Trail.

Be alert,

scan the road

Always know your

Be careful at

intersections

most collisions occur

for turning vehicles

and pedestrians.

STOP

Use appropriate hand signals

Tell motorists, cyclists, and pedestrians

at intersections. Watch

< LEFT

Use caution since

surroundings.

RIGHT

The Mount Vernon Trail is an 18-mile paved trail that



Control your speed –

Slow down when the trail

is busy, potentially slippery,

or if sight lines are obstructed

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. Bells are

best. Use verbal warnings only

Those being passed can

acknowledge with a wave.

Cell phone and

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,

Keep to the right

All trail users should keep

to the right except when

Move off to the right of

the trail when stopping

passing on the left.

SAFE CYCLING ON THE ROAD

headphone dangers

when necessary.

Be visible Wear bright or light colored clothing with reflective materia 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.

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

Ring bell for others where visibility is restricted.



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.



Fountainhead Fountainhead Regional Park is a challenging mountain biking destination trail in Fairfax County managed by bicycles, a pump track suitable for bicyclists of all ages Northern Virginia Regional Park Authority (NVRPA). Fountainhead is a stacked loop set of trails using Green, and abilities, a lake and streams for paddling or fishing, Blue and Black designations indicating level of difficulty. a water park, campgrounds, pavilions, athletic fields of

The Green loop includes rooty flow trails, bridges, and all types, and nearly 10 miles of natural surface trails. 12-inch drops. The Blue loop includes rooty flow trails, The trails are rooty and fast with a deceiving amount of bridges, drops, and wooden technical trail features. The elevation change. The system includes a flow trail that is fast and fun for everyone from beginner to expert riders. Black loop adds advanced expert-only rock features in tight twisty terrain with 4-foot drops. The entrance Laurel Hill to the Black loop is a qualifier for riding the Black loop.

Laurel Hill is a great place to go for a quick ride or to start Enjoy great views on this point-to-point trail along the a day trip on the CCT, which starts at Laurel Hill and goes 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 vield to hikers and horses at all times.



Located on the grounds of the former Lorton Prison,

trails ranging from flowing singletrack to doubletrack,

Laurel Hill is a fun trail system perfect for beginners. With

MOUNTAIN BIKING

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

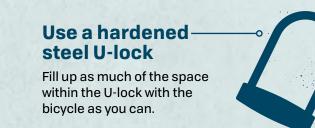
The trails at Meadowood pass through a wide variety of terrain and vegetation types, providing riders with constantly changing seasonal experiences. Combine a ride at Meadowood with a visit to historic Gunston Hall, or a paddle up Kane Creek from Mason Neck State Park at the tip of the peninsula for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

Lake Accotink

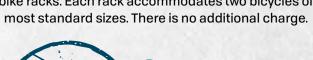
The trail system at Lake Accotink is the perfect way to add miles to a longer ride on the CCT or get in a quick ride A loop that goes around Lake Accotink provides scenic views of the lake and is appropriate for beginner riders. The adjacent singletrack is tight and twisty, with root sections and some steep climbs. The park itself also has a carousel, boat rentals, and picnic areas.

KEEPING YOUR BICYCLE SAFE









PULL HANDLE

the rack down.

DEPLOY RACK

other hand.

LOAD BIKE

wheel clamp.

SECURE BIKE

Pull the spring-loaded

clamp and put it over the

front wheel. The bike is

now secured for travel

You only need to use one

hand to unlatch and pul

down the rack so you can

hold your bike with your

Lift your bike onto the track

wheels. Load your bike with

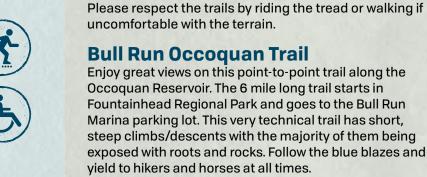
the front wheel toward the

and into the slot for the

Grab the handle and

pull up. Squeeze the

top handle and pull





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.



Fairfax County Bicycle Program www.fairfaxcounty.gov/fcdot/bike

Fairfax County Parks Authority

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

Virginia Department of Transportation virginiadot.org

Fairfax County Trails and Sidewalks Committee www.fairfaxcounty.gov/trails

Fairfax Alliance for Better Bicycling www.fabb-bikes.org

Washington Area

event uniting thousands of people who enjoy biking for transportation or recreation, including mountain biking. The free website

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

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

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

services, contact Cornerstones ir Reston to find out if you qualify for a subsidized membership.

Go to CapitalBikeshare.com to

sign up for a membership and a key

will be mailed to you. Get a 24-hour

Station. If you live in or near Reston

and are receiving government

membership at any Capital Bikeshare

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

=010

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.





Use bike lights Use lights when riding in low darkness. Use at least one front white light and one rear

Wear a helmet

lane earlv

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

the whole lane.

In narrow lanes or slow

raffic, 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.

For further information, visit: sharevaroads.org

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!



Helmets dramatically reduce the risk of head injury in the event of a bicycle crash. Children under 15 are required to wear a helmet. visibility conditions, including red flashing light.



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- Cabell's Mill and Middlegate House 2- Walney 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 – Havener House 9- Centreville Methodist Church

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

Rent a Bicycle Locker

A bicycle locker provides a way to store your bicycle securely out of the elements of rain, sun, and snow. Lockers are usually located at transit transfer centers like park and ride facilities and metro stations.

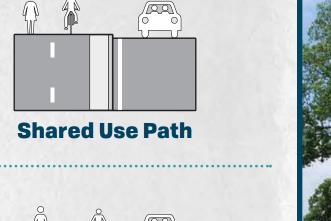
Locations

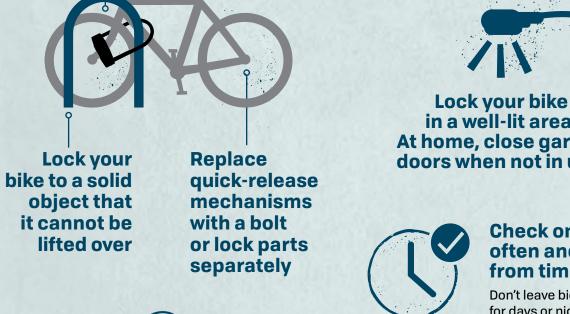
The Fairfax County Department of Transportation currently manages bicycle lockers at these locations Herndon-Monroe Park and Ride **Reston South Park and Ride Reston Town Center Transit Station** Spring Hill Metro Station Kiss and Ride Burke Centre VRE Station **Backlick Road VRE Station** Additional lockers are leased by other transit entities Refer to the map for exact locations.

How do I sign up?

Visit us online for more information: www.fairfaxcounty.gov/fcdot/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

Register your bike National Bike Registry: ationalbikeregistry.con

Take a photo of your bike and record the serial number

to target "unused" bicycles

Rackspotter.com Ō to find (and share) bike racks near you. This will aid in recovery should your bike be stolen







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

Landmarks ever designated. ections by Bike: Hop on a bike and the way to Mount Vernon on the sci nt Vernon Trail. From the west, the ible via the Mount Ve rial Highway Trail. B<u>ike parking</u> ed near the entrance and on the



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 of clothes

BUSINESS PROGRAM Why become bicycle friendly?

BICYCLE FRIENDLY

Decrease absenteeism and turnover

costs



\$

Save on

healthcare

costs

Increase productivity

Apply for Bicycle Friendly

Business Designation:

MA



Consult the Fairfax **County 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.

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



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 esidents 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.



allows you to log your rides while challenging yourself, your colleagues, and your community to ride more while competing on a local, state,

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.

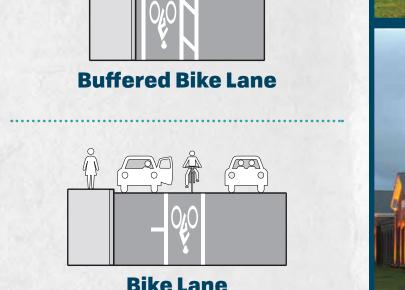
BIKING WITH KIDS

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

> THE LEAGUE learn more at WWW.BIKELEAGUE.ORG **OF AMERICAN BICYCLISTS** since 1880



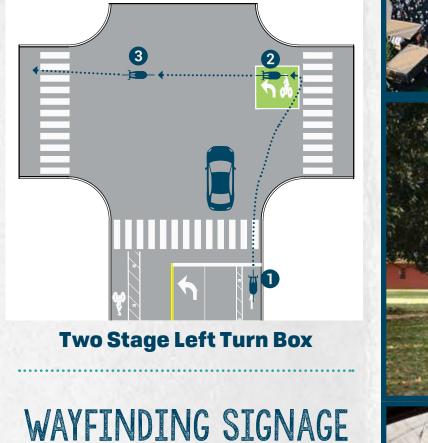
* * *







Sharrows





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

WORKHOUSE ARTS CENTER AT LORTON:

GEORGE WASHINGTON'S

MOUNT VERNON: This Neoclassical

George Washington, our nation's first

president. Historical significance times

two: It was also one of the first National

Georgian-style estate was the home of

/ 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 Trai nd can also be accessed via the Ox Ro rail. Bike parking facilities are provided ocated in grid square H13.

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.

ections by Bike: Access Wolf Trap nal Park for the Performing Arts n the W&OD via the Clarks Crossi wlark Rd trail that c<u>onnec</u> the Trap Rd trail via the Beulah Rd tr like parking is available. Located in grid

GUNSTON HALL: An 18th-century, Georgian style mansion, Gunston Hall was the home of George Mason, the author of Virginia's Declaration of Rights.

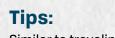
Firections by Bike: Follow the trail from the Pohick Bay Regional Park entrance outh along Cunston Pd to Cunston Il (there is a trail connection to the maground) and from Mason Neol campground), and from Mason Neck State Park follow the trail along High Poil Rd and Gunston Rd north. Located in gric quare K14.

NATIONAL AIR AND SPACE MUSEUM STEVEN F. UDVAR-HAZY CENTER: This Smithsonian museum houses more than 300 aircraft and spacecraft on display, including the Space Shuttle Discovery and the SR-71 Blackbird.

ections by Bike: Confident bicyclis e road with very low traffic volum se note that there are no dedicat vcle or pedestrian facilities. Bike ra re available in front of the museu

We encourage you to pass this KIDS LOVE TO BIKE. Depending on the age, they can map along to someone who 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 would like to start bicycling. that kids under the age of 15 are required by law to wear a bicycle helmet. Choosing good routes for your bike trips For a complimentary replacement, contact can make your rides safer, more pleasant, and more kid-DOTbicycleprograms@fairfaxcounty.gov

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



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 they nod off.

Various brands offer accessories for child seats like rain/element covers, handlebars, head rests, adjustable foot rests and more.

Teach street safety skills. Riding together is a great time

SAFE ROUTES TO SCHOOL EAB

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.

activity per day.

Why Bring Safe Routes to School to Your School? **First Steps** If you are ready to plan your first SRTS event,

Each extra

hour a day

spent riding

in a car

increases

obesity risk

by 6%.

and pedestrians.

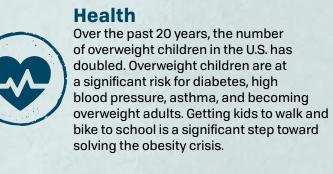
Schools designed so

children can walk and

bicycle to school have

measurably better air

quality.



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



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 days of school per year nationwide. The transportation sector produces nearly $\frac{1}{3}$ of all U.S. greenhouse gas emissions. When schools are

visit fcps.edu/safe-routes-school-srts and are more physically



Bike to School Day 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 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 school on a regular basis.





East Metro stations, in downtown McLean and along

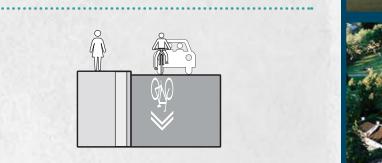
/irginiadot.org/programs/srsm_starter_kit.asp, Walking one and contact our Safe Routes to School coordinator Children who mile to and from at SafeRoutestoSchool@fcps.edu walk to school school each day generates $\frac{2}{3}$ of the active recommended throughout level of physical the day.

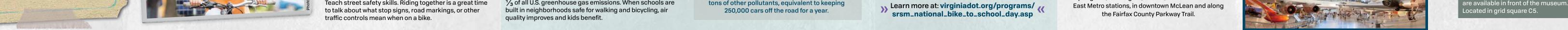
As the number Studies of existing SRTS of people walking programs show about a and bicycling 50% decrease in crashes involving child cyclists increases, injuries

by 6%.

actually decline. A 5% increase in a neighborhood's

walkability reduces vehicle miles traveled 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