Riding Safely

Control Your Speed
Slow down when the trail is busy or conditions warrant.

Signal When Passing
Warn people walking at least 2-3 seconds before passing by using your bell or verbally.

Be Visible
Wear bright or light colored clothing with reflective material.

ON STREET

Be Careful at Intersections
Use caution and watch for turning vehicles.

Stop
Use Hand Signals
Tell other people on the road what you intend to do. Be predictable.

Use Lights When Riding
During low visibility conditions, use at least one white light on the front and one red flashing light.

Use Reflectors
Tighten the strap and make sure the reflector is clean and visible.

Use Helmets
Wear a helmet when riding a bicycle.

Ride in the Appropriate Position and Lane
Do not ride in a right turn only lane if you are going straight. Move into the appropriate lane early. In narrow lanes or slow traffic, it may be safer to ride the whole lane.

Follow All Traffic Laws
People biking are required to obey all regulatory signs and traffic lights.

OFF STREET

Easy
Solid green lines indicate quiet neighborhood streets. Green lines with dots indicate off street trails.

Medium
Blue lines designate roads with moderate traffic volume. Riders along these routes may interact with moving motor vehicles.

Challenging
Orange routes generally have higher traffic speeds and volume than green or blue. These routes usually have no bike lane or shoulder and are recommended for confident riders.

Prohibited
Roads where riding a bicycle is illegal or extremely dangerous are grayed out. These include interstates and limited access highways.

Expert Level
Roads shown in grey with a pink outline are only recommended when no alternatives are available. These routes have a high volume of traffic moving at fast speeds. There is usually no shoulder or bike lane.

#BEaPAL
We’re building a community-driven movement to make Arlington’s streets more safe—whether in a car, on a bike, an e-scooter, or on foot.

Being a PAL means being:

Predictable
Communicate your moves to others

Alert
Pay attention to your surroundings and to others. Don’t test while you’re moving

Lawful
Obey traffic laws, pass others with caution and at least 3 feet of space

Join in the movement and become a PAL volunteer
bit.ly/PALVolunteer

Welcome to the Arlington Loop
The Arlington Loop is a 16-mile circuit composed of four local trails—the Mount Vernon, Custis, Washington & Old Dominion (W&OD), and Four Mile Run. Each trail offers fun and unique ways to explore all Arlington has to offer and can be completed all at once or by taking a shorter trip.

Resources

Bike Arlington
BikeArlington.com
703-247-6980
info@bikearlington.com

Capital Bikeshare
CapitalBikeshare.com
877-430-2453
customerservice@capitalbikeshare.com

Trail Maintenance
Four Mile Run Trail
Custis Trail
Arlington County Parks
703-228-6324
trails.arlingtonva.us

W&OD Trail
NOVA Parks
703-729-0596
WGOFreemorga.org

Mount Vernon Trail
National Parks Service
703-419-6400

Arlington Bicycle Advisory Committee
BikeArlington.com/GetInvolved

Bike Shops & Rentals
BikeArlington.com/BikeShops

ADDITIONAL RESOURCES

Rackspotter.com
Find and share bike parking in our region.

Virginia Department of Transportation
VirginiaDOT.org
800-835-1203
TTY 711
vabiking@vdot.virginia.gov

Washington Area Bicyclist Association (WABA)
WABA.org
202-518-0524
waba@waba.org

Arlington VA Service Request or Report a Problem
Download the Arlington VA Service Request app to report a problem.

Or visit topics.arlingtonva.us/reportaproblem

You can report issues such as a pothole, broken street light, fallen tree, damaged playground, missing sign, etc.