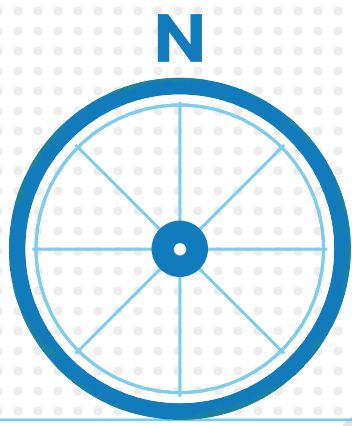


# ARLINGTON COUNTY'S 2020 BICYCLE COMFORT LEVEL MAP



### How to Use This Map

This map is your guide to the least stressful or most comfortable routes to get around Arlington. Instead of just showing bike trails, bike lanes, and sharrows, this map uses a rating system of “**perception of comfort**” to rate roads as easy, medium, challenging, or expert level.

Easy

Medium

Challenging

Expert Level

Prohibited

### Glencarlyn Trails (steep hills)

1st St S  
2nd St S  
3rd St S  
4th St S  
5th St S  
6th St S  
7th St S

Arlington Blvd  
S Columbus Rd  
S Park Dr  
S Aberdeen St  
S Jefferson St  
S Illinois St  
S Harrison St  
S Greenbriar St  
S Florida St

### Glencarlyn Park (steep hills)

Glencarlyn Park (steep hills)  
GLENCARLYN TRAILS INSET MAP

### Legend

**ARLINGTON LOOP**

**OFF STREET TRAIL**

**BIKE LANE**

easy medium challenging

**SUGGESTED ROUTE**

easy medium challenging

**EXPERT LEVEL**

**NEIGHBORHOOD STREETS** are generally low traffic/low speed routes

**PROHIBITED OR MAJOR CAR THOROUGHFARES**

**ARROWS POINT UPHILL**

**BRIDGE**

**USE CAUTION**

**BIKE SHOPS**

**CAPITAL BIKESHARE STATION**  
Download the Capital Bikeshare app to rent bikes, find stations, and get real-time bike and dock availability.

**COMMUNITY CENTER**

**COMMUTER STORE**

**DIY FIX IT STATION**

**DRINKING FOUNTAIN**

**LIBRARY**

**RESTROOM**

**SCHOOL**

**METRO STATION**





# Riding Safely

## OFF STREET



### Control Your Speed

Slow down when the trail is busy or conditions warrant.



### Signal When Passing

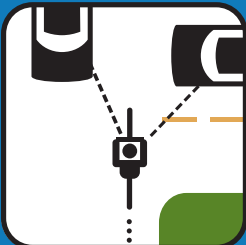
Warn people walking at least 2-3 seconds before passing by using your bell or verbally.



### Be Visible

Wear bright or light colored clothing with reflective material.

## ON STREET



### Be Careful at Intersections

Use caution and watch for turning vehicles.



### 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 rear red flashing light.



### Ride in the Appropriate Position and Lane

Do not ride in a right turn only lane if you are going straight.

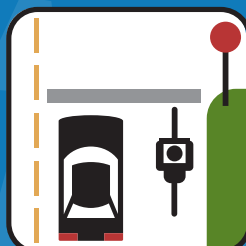
Move into the appropriate lane early.

In narrow lanes or slow traffic, it may be safer to take the whole lane.



### Helmets Recommended

Helmets dramatically reduce the risk of a head injury in a bicycle crash.



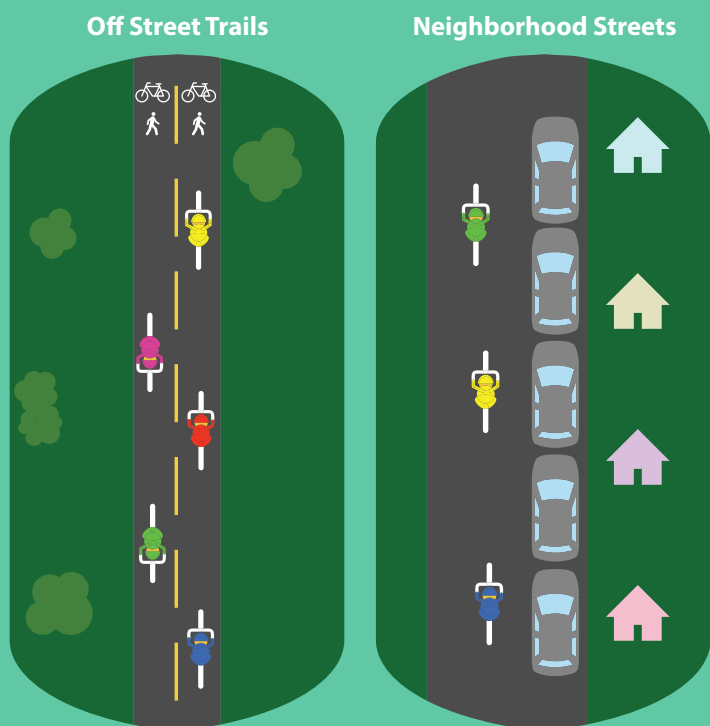
### Follow All Traffic Laws

People biking are required to obey all regulatory signs and traffic lights.

# Route Colors and Markings

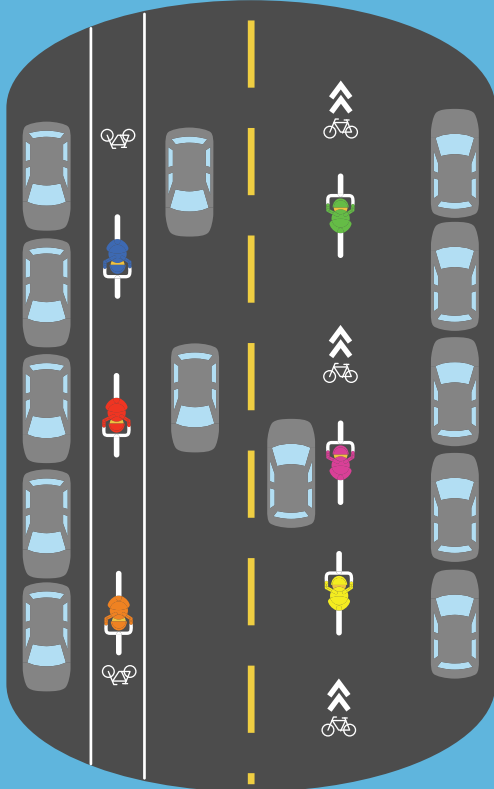
## Easy

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



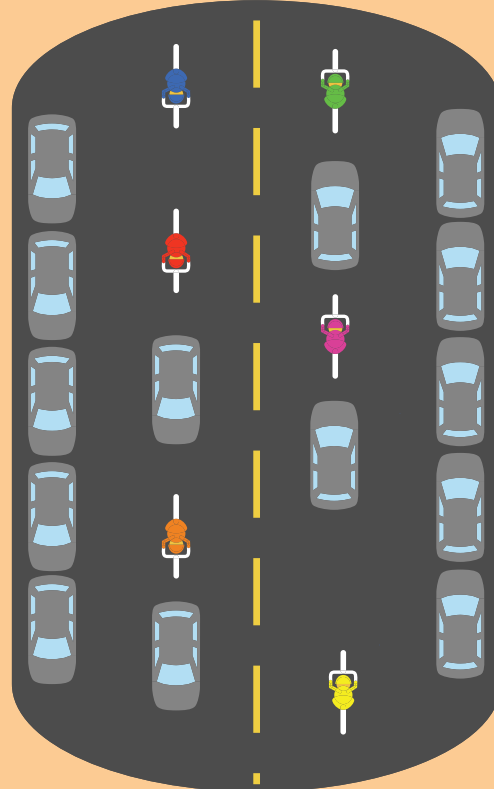
## Medium

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.



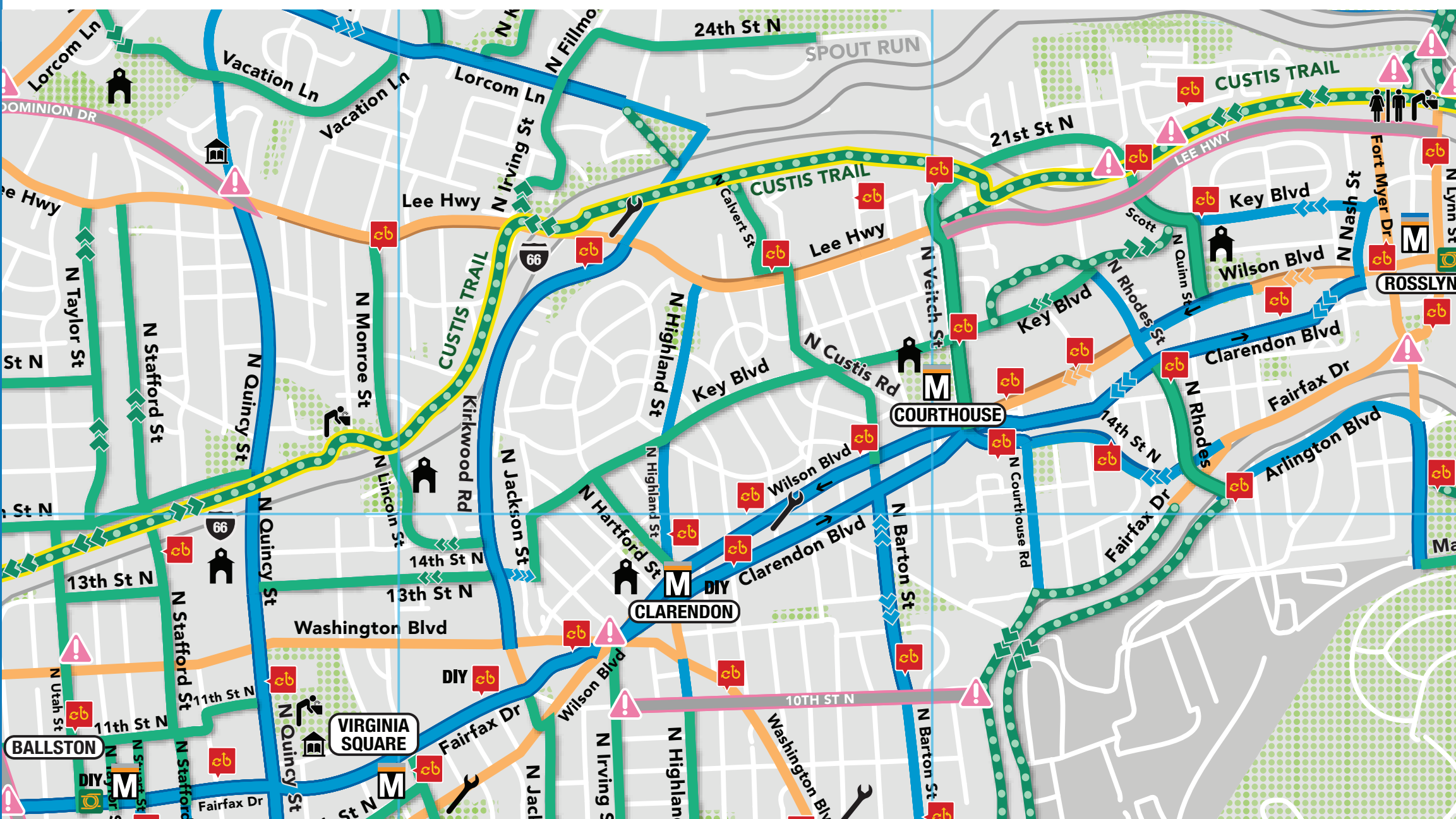
## Expert Level

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.

## Prohibited

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

## Rosslyn-Ballston Inset (see reverse for larger map)



## 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.



# CONNECT WITH BIKEARLINGTON

BikeArlington.com

@BikeArlington

BikeArlington

@BikeArlington

BikeArlington



Printed with environmentally friendly inks on paper manufactured with 30% post-consumer fiber and 70% virgin fiber.

ARLINGTON COUNTY'S 2020

# BICYCLE COMFORT LEVEL MAP



The best map of Arlington for getting around stress free!

Bike Arlington



Enjoy the ride!



Download the Capital Bikeshare app

# #BEaPAL

We're building a community-driven movement to make Arlington's streets more safe—whether in a car, on a bike, on 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 text 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](https://bit.ly/PALvolunteer)



be a PAL

Predictable | Alert | Lawful

## Resources

### BikeArlington

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  
703-228-6524  
trails@arlingtonva.us

### W&OD Trail

NOVA Parks  
703-729-0596  
WOD@nvrpa.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 Requests app to report a problem.



Or visit [topics.arlingtonva.us/reportproblem](https://topics.arlingtonva.us/reportproblem)

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