

Route 5 - Vienna

6:30 AM

Start: Vienna Community Center

Pick-ups: W&OD Trail & Lee Hwy, East Falls Church/Custis Trail at Fairfax Dr Connector/Rosslyn Pit Stop

6:25 am - Meet at Vienna Community Center parking lot adjacent to the W&OD trail. The Community Center is located on Park Street near the intersection of Park and Maple Streets, in the Town of Vienna.

> 6:30 am - Depart Vienna Community Center traveling on the W&OD trail toward DC.

> 6:45 am - at 3 miles, cross the Washington Beltway (I-495).

> 6:55 am - at 5 miles, cross Rt. 7 in Falls Church.

> 7:05 am - at 7 miles, continuing on the W&OD trail, pick up riders waiting at the East Falls Church Metrorail station.

> 7:15 am - at 8 miles, turn left off of the W&OD trail, and travel east, toward Rosslyn, on the Martha Custis Trail in Arlington. The Custis Trail parallels I-66 into Rosslyn.

> 7:30 am - at 12 miles, cross Lee Highway near the Key Bridge Marriott to enter Arlington Gateway Park for the Rosslyn Pitstop.

> 7:40 am - Depart the Rosslyn Pitstop continuing on the Custis Trail, over the George Washington Parkway and into the Theodore Roosevelt parking lot.

> 7:45 am - at 13 miles, continue through the Theodore Roosevelt parking lot to connect with the Theodore Roosevelt bridge ramp, using the north side bicycle and pedestrian walkway.

> 7:50 am - at 14 miles, after coming off the TR bridge, pass the Kennedy Center and continue along the access road past the Watergate Hotel to Virginia Avenue, NW.

> - Turn right and proceed southeast along Virginia Avenue.

> - Cross Under 23rd Street using the underpass.

> - Turn left onto 20th Street for 1/2 block and turn right onto E Street.

> - Proceed east on E Street past the White House until reaching Freedom Plaza.

> 8:05 am - at 15 miles, arrive at Freedom Plaza at 14 and E Streets.