

Route 3 - Old Town Alexandria

7:00 AM

Start: Rest Area/Water fountain just north of Belle Haven Marina

Go North on the Mount Vernon Bike Trail
(North is to the left as you face the river.) You
should pass Milepost 8 almost immediately.

Turn right just past Hunting Towers Apartments and just before the Wilson
Bridge, approximately 1/2 mile later,

(The Mount Vernon Bike Trail is interrupted for Old Town Alexandria and one
must use the streets for about a mile.)

Turn left and pass under the Wilson Bridge and emerge onto Royal St.

Stop at the Alexandria Pit Stop at Royal and King.

Continue on Royal St. about a mile.
Turn right on Pendleton St.

Turn left mid-block, 1 1/2 blocks down Pendleton, back into the Mount Vernon
Bike Trail, where it resumes. The RR tracks should be on your right.

After 3 blocks, the trail divides with one trail on each side of the tracks. Cross the
tracks and take the "river route" as noted on the Bike Route sign and the tracks
will be on the left and the river on the right. (If you take the other
trail, you can continue with the tracks on your right; eventually you will cross
them and rejoin the river route trail, but that way is not as
scenic or bike friendly.)

Follow the trail for about 4 1/2 miles, passing mileposts 11 through 15. (Post 14 is
missing)

Pass under a series of bridges known collectively as the 14th Street Bridge.

After the last bridge, make a hairpin turn to the left onto the ramp up onto the
bridge. (The bike trail on the bridge is completely separate from the
motor vehicle roadway.)

Once over the river, pass the Jefferson Memorial and then the tidal basin on your
left. Proceed on the walkways around the tidal
basin to a traffic light that lets you cross Maine Avenue and onto 15th Street.

Use the sidewalk on the west (left) side to go the one long block to Independence
Avenue. Head north on 15th St. NW to Freedom Plaza