



2020 Sweet Ride Routes

See below for descriptions of each of the 5 routes in your 2020 Sweet Ride Kit. PDF maps and cue sheets for each of the routes are attached separately.

You can view all of the 2020 Sweet Ride Routes here on Ride with GPS:

[2020 Sweet Ride Routes](#)

If you have a question about the routes or route files, email Anna at events@waba.org.

Happy riding!

The Sweet 6

Start Point/End Point: The Grounds in Crystal City (1102 S Eads St, Arlington, VA 22202)

Route Description: This route is a 6 mile ride from The Grounds in Crystal City to Columbia Island Marina and back again via Gravelly Point.

This route is 80% on the Mount Vernon Trail and 20% on bicycle-friendly streets in Crystal City.

Places for a picnic:

Gravelly Point Park
Columbia Island Marina & LBJ Memorial Grove

Route Files:

[Ride with GPS](#)

[GPX](#)

[TCX](#)

The Sweet 10

Start Point/End Point: The Grounds in Crystal City (1102 S Eads St, Arlington, VA 22202)

Route Description: This route is a 10-mile loop starting and ending at The Grounds in Crystal City. It takes you past Theodore Roosevelt Island on the Mount Vernon Trail; through Rosslyn, VA to the Arlington Boulevard Trail and Washington Boulevard Trails; around the Air Force Memorial before returning to the Grounds.

This route is 75% on multi-use trails and 25% on roads with slow to medium traffic, some of which do not have bike lanes.

Pit Stop Opportunities:
Gravelly Point Park
Theodore Roosevelt Island
Air Force Memorial

Route Files:

[Ride with GPS](#)

[GPX](#)

[TCX](#)

The Sweet 16

Start Point/End Point: The Grounds in Crystal City (1102 S Eads St, Arlington, VA 22202)

Route Description: This route is a 16-mile loop starting and ending at The Grounds in Crystal City. It takes you south from The Grounds towards Four Mile Run Trail; connects with the W&OD Trail in Shirlington; connects with the Custis Trail to take you back east; connects with the Mount Vernon Trail to go past Theodore Roosevelt Island; and brings you back to the Grounds via Columbia Island Marina, the LBJ Memorial Grove, and Boundary Channel Drive.

This route is 80% on multi-use trails and 20% on roads with medium traffic, some of which do not have bike lanes.

Places for a picnic:

Sparrow Pond Viewing Deck
Bluemont Junction Park
Theodore Roosevelt Island

Route Files:

[Ride with GPS](#)

[GPX](#)

[TCX](#)

The Sweet 28

Start Point/End Point: The Grounds in Crystal City (1102 S Eads St, Arlington, VA 22202)

Route Description: This route is a 28-mile loop starting and ending at The Grounds in Crystal City. It takes you past Theodore Roosevelt Island on the Mount Vernon Trail; on the Custis Trail to the W&OD Trail; south on Four Mile Run Trail to Holmes Run Trail; on roads through Alexandria; and north on the Mt Vernon Trail back to the Grounds.

This route is 65% on multi-use trails and 35% on roads with medium traffic, some of which do not have bike lanes.

Places for a picnic:

Theodore Roosevelt Island
Glencarlyn Park
Tide Lock Park

Route Files:

[Ride with GPS](#)

[GPX](#)

[TCX](#)

The Sweet 47

Start Point/End Point: The Grounds in Crystal City (1102 S Eads St, Arlington, VA 22202)

Route Description: This route is a 45-mile loop starting and ending at The Grounds in Crystal City. The first 23 miles are the same as the Sweet 28 route, with an added 19-mile leg out and back on the Mount Vernon Trail before the final 5 miles, which also overlap the Sweet 28 route.

This route is 65% on multi-use trails and 35% on roads with medium traffic, some of which do not have bike lanes.

Places for a picnic:

Theodore Roosevelt Island
Glencarlyn Park
Belle Haven Picnic Area
Mount Vernon
Tide Lock Park

Route Files:

[Ride with GPS](#)

[GPX](#)

[TCX](#)