

Iwo Jima Memorial

Bravery and triumph, personal and national, are depicted in the famous Iwo Jima Memorial in Arlington so that others will remember and be inspired. The memorial, honoring Marine efforts and lives lost in the Pacific in World War II, sits on a quiet grassy hill. The hill is the best one of just a few that give commanding views of the nation's capital. The National Mall with the Lincoln Memorial, the Washington Monument, and the Capitol Building is clearly visible across the Potomac River. A controversial and new memorial may be built near the Iwo Jima Memorial to honor the Army. Some grass roots resistance to it has organized opposition on the basis that a close-by location will detract from the Iwo Jima Memorial. Already just a tenth of a mile over from the Iwo Jima Memorial is the Carillon tower, given in 1960 as a gift from the Netherlands in appreciation of Allied efforts which liberated the country in World War II. The Netherlands lost 240,000 civilians in the war. The 50 bells can be heard daily and also during the Marine Corps Marathon, the region's largest and one of the longest annually held running races in the area. The marathon starts and finishes at the Iwo Jima Memorial.

Many things make the Marine Corps Marathon a great and popular event but one of them has to be the nice places nearby to run to. Many major bicycle routes are nearby within easy reach. In Virginia, the Custis Trail and the Mt. Vernon Trail are the closest. Just over the river are the C&O towpath, the Rock Creek Hiker/Biker Trail, the Capitol Crescent Trail, and the Glover Archbold Trail. Several other smaller trails are close by in Arlington too. If you're new to the Washington, D.C. area, this is a great place to introduce yourself.

Getting There

From Northern Fairfax County, VA or Montgomery County, MD

Exit the Capital Beltway onto Rte. I-66, headed east. If you're coming from Montgomery County or the northernmost parts of Fairfax County, you will have to use the Washington and Dulles Access Expressway for 2.7 miles to get onto Rte. I-66; it's a left exit off the beltway. After 9.8 or 7.7 miles on Rte. I-66 respectively, just after the tunnel at Rosslyn and before crossing into Washington D.C., exit right, onto Rte. 110. Turn right at the first opportunity on Marshall Dr. Partway up the hill, turn right on the road leading into the memorial grounds. Follow the circle 2/3 of the way around the memorial and park your vehicle. The start is on the circle at the intersection of the bike path that drops down from Meade St. on the right.

From Southern Fairfax County, VA

Exit the Capitol Beltway, I-95, northbound onto Henry G. Shirley Highway (I-395). After approximately 7.5 miles, exit toward Rte. 27. Stay in the right lanes first, then follow signs toward Washington, D.C and Memorial Bridge, (not Washington Blvd. which is also Rte. 27). Go two miles, then exit to the right, before the traffic circle at Memorial Bridge. Go under the bridge, then merge with traffic on your left, coming from the circle. Change lanes quickly to make the next exit on your left toward Rte. 50, headed west. Stay to the right at the turn on the left to I-395. As you merge onto the left lane of Rte. 50 headed west, quickly move to the right lane and exit right immediately; the sign indicates "Ft. Myer". Turn left at the stop sign, onto Ft. Myer/Meade St. Go to the end of Meade St., turning left again at the T intersection, onto

Marshall Dr. Partway down the hill, turn left again on the road leading into the memorial grounds. Follow the circle 2/3 of the way around the memorial and park your vehicle. The start is on the circle at the intersection of the bike path that drops down from Meade St. on the right.

From Prince Georges County, MD

Use the Capital Beltway (I-95) in Maryland, to get to Rte. 50 west or I-295 north (headed inside the beltway). From either, take the westbound Southeast Freeway (I-395) after 11 miles or approximately 6 miles respectively. Follow the Southeast Freeway across the river into Virginia. Do not use the express lanes that are on the left. After 2.9 or 4.75 on the Southeast Freeway respectively, exit right onto Rte. 110. Go 1.7 miles, passing the Pentagon and Arlington Cemetery, then turn left at Marshall Dr. Turn right, partway up the hill on the road leading into the memorial grounds. Follow the circle 2/3 of the way around the memorial and park. The start is from the bike path that drops down from Meade St. on the right.

By Metro Rail

Ride metro rail's Blue or Orange lines to the Rosslyn station. Exit onto Moore St. and turn right. Turn left at Wilson Blvd. then cross and turn right at Lynn St. As you follow Lynn St., it merges with Fort Myer Dr. and becomes Meade St. Cross over Rte. 50, go 0.15 miles and turn left on the bicycle trail to the memorial. The distance from the station is just under 0.5 miles.

Area Routes

Theodore Roosevelt Island From Iwo Jima Memorial (4.9 or 3.3 miles, IV or III)

Start with a great view of the river and the major memorials on the mall. A bike trail follows along Arlington National Cemetery and Rte. 110 to Memorial Dr. There, cobblestone streets and bridges take you over the Boundary Channel toward Memorial Bridge. When you reach the riverside, take the Mt. Vernon Trail upriver toward Theodore Roosevelt Island. You can skip the island, but if you do go there, you find a quiet loop on wooded crushed gravel trails. The loop portion is 1.36 miles around. On one segment, the Swamp Trail, has a 2000ft. long boardwalk (actually made of recycled plastic). Most of the island is wooded now, similar to the way Captain John Smith saw it 400 years ago. It was all cleared in the 1800's for farming.

Despite the good trails, there are some traffic intersections to watch out for. Near the traffic circle at Memorial Bridge you must cross a dangerous intersection without the aid of a traffic light or stop sign. If you wait, the traffic will either backup, allowing you to walk in-between the waiting cars, or it will clear altogether. Turning right from there, you must cross a similar intersection with an exit ramp. A short way past that, you must cross two lanes of the George Washington Parkway without a stop sign or traffic light for the cars. On the return from Roosevelt Island, a bridge takes you back over the George Washington Parkway, and traffic lights control traffic through the business district in Rosslyn.

City Bridges (6.85, 7.3, or 5.35 miles, VI, VI or IV)

Depending on how you count them, four major bridges cross the Potomac River into downtown D.C. from Arlington. All of them can be run safely upon, allowing you to cruise through parks on both sides for your workout. Begin as the Roosevelt Island loop described above does, by crossing the Boundary Channel to the traffic circle before Memorial Bridge. Most don't realize it but once you cross the channel, not the Potomac, you've already crossed into District of Columbia territory. The Boundary Channel and the Potomac define Columbia Island. The whole island is a National Park named and honoring Lady Bird Johnson. People line-up all over the island on the Fourth of July to watch the fireworks. After crossing to Columbia Island, one option follows the Potomac River shores closely on the Mt. Vernon Trail and passes the Navy Merchant Marine Memorial. The longer option crosses the channel four times in all. It follows the trail along Rte. 27 to the Pentagon N. Parking Lot, before passing through Lyndon B. Johnson Memorial Grove and crossing the George Washington Parkway to the Navy Merchant Marine Memorial. The Navy Merchant Marine Memorial is depicted as a crashing wave with seagulls dancing in flight above it.

All options cross over the Potomac River on the 14th Street Bridge (George Mason Bridge) trail and pass by the Thomas Jefferson Memorial. Next, follow a trail along Ohio Drive S. and the Potomac River, passing the Franklin D. Roosevelt Memorial on the way. The shortest option goes to the Lincoln Memorial before crossing the Memorial Bridge back into Virginia. The middle and longer routes continue along the riverside, past the Kennedy Center for the Performing Arts. They also go through Georgetown on the C&O Canal Towpath, before returning by crossing the Francis Scott Key Bridge into Rosslyn.

Central Arlington (9.05 miles, IX)

The matured neighborhoods of central Arlington have several small hidden and pretty parks but even the neighborhoods are interesting just by themselves. Many of the houses appear to have been designed individually while others have had additions added to them that make them unique. Some were even bought out of Sears and Roebuck catalogues. This route climbs through Ft. Myer, wanders through the central Arlington neighborhoods to the Custis Trail, then returns on the Custis Trail most of the way to the Iwo Jima Memorial.

In Ft. Myer, just after you enter the gates (you'll need to show the guard a government issued picture ID such as a drivers license to enter), there is a large red building on the right side of Marshall Dr. It once housed the "Buffalo Soldiers", 9th and 10th Calvary and infantry African Americans who patrolled the west in the 1890's. In reward for their valor and good service, they were relocated to Ft. Myer. Leave Ft. Myer on Carpenter road. After it crosses over Washington Blvd. it becomes 2nd Street however the route then goes to the right to parallel Washington Blvd.

Just after the Rte. 50 underpass, take on a short and straight paved trail that ends at Lyon Park. The trail is broken-up by quiet intersecting streets. The streets names in Arlington generally confound those unfamiliar with them. Though generally laid out in a basic grid pattern with numeric street or road names, they are curved. You rarely can follow the same road for long without having to navigate around T-intersections or dead-ends. Stick to the route until you're

familiar with the other roads. The houses are well taken care of with shrub and tree filled yards. Upon crossing Glebe Rd., the neighborhoods become less fancy. On George Mason Dr. the route passes the Lubber Run Trail head and later crosses the Ballston Bluemont Junction Trail. Both are described in other Arlington sections in this guide.

On the Custis trail, the route parallels Rte. 66 and is mostly downhill. It is not without some climbs however. Though not very visible from the trail, neighborhoods that are passed through such as Maywood, built from 1909–1913, were part of Washington’s original trolley suburbs. The Custis Trail is well designed with bridges over or under intersecting roads, and with sound barriers or trees to keep the noise and stress levels from the interstate highway down. Occasional water stops are available.

Chain Bridge (10.2 or 10.3 miles, X)

Chain Bridge crosses the Potomac River about 2.7 miles north of Georgetown. People gather there during flooding to watch the raging torrents gnash at the rocks and carry whole trees on by. The bridge connects the northernmost portions of Arlington to Washington D.C. This route goes out the Custis Trail, then along Military Rd. before crossing Chain Bridge and returning on the C&O Towpath. The paved Custis Trail climbs about 200ft. over 1.5 miles. Military road was “cut” to connect Circle Fort Battery defenses built during the Civil War. The operation of the post office on the left as you turn down the road dates to 1893. The area was stimulated by the Old Dominion Railroad, in operation from 1906–1935. Today the hilly Military Road is the address of some of the most expensive real estate in Arlington. At the end of it, some suburban streets and a small steep winding paved trail take you to the Chain Bridge.

For variety, the adventurous can leave Military Rd. earlier and take hillier and steeper hiking trails to get to Chain Bridge. Though only one-tenth of a mile longer, this options makes the route considerably more difficult. First, the Gulf Branch Trail descends along its namesake stream. A few stream crossings, some on wet stones, are necessary to cross under the George Washington Parkway and reach the Potomac Heritage Trail. The Potomac Heritage Trail is a long riverside hiking trail that starts off of the Mt. Vernon Trail near Roosevelt Island. It is blazed and maintained by the Potomac Appalachian Trail Club. The blazed portion ends at Live Oak Dr., just outside the Capital Beltway near Langley. Highway construction closed the section of it from Rosslyn to Potomac Overlook Park in 1999, during research and writing for this guide, however I’m of the opinion that the portion from Potomac Overlook Park to the Gulf Branch is too inhospitable for running. Summer humidity, hard rounded blocky slippery rocks, sand, bugs and stinging nettles are just some of the obstacles. From the Gulf Branch to the Chain Bridge, the trail improves slightly (just barely enough for running) by being on firmer ground. It climbs past a small waterfall (not on this route) however continues up and down near dangerous riverside cliffs that could prove to be fatal if you took a misstep. Two other tired runners were however, using the trail when I came through. After crossing the bridge on a safe footpath take the easy going (flat) C&O towpath back to Georgetown. From there cross back over the Francis S. Key Bridge into Rosslyn and go back to the Iwo Jima Memorial.

Nearby and Connecting Zones

Thomas Jefferson Community Center
Donaldson Run/Potomac Overlook Regional Park
Bluemont Junction Park
Aurora Hills
Rock Creek Park, Thompson Boat Center
East Potomac Park & The Mall
Battery Kemble Park

What to do Afterward

Food and Drink

Tom Sarris Orleans House - prime ribs and steaks - 703 524-2929
Nam Viet Restaurant - 703 522-7110
Agean Taverna - Greek food - 703 841-9494
Madhu Ban - vegetarian - 703 528-7184
Atilla's - takeout Mediterranean food - 703 525-4976

Entertainment and Edification

The Netherlands Carillon - south of the Iwo Jima Memorial, concerts April through August -
703 285-2598
Iwo Jima Memorial Marine Corps Review Parade - Tuesdays 7-8:30PM, June through August -
703 285-2598
Arlington Cemetery - south of the Carillon
Arlington House - in Arlington Cemetery - The Robert E. Lee Memorial - 703 557-0613
Newseum - 703 284-3544 or 888-NEWSEUM
Bardo Rodeo Brew Pub - 703 527-9399
Theodore Roosevelt Island - off the northbound George Washington Parkway below Rosslyn
Upton Hill Regional Park - pool, batting cage and miniature golf - 703 534-3437

Roosevelt Island from Iwo Jima Memorial

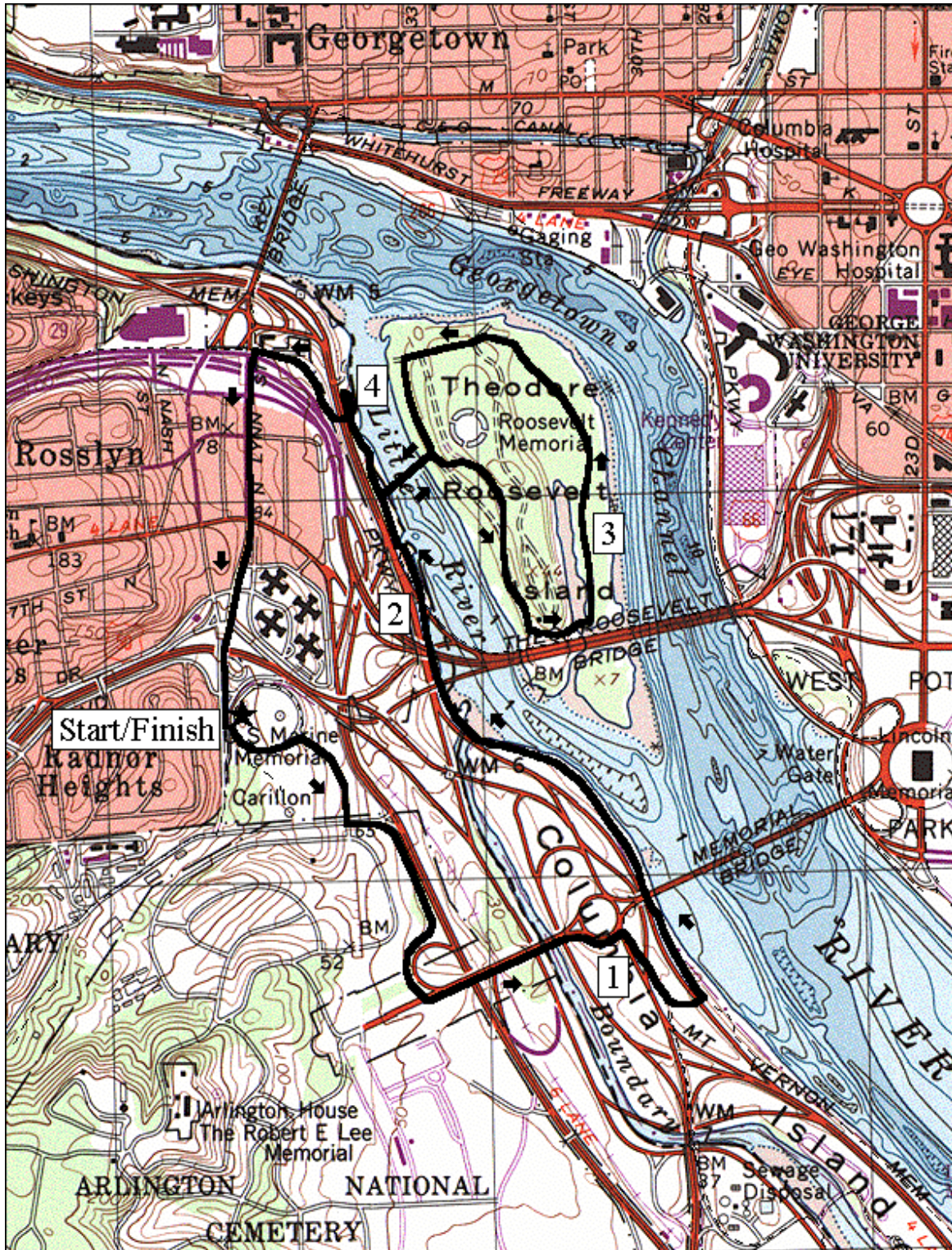
Distance: 4.9 or 3.3 miles

Rating: IV or III; paved and crushed gravel trails along the Potomac

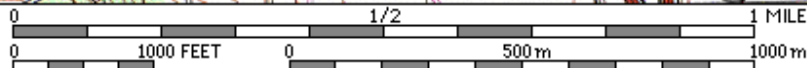
4.9 and 3.3 Mile Route

	R	2.35 at T after crossing bridge
0.0 on the circle from the bike route dropping from Meade St; go counter-clockwise around the circle	L/R	2.4 L at trail X on R; R at memorial on L
		2.6 trail X on R (unmarked)
		2.7 Upland Trail on L (water/restroom)
BR 0.1 bear R as the road splits to leave the circle		2.8 bridge underpass and trail X on R; plastic boardwalk ahead is the Swamp Trail
		2.95 trail X on L to Lookout Pt
CL 0.25 Marshall Dr; onto the bike path		
CL 0.65 Memorial Dr (!); Arl Cemetery on R	BL	3.4 at trail X on R to river; Upland Trail on L just ahead also
0.75 Arlington Cemetery metro		3.45 water fountain
BR 0.9 traffic circle	L	3.55 trail X before river
CR 1.05 Rte 27 onto sidewalk & trail; (!)	R	3.7 to bridge into Virginia
1.1 exit ramp X, (!)		
BL 1.15 trail X; R is toward Pentagon	R	3.8 Mt. Vernon Trail (parking)
	>*	
CL 1.25 cross GW Pkwy (!) onto Mt Vernon Trail		4.0 Heritage Trail on R before ramp/bridge over GW Pkwy
1.4 underpass Mem Bridge (! narrow)	L	4.25 Lynn St; to Key Bridge into Georgetown, DC (Custis Trail is S)
1.8 bridge over Boundary Channel		4.5 Wilson Blvd
1.95 underpass Rte. 50		4.7 Rte 50 overpass
BR 2.15 at trail X; L to Roosevelt Br & DC		
<*	L	4.85 trail X on L to Memorial circle
R 2.25 bridge to Roosevelt Island (parking)		4.9 Iwo Jima Memorial circle

Roosevelt Island from Iwo Jima Memorial



MN ↑ TN
10½°



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City Bridges

Distance: 6.85, 7.3, or 5.35 miles

Rating: VI, VI or IV; mostly paved trails with some sidewalks & traffic intersections

6.85 Mile Route

		2.7	end 14 th St Bridge; stairs on L
	0.0		on the circle from the bike route dropping from Meade St; go counter-clockwise
BR	0.1		bear R as the road splits to leave the circle
CL	0.25		Marshall Dr; onto the bike path
CL	0.65		Memorial Dr (!); Arl Cemetery on R
	0.75		Arlington Cemetery metro
BR	0.9		traffic circle after X Boundary Channel
CR	1.05		Rte 27 onto sidewalk & trail; (!)
	1.1		exit ramp X (!)
<*			
BL	1.15		trail X; R is toward Pentagon
CR	1.25		GW Pkwy X (!); Mt Vernon Trail
	1.85		Navy Merchant Marine Mem parking
>*			
R	2.15		trail X on R unmarked to 14 th St Bridge
		2.8	L at trail X on L & CL on road; Jeff Mem
R/L	2.95		Ohio Dr S; R onto Inlet Bridge; L onto trail along Ohio Dr S (water at 3.2 & 3.4)
<***			
BL	3.7		circle before Independence Ave
	3.9		underpass Memorial Bridge (water 4.1)
CR	4.2		N. Parkway Dr
	5.0		underpass Whitehurst Frwy
L	5.1		C&O Towpath (red brick walkway)
	5.3		C&O Canal Visitor Center (water/restroom)
R/L	5.75		R up the ramp at 3 rd foot bridge over the canal to the L; L at top of stairs
L	5.8		onto Francis Scott Key Bridge
	6.2		Mt. Vernon Tr on L; Custis Tr on R
L	6.85		bike route down to Iwo Jima Mem

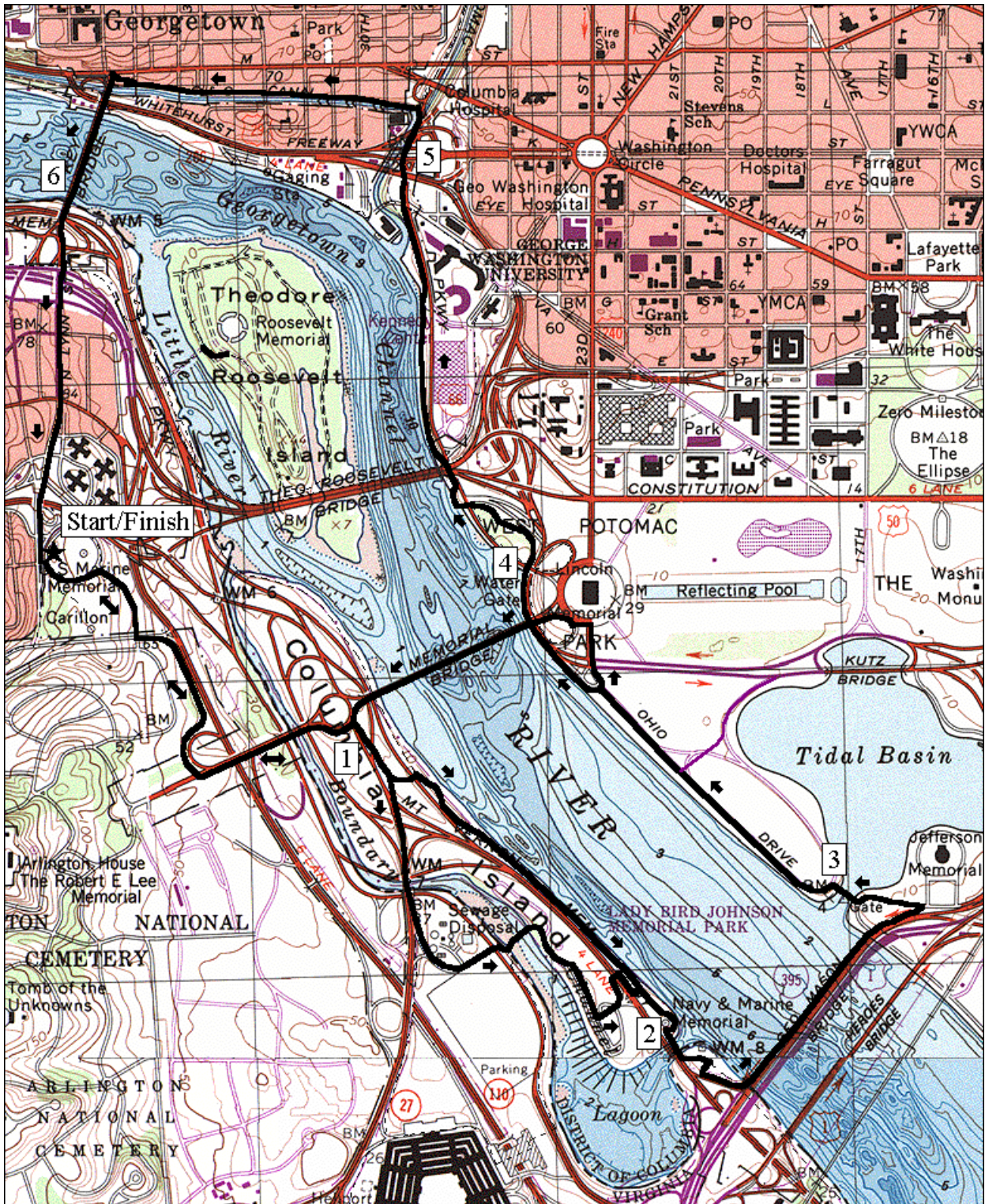
*7.3 Mile Route

		R	1.95	trail X on R to parking; then S
BR	1.15			trail X; L is to Mt Vernon Tr
	1.2			cross on-ramp, traffic (!)
	1.45			cross Boundary Channel
BL	1.55			ramp to Pentagon N parking lot
L	1.65			perimeter road Pentagon N parking lot
R/L	1.7			R to LBJ Mem Grove parking (water); L over bridge to cross Boundary Channel
		R	2.3	Mt Vernon Trail (pickup cues at mile 2.15 on 6.85 mile route)
		L/R	2.2	to xwalk; cross GW Parkway (!)
		R/L	2.25	after X GW Parkway; Navy Merchant Marine Memorial parking

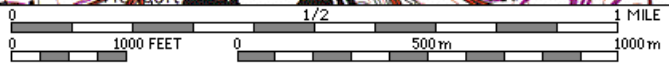
**5.35 Mile Route

BR	4.3			trail X on R; go clockwise around the circle; on Memorial Dr; toward Arl Cemetery
XS	3.65			at crosswalk before circle
	3.7			Independence Avenue
L	3.75			circle at the Lincoln Memorial
L	3.85			Memorial Bridge
		R	4.7	trail head on R; after bridge & metro
		R	5.1	road to Iwo Jima Memorial
		L	5.25	Iwo Jima circle
			5.35	paved bike route to Meade St

City Bridges



MN ↑ TN
10% ↘



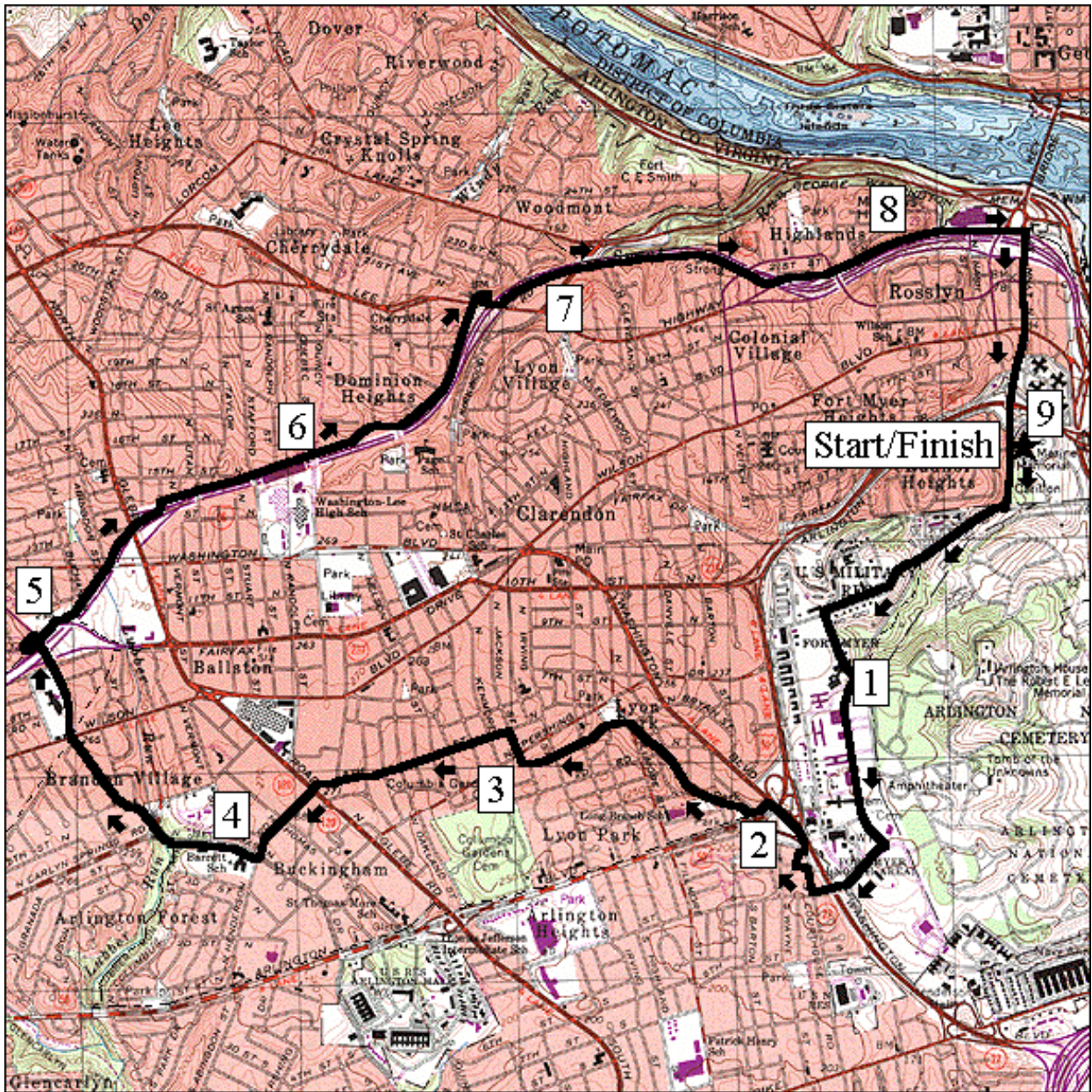
Central Arlington

Distance: 9.05 miles

Rating: IX; paved trails, sidewalks and residential roads; early climb

- 0.0 from the circle, go up the bike path to Meade St.
- L 0.0 Meade St.
- R 0.15 Marshall Dr. (into Ft Myer – govt ID or driver’s license required) (hill)
0.3 trail X on L to picnic area & chapel
- CL 0.75 Lee Ave
- R 1.0 McNair Rd (just past HQ)
- R 1.5 Carpenter Rd (leave Ft Myer and cross over Washington Blvd)
- R 1.75 Courthouse Rd
- L/R 1.85 L on Walter Reed; R on Wayne St
- R/L 1.9 sidewalk at end of Wayne goes to Washington Blvd
2.05 underpass Arl Blvd, Rte 50
- L 2.1 Arlington Blvd Trail (unmarked)
- R 2.15 trail X on R (unmarked) into park
2.3 trail ends at 1st Rd and continues at Cleveland St
- BR 2.55 trail ends; bear R on access road to Fillmore St
- L 2.6 onto 4th St; Lyon Park on R
2.95 4th St bears R & becomes Jackson St
- L 3.05 5th St
3.4 Oakland St
3.6 5th St ends; continue S on sidewalk
- BL 3.65 Henderson Rd; cross Glebe Rd at TL
- CR 3.9 George Mason Dr
4.15 Lubber Run trail head on L
4.55 Ballston Bluemont Junction Trail at Wilson Blvd
- L 4.85 10th St; after I-66 overpass
- L 4.9 spur trail on L to Custis Trail; L on Custis Trail
5.05 Ballston Bluemont Junct Trail on R
- R 5.5 at T to stay on trail after underpass of Glebe Rd & overpass ramp from I-66
6.0 trail X on L to Quincy St; water 6.15
6.7 Mile Marker 2.5; bridge over Lee Hwy; trail X on L to Maywood
- BL 6.8 at bottom of winding hill to stay on trail; Lee Hwy on R; shopping is S
7.0 trail X on R to Spout Run Pkwy
- L 7.6 at T to stay on trail at Lee Hwy; cross over I-66
- CR 8.4 Lynn St; end of Custis Trail; S is to Mt. Vernon Trail
8.85 cross over Rte 50
- L 9.05 bike route to Iwo Jima Mem circle

Central Arlington



MN ↗ TN
10½°

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Chain Bridge

Distance: 10.2 or 10.3 miles

Rating: X; paved trails, sidewalks, residential roads, and towpath; hilly first three-quarters

10.2 Mile Route

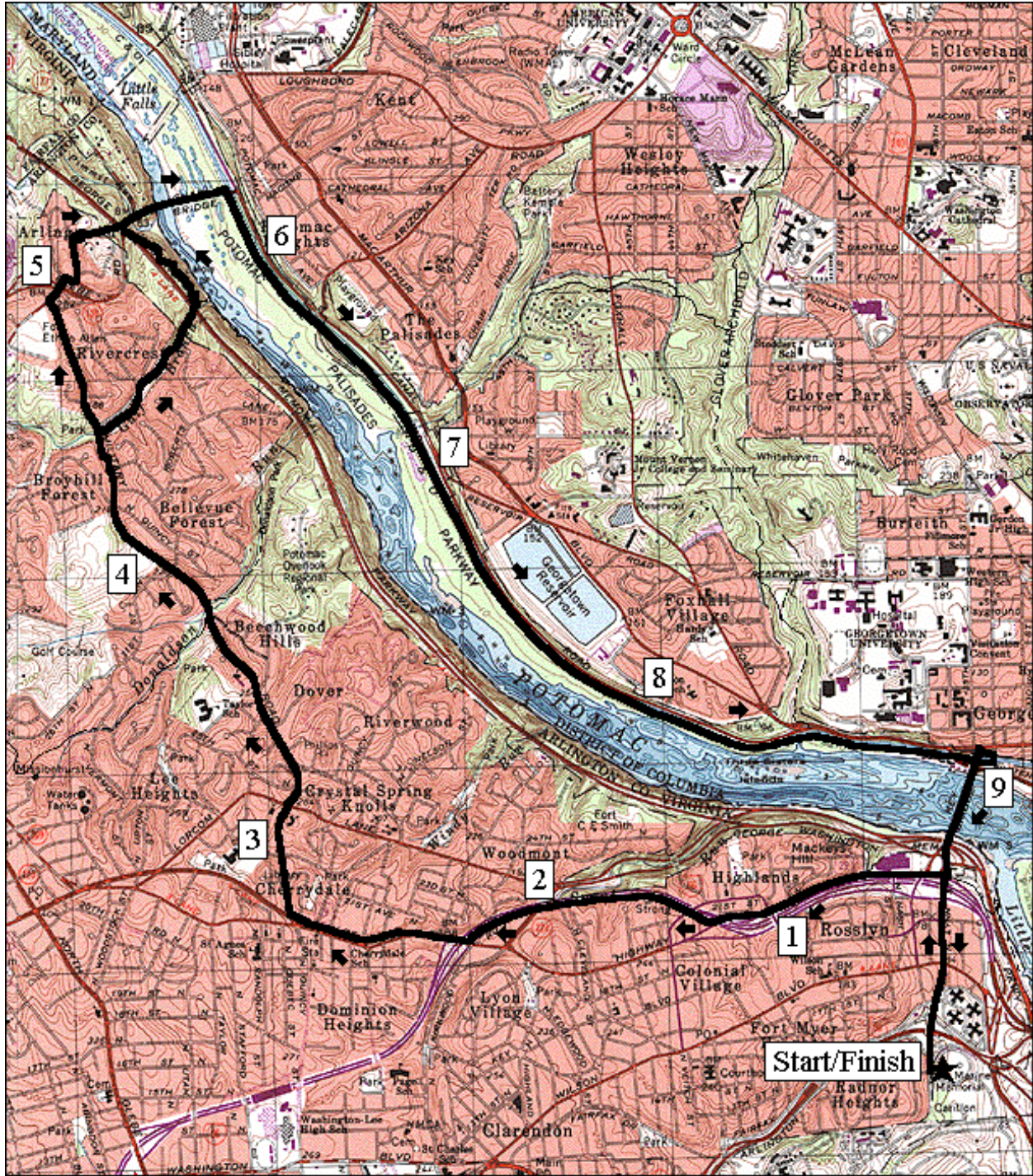
down to N Glebe Rd

0.0	from the circle, go up the bike path to Meade St.	L	5.1	Randolph St
R 0.0	Meade St	R	5.25	paved trail head on R; (! steep downhill); continue on 41 st St
0.15	Arlington Blvd (Rte 50) overpass	L	5.4	N Glebe Rd (Rte 120)
L 0.65	Custis Trail on sidewalk w/yellow line along Lee Hwy (Rte 29); Mt Vernon Trail is on the R	>*	5.45	begin Chain Bridge
1.2	Scott St; asphalt trail begins	L	5.75	ramp on L down to C&O Towpath
BR 1.45	after bridge over I-66 to stay on trail	R	5.8	C&O Towpath under Chain Bridge
L/R 2.2	bear L to leave the Custis Trail; then immediately turn R on Lee Hwy (before the I-66 underpass & winding hill)	6.3	stairs on R to Crescent Trail (trestle)	
		6.8	ramp to Fletcher's Boat House; Crescent Tr (water/restrooms/snacks)	
		8.5	stairs/ramp to Glover Archbold Trail	
		9.0	F. S. Key Bridge underpass	
CR 2.8	Military Rd; Quincy Rd is on L	L	9.05	bridge crosses canal; up stairs; L at top of stairs; continue climbing
3.15	Lorcom La			
3.55	Marcey Rd on R			
3.8	Donaldson Run Trail on L	L	9.1	Francis Scott Key Bridge
<*			9.55	Custis Tr on R; Mt Vernon Tr on L
4.5	Gulf Branch Trail; Nature Center		10.05	Arlington Blvd (Rte 50) overpass
R 4.95	N Old Glebe Rd; don't take ramp	L	10.2	bike route to Iwo Jima Mem circle

*10.3 Mile Route

		L	5.15	Potomac Heritage Trail (triangle X) after underpass GW Pkwy; follow blue blazes up steep hill; dangerous cliffs next 0.3 miles (!)
R 4.5	Gulf Branch Trail (begins near bottom of hill on driveway for pumping station; continue down along the stream, crossing (!) where needed; follow white blazes		5.45	trail goes under GW Pkwy
4.75	trail X on L to Nelson St & 36 th Rd	CR	5.5	N Glebe Rd at 41 st St (pickup cues at mile 5.45 on 10.2 mile route)

Chain Bridge



MN * TN
10 1/2°



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