

Idylwood Park

Visible over the Capital Beltway near the intersection with I-66, is a rare pedestrian/cyclist only overpass. It is the Washington and Old Dominion Trail (W&OD) which stretches east to Shirlington and west to Purcellville. Not far from the bridge over I-66, and right off the W&OD Trail is Idylwood Park, a small community park with ballfields and tennis courts. It's a good place to begin a run through Falls Church, or a venture into Vienna. Falls Church has bustling activity along Route 7 yet also has quiet communities where Santa Claus visits on fire trucks in December, police once in a while drive Volvo's on duty, and high-tech magnet schools exist.

Getting There

Going Counterclockwise on the Capital Beltway

Take Exit 10 headed east on Leesburg Pike, Rte. 7. Go 1.2 miles, then turn right just before the I-66 interchange, onto Idylwood Rd. After 0.9 miles, turn left onto Virginia La. Turn right into Idylwood Park and use the gravel lot to park.. Start at the paved trail head on the left.

Going Clockwise on the Capital Beltway

Take Exit 9 for I-66 inside the beltway, toward Washington, D.C. Make the next exit for Leesburg Pike, Rte. 7 headed east, into Falls Church. Turn right within 0.4 miles on Shreve Rd., then right again just under one mile later on Virginia Ave. After crossing over I-66, turn left into the park. Start at the paved trail head on the left.

By Metro

Take the Orange Line to Dunn Loring Station. From there, exit onto Gallows Rd and turn left. Turn right on the W&OD Trail after 0.75 miles. After 0.8 miles, take the second trail on the left into Idylwood Park. Start from where this trail hits the gravel parking lot.

Area Routes

Dunn Loring (3.6 miles, III)

This short loop follows the W&OD Trail west, across the Capital Beltway. It's usually breezy, crossing over the highway. Several suburban street crossings break-up the straight, flat paved trail which is still be good enough for most to do some in-line skating. Watch the cracks at the bridge over the beltway however. At Gallows Rd. turn left and go into Dunn Loring Park. Like Idylwood Park, Dunn Loring Park is small with a short paved trail running through it. Unlike Idylwood Park, it is shady. After exiting on an unpaved segment out the other end, use suburban sidewalks, to connect back to the W&OD Trail. Head east from there, and return on the trail in Idylwood Park.

Falls Church (6.85 or 6.75 miles, VI)

For a city of its size, the W&OD Trail passes through Falls Church with a minimum of street crossing interruptions, and has pleasant surroundings. Double wooden bridges, take east bound and west bound traffic over the worst intersection at Broad St., Rte. 7. Not far after getting past Rte. 7, the trail begins to slope downward slightly (note that the posted mile marks 6-8 were thrown off by construction of the bridge—they are short by a cumulative 0.2 miles because before the bridge was built, the trail crossed on the road at a traffic light south of the bridge). After crossing Rte. 29 at a traffic light, a loop takes you down toward the East Falls Church metro station, then back up on the small City of Falls Church Trail. One option proceeds somewhat straight where that trail ends, on the Four Mile Run Demonstration Trail; an improved, but unpaved trail along the headwaters of Four Mile Run (no bicycling is allowed on this trail). The other uses suburban streets. Both return back to the W&OD Trail to complete loops and head back.

Nearby and Connecting Zones

Vienna

Bluemont Junction Park

Lewinsville Park

Eakin Park

What to do Afterward

Food and Drink

Anthony's Restaurant & Pizza - Greek, Italian and American Cuisine - 703 532-0100

Pistone's Italian Inn - at Seven Corners - checkout the salad bar - 703 533-1885

Saigon House Restaurant- 703 560-8180

San Antonio Bar & Grill - 703 671-3700

Rabieng Thai Restaurant - 703 671-4222

Einstein Bagels - 703 998-5022

Entertainment and Edification

Bowl America - 703 534-1370

Dunn Loring

Distance: 3.6 miles

Rating: III; mostly sunny paved trails with suburban sidewalks; few hills

L 0.0 from parking toward the W&OD Trail on the paved trail

R 0.05 W&OD Trail at T (unmarked)
0.2 trail X on R into Dunn Loring Park
0.3 trail X on R to Nottingham Dr
0.5 end of bridge over the Capital Beltway

CL 0.85 Gallows Rd (TL)(asphalt sidewalk)

R/L 1.1 trail X on R into Dunn Loring Park; L at trail X on L (triangle)
1.2 trail X on L to Gallows Rd

S 1.35 trail X on R (paved); go straight down gravel trail

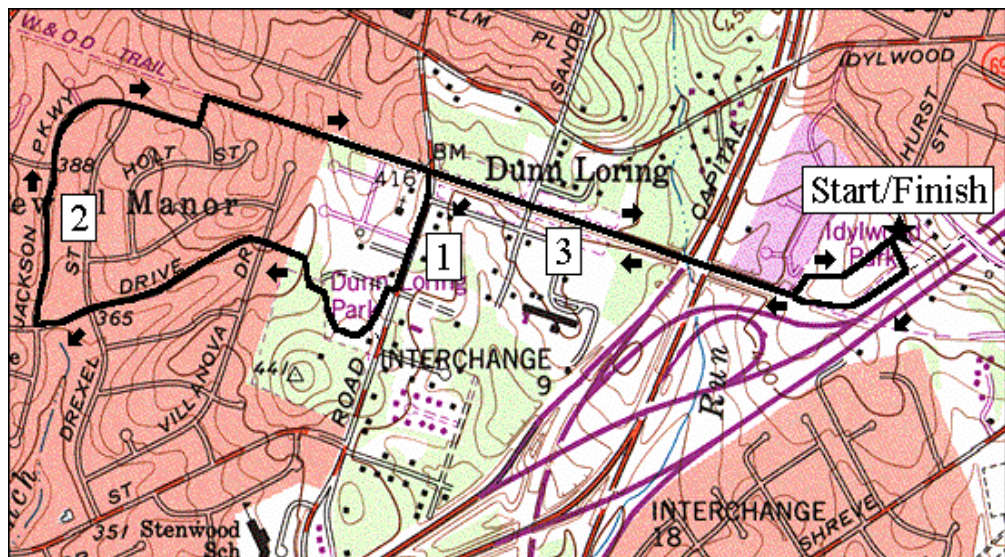
CL 1.45 Stonewall Dr
1.5 Villanova Dr

R 1.9 Jackson Pkwy

L 2.4 trail X on L between houses

R 2.45 W&OD Trail
2.8 Gallows Rd (TL)
3.15 begin bridge over the Capital Beltway

L 3.4 trail X on L into Idylwood Park past the tennis courts
3.6 parking



MN TN
10½°
0 1000 FEET 0 500m 1000m
1/2 1 MILE
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Falls Church

Distance: 6.85 or 6.75 miles

Rating: VI; mostly paved railroad grade trails; mostly flat and sunny

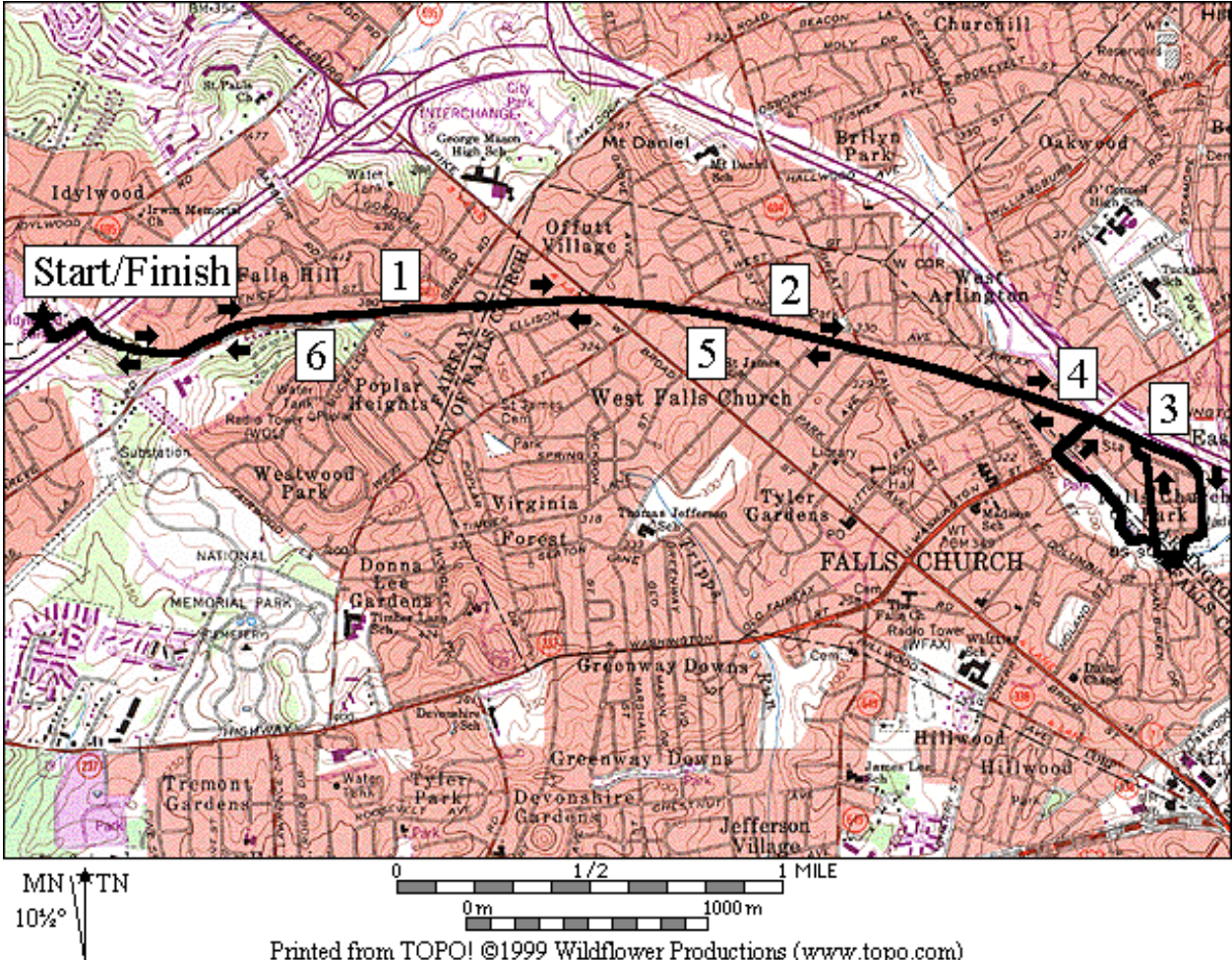
6.85 Mile Route

		Mile Run Trail (unmarked)	
		<*	
L	0.0 from parking toward the W&OD Trail on the paved trail	R/L	3.5 Van Buren St; begin Four Mile Run Demonstration Trail
R	0.1 at Virginia Ave to stay on the W&OD Trail; bridge over I-66	R	3.8 Gresham Pl (sidewalk)
	0.45 cross Virginia Ave	R	3.85 Washington St N; Rte 29 (sidewalk)
	0.95 Shreve Rd (!)		
	1.3 Mile Mark 7.5	L	3.95 W&OD Trail; cross Rte 29 (TL)
	1.45 begin wooden bridge over Rte 7	>*	
	2.1 Mile Mark 6.5		4.6 Great Falls St
	2.2 Great Falls St		4.75 Mile Mark 6.5
	2.85 Fairfax St/Washington St N (Rte 29)(TL)		5.35 end wooden bridge over Rte 7
	2.95 Vanderpool St on R		5.55 Mile Mark 7.5
			5.85 Shreve Rd (!)
L	3.2 Tuckahoe St to stay on W&OD Trail; East Falls Church metro		6.35 cross Virginia Ave
	3.3 paved W&OD begins at end of Tuckahoe St	L	6.7 after bridge over I-66 to stay on the W&OD Trail
R	3.4 at T; City of Fall Church Trail/Four	R	6.8 trail X on R into Idylwood Park
			6.85 parking

*6.75 Mile Route

		R	3.75 Vanderpool St
R	3.5 Van Buren St; Four Mile Run Demonstration Trail on L past bridge	L	3.8 W&OD Trail
			3.9 Washington St N/Fairfax St (pickup cues at mile 4.6 on 6.85 mile route)
L	3.75 19 th Rd		

Falls Church



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