Begin at Barcroft Park
1. Left onto W&OD Trail
2. Right onto Custis Trail
3. Left under overpass to stay on Custis Trail
4. Custis Trail —> Mount Vernon Trail in Rosslyn
5. Stay left at the boardwalk
6. Left (at fork) onto Four Mile Run Trail
7. Right on sidewalk along Shirlington Rd.
8. Left at crosswalk with Four Mile Run Dr. —> straight to join the W&OD Trail
9. Left into the Barcroft Fitness Center