**Riding Safely**

**Off Street**
- **Slow Control Your Speed**
  Slow down when the trail is busy or conditions warrant.
- **Signal When Passing**
  Warn people walking at least 2-3 seconds before passing by using your bell or verbally.
- **Visible Be Visible**
  Wear bright or light colored clothing with reflective material.

**On Street**
- **Careful Be Careful at Intersections**
  Use caution and watch for turning vehicles.
- **Be Predictable Use Hand Signals**
  Tell other people on the road what you intend to do. Be predictable.
- **Visible Use Lights When Riding**
  During low visibility conditions, use at least one white light on the front and one rear red flashing light.

**In the Appropriate Position and Lane**
- **Predictable Do not ride in a right turn only lane if you are going straight.**
  Move into the appropriate lane early. In narrow lanes or slow traffic, it may be safer to take the whole lane.

**Helmets Recommended**
- **Predictable Helmets dramatically reduce the risk of a head injury in a bicycle crash.**

**Follow All Traffic Laws**
- **Predictable People biking are required to obey all regulatory signs and traffic lights.**

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**Route Colors and Markings**

- **Easy**
  Solid green lines indicate quiet neighborhood streets. Green lines with dots indicate off street trails.

- **Medium**
  Blue lines designate roads with moderate traffic volume. Riders along these routes may interact with moving motor vehicles.

- **Challenging**
  Orange routes generally have higher traffic speeds and volume than green or blue. These routes usually have no bike lane or shoulder and are recommended for confident riders.

**Expert Level**
- **Predictable Roads shown in grey with a pink outline are only recommended when no alternatives are available.**
  These routes have a high volume of traffic moving at fast speeds. There is usually no shoulder or bike lane.

**Prohibited**
- **Predictable Roads where riding a bicycle is illegal or extremely dangerous are grayed out.**
  These include interstates and limited access highways.

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**Rosslyn-Ballston Inset:**

(See reverse for larger map)

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**Welcome to the Arlington Loop**

The Arlington Loop is a 16-mile circuit comprised of four local trails—the Mount Vernon, Custis, Arlington & Old Dominion W&OD, and Four Mile Run. Each trail offers fun and unique ways to explore all Arlington has to offer and can be completed all at once or by taking a shorter trip.

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**Approximate Ride Times**

(11 Miles / 0.5 miles)
- **Easy**
  6th St N: 31 min., 21-31 mph
  7th St S: 29 min., 21-31 mph
  5th Rd S: 30 min., 21-31 mph

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**Resources**

- **Bike Arlington:**
  BikeArlington.com
  703-247-6980
  info@bikearlington.com

- **Capitol Bikeshare:**
  CapitalBikeshare.com
  877-430-2451
  customerservice@capitalbikeshare.com

- **TRAIL MAINTENANCE**
  Four Mile Run Trail
  Custis Trail
  Arlington County Parks
  703-228-6234
  trailarlingtonva.us

- **W&OD Trail**
  NOVA Parks
  703-729-0596
  WODVermont.org

- **Mount Vernon Trail**
  National Parks Service
  703-419-6400

- **Arlington Bicycle Advisory Committee**
  BikeArlington.com/GetInvolved

- **Bike Shops & Rentals**
  BikeArlington.com/BikeShops

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**#BEaPAL**

We’re building a community-driven movement to make Arlington’s streets more safe—whether in a car, on a bike, on an e-scooter, or on foot.

**Being a PAL means being:**

- **Predictable**
  Communicate your moves to others

- **Alert**
  Pay attention to your surroundings and to others.

- **Lawful**
  Obey traffic laws, pass others with caution and at least 3 feet of space

**Join the movement and become a PAL volunteer**

bit.ly/PALVolunteer

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**Additional Resources**

- **Rackspotter.com**
  Find and share bike parking in our region.

- **Virginia Department of Transportation**
  VirginiaDOT.org
  800-835-1203
  TTY 711
  vdotpublicinfo@vdot.virginia.gov

- **Washington Area Bicyclist Association (WABA)**
  WABA.org
  202-657-3234
  waba@waba.org

- **Arlington VA Service Request or Report a Problem**
  Download the Arlington VA Service Requests app to report a problem.

Or visit topics.arlingtonva.us/reportaproblem

You can report issues such as a pothole, broken street light, fallen tree, damaged playground, missing sign, etc.