

# The Arlington Loop

Arlington has 50 miles of off-street trails that make getting to where you need to go by bike incredibly easy. There are 4 trails in particular that create a sort of loop around the center of Arlington: the Mount Vernon, Custis, W&OD and Four Mile Run trails.

**Loop Fun Fact**  
It's closer than you think: Most Arlington County households are within two miles of the Loop.

**Loop Fun Fact**  
Lots of people use it: Thousands of people bike and walk on the Loop every day.

For more information on things to do in Arlington, go to [CarFreeDiet.com/partners](http://CarFreeDiet.com/partners)

For a detailed bike map of bike lanes and trails in Arlington based on comfort level, visit [BikeArlington.com/ComfortMap](http://BikeArlington.com/ComfortMap)

**Loop Fun Fact**  
It's like a human-powered super highway: The entire Loop is off-street (save for some street crossings).

Don't have your own bike? Capital Bikeshare is always available.

Learn more at [CapitalBikeshare.com](http://CapitalBikeshare.com).

**APPROXIMATE RIDE TIMES (IN MINUTES)**

From/To	Crystal City	Rosslyn	Clarendon	Westover	Shirlington
Crystal City		25 - 35	35 - 45	45 - 55	20 - 30
Rosslyn	25 - 35		5 - 15	30 - 40	40 - 50
Clarendon	30 - 40	5 - 15		20 - 30	40 - 50
Westover	40 - 50	25 - 35	20 - 30		20 - 30
Shirlington	20 - 30	40 - 50	40 - 50	25 - 35	

- Sightseeing
- Coffee
- Hiking
- Shopping
- Restaurant
- Theater
- Movies
- Capital Bikeshare
- Bar
- Library
- Trail
- Bike Lane