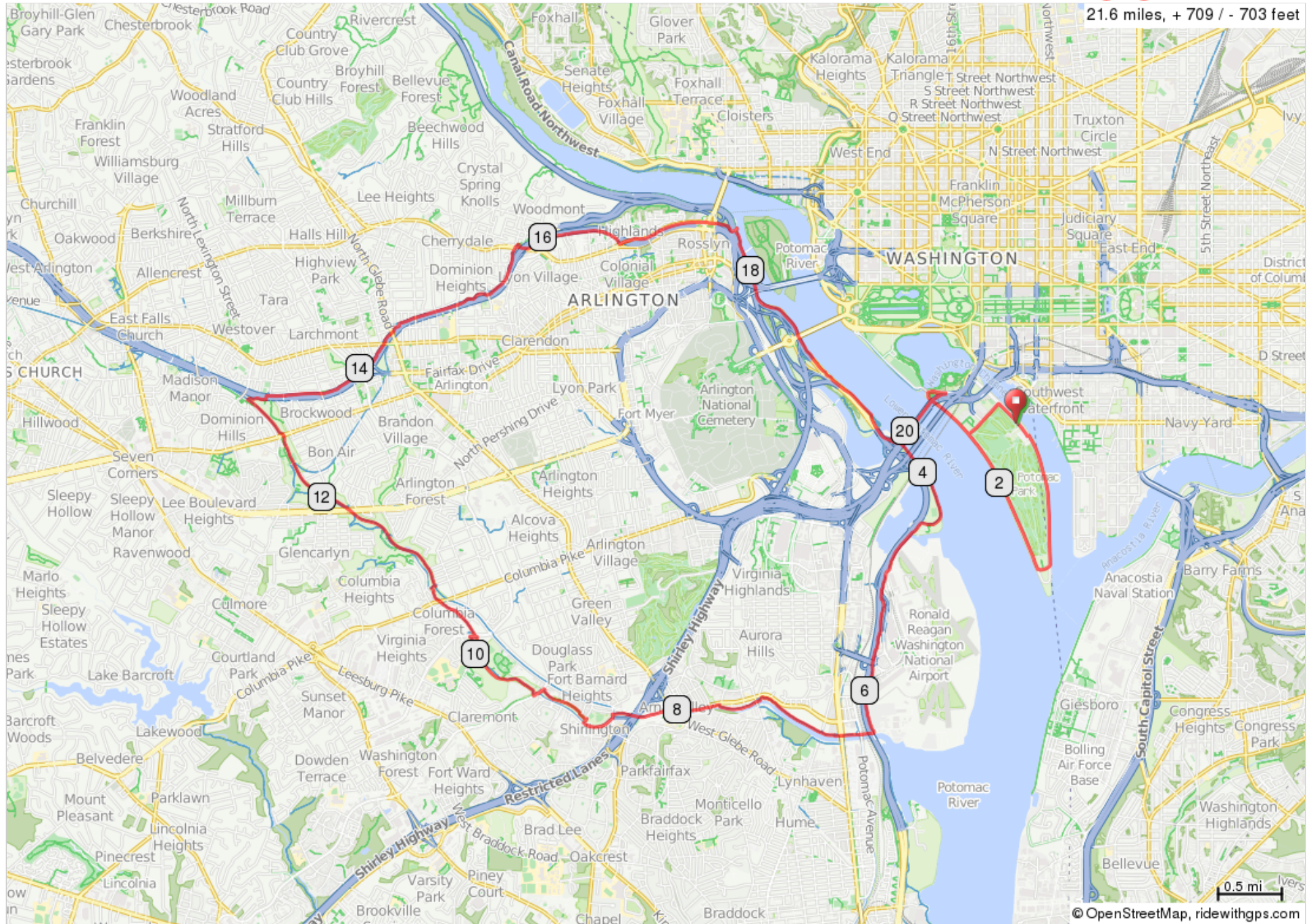


DC-NoVA 21 mile trail route



21.6 miles, + 709 / - 703 feet



DC-NoVA 21 mile trail route

0.0	0.0	▀	Start of route
0.1	0.1	←	L to stay on Ohio Dr SW
0.1	0.0	→	R to stay on Ohio Dr SW
1.2	1.0	→	Slight R to stay on Ohio Dr SW
1.3	0.1	→	R to stay on Ohio Dr SW
2.9	1.7	→	R to stay on Ohio Dr SW
3.0	0.0	→	R
3.1	0.1	→	R
3.1	0.0	→	R
3.7	0.6	→	Sharp R onto Mt Vernon Trail
4.9	1.3	→	Keep R to stay on Mt Vernon Trail
5.2	0.3	←	Slight L to stay on Mt Vernon Trail

5.2 miles. +84/-57 feet

6.3	1.1	↑	Continue onto Four Mile Run Trail
6.6	0.3	←	L to stay on Four Mile Run Trail
7.3	0.7	←	Slight L to stay on Four Mile Run Trail
7.7	0.4	←	L to stay on Four Mile Run Trail
8.0	0.3	←	L to stay on Four Mile Run Trail
8.5	0.5	←	L onto S Shirlington Rd
8.6	0.0	→	R onto Four Mile Run Trail
8.8	0.3	→	R
8.9	0.0	←	L at S Nelson St
9.3	0.4	←	L onto S Walter Reed Dr
9.4	0.1	→	R onto Four Mile Run Trail

4.1 miles. +87/-35 feet

9.4	0.0	→	R to stay on Four Mile Run Trail
10.1	0.7	←	L to stay on Four Mile Run Trail
10.2	0.0	→	R onto S George Mason Dr
10.2	0.1	→	R onto Four Mile Run Trail
10.8	0.6	→	R toward Washington and Old Dominion Trail
10.8	0.0	←	L onto Washington and Old Dominion Trail
11.4	0.6	→	Slight R to stay on Washington and Old Dominion Trail
13.0	1.6	→	R onto Custis Trail
13.2	0.1	←	L to stay on Custis Trail

3.8 miles. +236/-60 feet

14.5	1.3	→	R to stay on Custis Trail
16.0	1.5	←	Slight L to stay on Custis Trail
16.6	0.6	←	L to stay on Custis Trail
17.4	0.8	↑	Continue onto Mt Vernon Trail
17.7	0.3	→	Slight R to stay on Mt Vernon Trail
17.9	0.2	←	Slight L to stay on Mt Vernon Trail
19.8	1.9	←	L
19.9	0.1	→	Keep R to continue toward E Basin Dr SW
20.4	0.6	←	L toward E Basin Dr SW
20.5	0.0	←	L onto E Basin Dr SW
20.6	0.1	←	L onto Ohio Dr SW

7.4 miles. +241/-536 feet

21.1	0.5	←	L onto Buckeye Dr
21.4	0.3	→	R onto Ohio Dr SW
21.6	0.2	▀	End of route

1.0 miles. +6/-7 feet
