

National Capital Region Park Trails

National Park Service
U.S. Department of the Interior

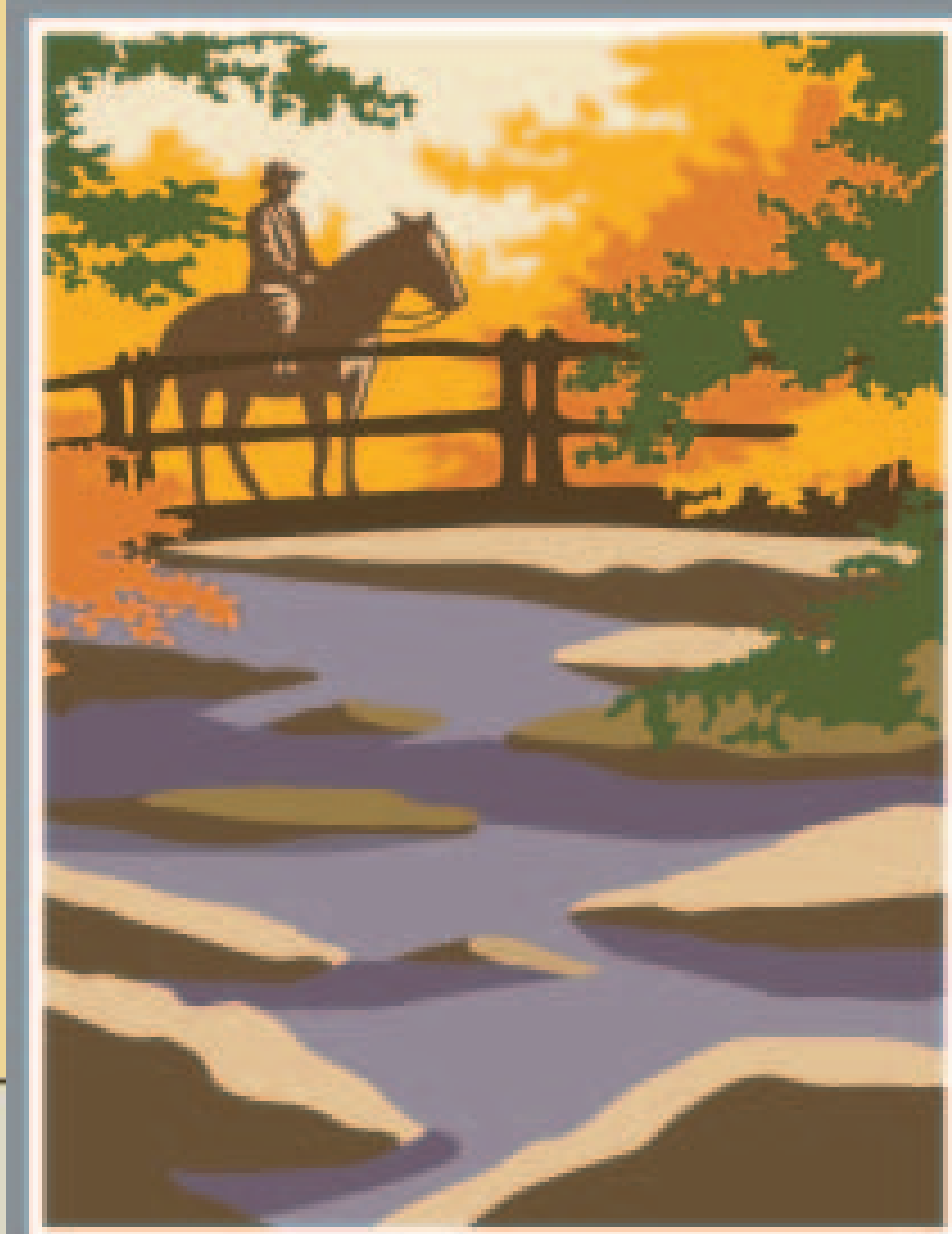
Virginia, Washington, D.C., Maryland



Stretching 184.5 miles from Georgetown to Cumberland, Maryland, the C&O Canal towpath was built to enable mules to pull cargo to the ports of Georgetown and Alexandria. Today the towpath serves a very different role, as a "long stretch of quiet and peace at the capital's back door," on which thousands of visitors walk, run, bike, or just soak in the nature and history of the old canal.



CHESAPEAKE & OHIO CANAL
NATIONAL HISTORICAL PARK



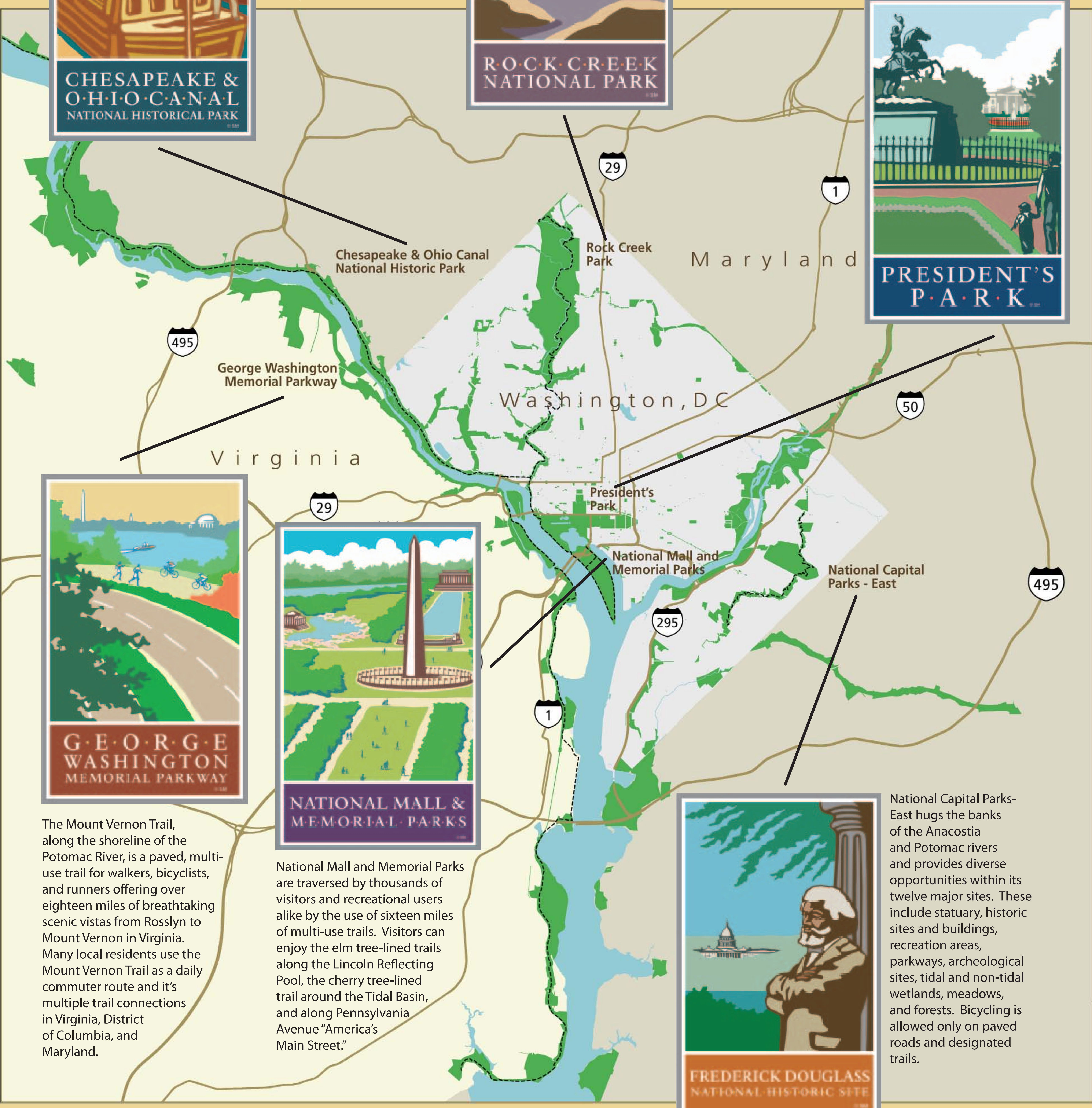
ROCK CREEK NATIONAL PARK

Rock Creek Park is laced with more than thirty two miles of quiet trails that give you a choice of places to wander in solitude in the heart of the nation's capital. No matter what mode of transportation, our visitors come here to escape the hassles of city life, to make a personal connection with history and with nature, and to have fun. Bicycling is allowed only on paved roads and the paved multi-use trail.

President's Park includes the park lands surrounding the White House and is home to many significant statues, memorials and structures which give context to our lives today. You will have views of the White House, the home and office of the President of the United States.



PRESIDENT'S PARK



GEORGE WASHINGTON MEMORIAL PARKWAY

The Mount Vernon Trail, along the shoreline of the Potomac River, is a paved, multi-use trail for walkers, bicyclists, and runners offering over eighteen miles of breathtaking scenic vistas from Rosslyn to Mount Vernon in Virginia. Many local residents use the Mount Vernon Trail as a daily commuter route and it's multiple trail connections in Virginia, District of Columbia, and Maryland.



NATIONAL MALL & MEMORIAL PARKS

National Mall and Memorial Parks are traversed by thousands of visitors and recreational users alike by the use of sixteen miles of multi-use trails. Visitors can enjoy the elm tree-lined trails along the Lincoln Reflecting Pool, the cherry tree-lined trail around the Tidal Basin, and along Pennsylvania Avenue "America's Main Street."



FREDERICK DOUGLASS NATIONAL HISTORIC SITE

National Capital Parks-East hugs the banks of the Anacostia and Potomac rivers and provides diverse opportunities within its twelve major sites. These include statuary, historic sites and buildings, recreation areas, parkways, archeological sites, tidal and non-tidal wetlands, meadows, and forests. Bicycling is allowed only on paved roads and designated trails.