There are many ways to access the Potomac Heritage Trail (PHT), including from trails within adjacent parks. Parking is often limited. Please use caution along hiking trails and be prepared for rugged terrain.

Local Resources:
- George Washington Memorial Parkway
  www.nps.gov/gwmp
  703-289-2500
- Potomac Heritage National Scenic Trail
  www.nps.gov/pohe
- Fairfax County Park Authority
  www.fairfaxcounty.gov/parks
- Arlington County Parks and Recreation
  parks.arlingtonva.us
- Northern Virginia Parks
  www.novaparks.com

Plan Your Transit:
- Washington Metropolitan Area Transit Authority (Metro)
  www.wmata.com
- Arlington Transit
  www.arlingtontranst.com
- Capital Bikeshare
  www.capitalbikeshare.com

The Potomac Heritage Trail within the Parkway is a segment of the Potomac Heritage National Scenic Trail, a developing trail network between the mouth of the Potomac River and the Allegheny Highlands.

To assist with trail maintenance, contact the Potomac Appalachian Trail Club at www.patc.net.