



Rock Creek Crescent

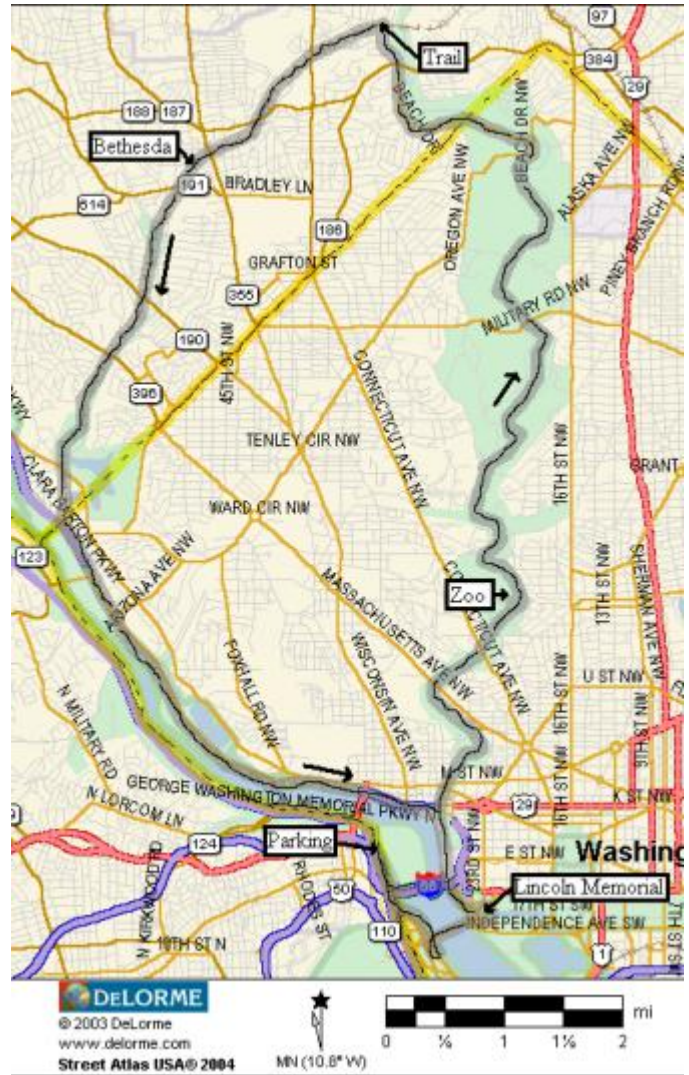
Carl Armstrong
Map Series



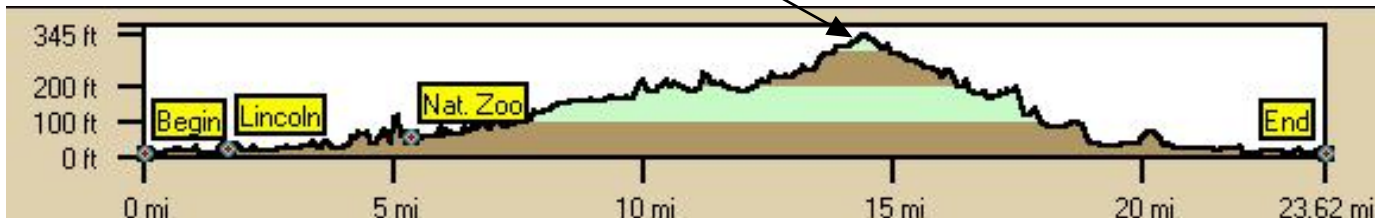
Capital Crescent Loop -- out			
Mileage	DIR	Road Name	Interval
0.0		Start Roosevelt Island Parking	
0.0	S	Mt Vernon Bike Trail	1.55
1.6	BR	Arlington Bridge Sidewalk	0.42
2.0	BR	Lincoln Memorial Circle	0.15
2.1		Rest Stop -- Lincoln Memorial	
2.1	N	Lincoln Memorial Circle	0.30
2.4	N	Rock Cr & Poto Pky Bike La	3.43
5.9	L	National Zoo Dr	0.07
5.9		Rest Stop National Zoo	
5.9	E	National Zoo Dr	0.07
6.0	L	Rock Cr & Poto Pky Bike La	1.19
7.2	L	Beach Drive NW	0.72
7.9	L	Broad Branch Rd	0.03
7.9	R	Beach Drive NW	3.13
11.1	BL	Beach Drive NW	0.57
11.6	St	Beach Drive (now in MD)	0.59
12.2	BL	Jones Mill Rd	0.38
12.6	L	Capital Crescent Trail	2.00
14.6		Lunch Stop in Bethesda	

Capital Crescent Loop -- return			
Mileage	DIR	Road Name	Interval
14.60	S	Capital Crescent Trail	7.00
21.60	St	Water St	0.41
22.01	BR	Waterfront Greenway	0.34
22.35	R	Rock Cr & Poto Pky Bike La	0.44
22.79	R	I-66 Bikeway	0.53
23.32	R	Mt Vernon Bike Trail	0.31
23.63		Finish Roosevelt Island Parking Lot	

Notes: S=south; N=north; E=east; St=straight
R=right; L=left; BR=bear right; BL=bear left



Bethesda
(Lunch Stop)





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Ride Description:

Rock Creek Crescent

Pace	Time	Miles	Terrain	Stops	Leader
		34	3		

Description: Meeting at the parking lot of the Teddy Roosevelt Memorial, we'll take a quick ride over to catch a glimpse of the WW II Memorial, then up Rock Creek Park to the National Zoo, then on up Beach Road to the top of Rock Creek Park where we will pick up the Capitol Crescent Trail in Silver Spring, ride it to lunch in Bethesda, continuing to a brief stretch along the Potomac and C & O Towpath into Georgetown, and then back to the start with a stop at the very moving "Faces of the Fallen" exhibit at Arlington National Cemetery. As with the Mt. Vernon ride, hybrids and mountain bikes, as well as road bikes, are OK on this one, but tandems are not recommended. Since the start of this ride is about 20 minutes further than Mt. Vernon, allow 2 hours driving time from the north side of Richmond.

Directions: Take I-95 north all the way to Springfield, and then straight ahead on I-395 about 8 miles. After you pass the Glebe Road/Shirlington exit and come up the hill, stay to the right and take the exit marked Route 27/Rosslyn. As you pass the Pentagon, follow signs to the George Washington Parkway. After you pass the Memorial Bridge and the entrance to Arlington Cemetery, watch for the entrance to the parking lot for Roosevelt Island and the Teddy Roosevelt Memorial.