

PLAN YOUR VISIT ALONG THE TRAIL

There are a number of ways to explore and enjoy the PHNST! With various hiking, biking, and equestrian paths, the trail provides recreation opportunities for all types of trail users. The PHNST also offers a range of destinations and activities in the trail corridor, including local, state, and national parks and historical sites, outdoor recreation centers and outfitters, and more! Scan the QR code below to check out these destinations on an interactive, online map:

- Cultural & historical sites
- Restaurants and cafes
- Lodging & campsites
- Sports outfitters
- Canoeing & kayaking
- Restrooms & other amenities
- And more!



TRAIL TIPS

- Know before you go! Check National Park Service and local park websites for closures or current conditions before you head out on the trail.
- Bring water, wear sturdy shoes, and stay on marked paths with the blue blazes (see below).
- Follow *Leave No Trace* principles and keep dogs leashed per any specific park guidelines.



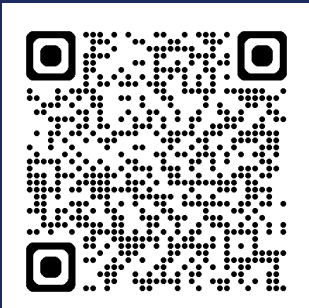
Look out for the PHNST trail markers and blue blazes!



LEARN MORE ABOUT THE PHNST AND NVRC

The Northern Virginia Regional Commission (NVRC) supports the advancement of safety, connectivity, and accessibility to recreational trails across Northern Virginia. Through data and mapping activities, special studies, and coordination with land managers, advocacy groups, and other trail partners, NVRC aims to address the range of needs and priorities for trails in the region. NVRC also provides local coordination for segments of the PHNST in Northern Virginia through partnerships with the National Park Service and land managers.

NVRC Website:



PHNST Dashboard:



EXPERIENCE THE POTOMAC HERITAGE NATIONAL SCENIC TRAIL IN NORTHERN VIRGINIA



ABOUT THE PHNST

The Potomac Heritage National Scenic Trail (PHNST) is a 900-mile, congressionally designated trail network that runs from the mouth of the Potomac River in Maryland and Virginia to the Alleghany Highlands in western Pennsylvania. Spanning over 137 miles in Northern Virginia, the PHNST serves as an important historic, cultural, and natural resource for the region's residents and visitors to explore and enjoy.



EXPLORE BY WATER

Check out the following rental businesses, activity centers, and other amenities to help you enjoy the region's waterways and other outdoor features:

- **Algonkian Regional Park:** Easy access for kayaks, canoes, and paddleboards.
- **Occoquan Regional Park:** Visit for scenic and peaceful access to the Occoquan Water Trail.
- **Belle Haven Marina:** Rentals available with access to Dyke Marsh and Mount Vernon views.
- **Columbia Island Marina:** Rentals available to take in views of Washington D.C on the Potomac River.
- **Mason Neck State Park:** Explore Belmont Bay and Kane's Creek wetlands.
- **Riverbend Park:** Just upstream from Great Falls Park, find canoe and kayak rentals, picnic areas, and plenty of fishing spots.
- **Leesylvania State Park:** Two public boat launches and access to Potomac River boating channels. Relax at the park's pier and bring your fishing rod to catch striped bass, catfish, and other species along the river!

CULTURAL & HISTORICAL ATTRACTIONS CHECK OFF THEM OFF AS YOU GO!

- ☐ White's Ferry
- ☐ Morven Park
- ☐ Ball's Bluff Battlefield
- ☐ Goose Creek Canal
- ☐ Broad Run Tollhouse
- ☐ Patowmack Canal and Locks
- ☐ Fort Marcy
- ☐ Chain Bridge
- ☐ Fort Ethan Allen
- ☐ Fort C.F. Smith
- ☐ Theodore Roosevelt Island
- ☐ Arlington Memorial Bridge
- ☐ Arlington National Cemetery/Arlington House
- ☐ LBJ Memorial Grove on the Potomac
- ☐ Old Town Alexandria Waterfront
- ☐ South Corner Boundary Stone at Jones Point
- ☐ Jones Point Lighthouse
- ☐ River Farm
- ☐ George Washington's Mount Vernon Estate
- ☐ George Washington's Gristmill and Distillery
- ☐ Pope-Leighey House
- ☐ Woodlawn Mansion
- ☐ Mill House Museum
- ☐ Rippon Lodge
- ☐ Cockpit Point Civil War Park
- ☐ National Museum of the Marine Corps

And many more! Visit the PHNST Dashboard to find additional information.

EXPLORE BY LAND

Whether you're a casual walker, serious hiker, cyclist, or wildlife watcher, visit the PHNST for a diverse set of outdoor recreation opportunities:

- **Great Falls Park:** Experience various trails with panoramic views of the Potomac River's falls and Mather Gorge.
- **Neabsco Creek Boardwalk:** An easy and accessible wetlands trail perfect for families and nature lovers.
- **Prince William Forest Park:** Over 37 miles of wooded trails with historic paths and bridges.
- **Mount Vernon Trail:** 18-mile paved trail along the Potomac River that runs from Theodore Roosevelt Island to the Mount Vernon Estate.
- **Meadowood Special Recreation Management Area:** Offers bike-friendly and equestrian gravel trails through forest and open meadows.
- **Occoquan Bay National Wildlife Refuge:** Spot deer, foxes, and dozens of bird species along flat gravel trails and scenic overlooks.
- **Ball's Bluff Battlefield Regional Park:** Step back in time and explore the park's rich Civil War history through numerous trails and interpretive markers.

