

0.1 Head southwest on paved Rock Creek Trail

0.4 Turn Right to cross Bluff Bridge

Turn Right onto Western Ridge Trail

0.4 Left onto Western Ridge Trail (Moderate)

Follow Western Ridge Trail (Moderate)

0.6 Continue up and onto upper trail
Across the trail

0.8 Left onto Melvin C. Hazen Trail

1.2 Cross Connecticut Avenue NW

1.2 Follow Alley to back parking lot and stairs

1.3 Continue on Melvin Hazen Trail
Stay to Right on Trail

1.7 Turn right and head to Springland Lane NW
Across Reno Road NW

1.8 At end of the street, take stairs up and turn right onto trail

1.8 Exit trail to Idaho Avenue NW

1.9 Left onto Tilden Street NW

2.0 Right onto 37th Street NW

2.1 Left onto Upton Street NW

- 2.4 Cross Wisconsin Ave NW
- 2.7 Left onto Glover-Archbold Trail heading south
Cross Massachusetts Ave NW, Cathedral Ave NW and New Mexico Ave NW
- 3.9 Right onto Wesley Heights Trail
Stay to right up and across 44th St NW and Foxhall Rd NW
- 4.7 **Battery-Kemble Aid Station (#1) *Water Only***
- 4.7 Cross Bridge turn Right onto Battery-Kemble (Lower) Trail
- 5.0 Turn Left and up the road
- 5.1 Left onto Battery-Kemble (Upper) Trail
Follow Battery-Kemble (Upper) Trail to Road
- 5.7 Cross MacArthur Boulevard NW
- 5.7 Pick up Battery-Kemble Trail at left of School house
- 5.8 Left to cross the creek and onto Palisades Trolley Trail
- 6.0 Cross Reservoir Rd NW to sidewalk
- 6.0 Right onto Palisades Trolley Trail
- 6.8 Onto Road and turn Left down Q St NW
- 6.9 Right onto Clark Place NW
- 7.0 Left onto Palisades Trolley Trail

7.3 Cross Foxhall Road NW to sidewalk

7.3 Down the hill along Canal Rd NW

7.5 Left to take tunnel under Canal Rd NW

7.6 Exit tunnel and Left up the stairs to C&O Canal tow path

8.1 Left up ramp to cross C&O Canal Pedestrian Bridge

8.1 Left into Francis Scott Key Park and up the hill

8.2 Left to cross over Key Bridge

8.7 Left onto Mount Vernon Trail

8.9 Bottom of walkway Left onto Potomac Heritage Trail

8.9 Theodore Roosevelt Island Aid Station (#2)

8.9 Follow Blue & Green blazes of Potomac Heritage Trail

12.5 Cross Gulf Branch, turn Left up Potomac Heritage Trail

12.5 Right and up Potomac Heritage Trail

12.7 Follow trail down and under Glebe Rd

12.8 Left and up to Chain Bridge Aid Station

12.8 Chain Bridge Aid Station (#3)

13.4 Right to cross Pimmit Run

If you cross under the GW Parkway then you've gone too far

13.5 Cross parking lot and pick up trail on other side

14.3 Follow trail down and under 123 Chain Bridge Rd

14.4 Pick up PHT after crossing Exit/Entry ramps

16.0 Head Left and up towards Turkey Run Park Headquarters

16.3 Stay behind Turkey Run Park Headquarter on the trail

16.8 Stay Right on trail and aid station will be before C-1 Parking

16.8 Turkey Run Aid Station (#4)

16.9 Head across and to the right of parking lot to trail

17.0 Keep Right down to Switchbacks and stairs

17.1 Left onto Potomac Heritage Trail

17.2 Cross Turkey Run and Right onto Potomac Heritage Trail

18.2 Cross Dead Run

18.6 Turn-around at American Legion Bridge

19.0 Cross Dead Run

20.0 Left and cross Turkey Run

20.1 Right and up stairs and Switchbacks

20.3 Left across parking lot and then left down to aid station

20.4 Turkey Run Aid Station (#5)

20.4 Back onto trail across Turkey Run Park

21.2 Right onto Potomac Heritage Trail

22.9 Cross Exit/Entry Ramps

23.0 Follow Trail under 123 Chain Bridge Rd

23.6 Cross parking lot to trail on the other side

23.8 Cross Pimmit Run and turn Left onto PHT

24.3 Chain Bridge Aid Station (#6)

24.4 Follow trail out to sidewalk to then cross Chain Bridge

24.8 Left to switchback walkway down to C&O Canal

24.8 Right onto Chesapeake and Ohio Canal Trail

25.7 Left at Fletcher's Boathouse towards bathrooms

25.8 Find Covert under Canal Rd, climb over wood railing to go up the walkway to the other side

25.9 Follow creek up then Left back onto Battery-Kemble Trail

26.0 Cross MacArthur Boulevard NW

26.0 Onto Battery-Kemble (Lower) Trail

26.4 Right across bridge and 49th St NW to Wesley Heights Trail
Cross Foxhall Rd NW and 44th St NW

27.0 Left to keep on Wesley Heights Trail

27.2 Left onto Glover-Archbold Trail
Cross New Mexico Ave NW, Cathedral Ave NW and Massachusetts Ave NW

28.8 Exit trail onto Upton Street NW
Cross Wisconsin Ave

29.0 Right onto 37th Street NW

29.1 Left onto Tilden Street NW

29.1 Right onto Idaho Avenue NW

29.2 Enter the trail

29.2 Left down stairs to Springland Ln NW
Cross Reno Rd NW

29.4 Right onto Melvin Hazen Trail
Stay to the Left to the stairs

29.8 Head down alley to Connecticut Ave NW

29.9 Cross Connecticut Avenue NW

29.9 Take Melvin C. Hazen Trail down

30.3 Stay Left on Melvin C. Hazen Trail

30.5 FINISH